

## That's Why They Play the Game!

Every summer I head to the local bookstore and pick up several of the college football preview magazines that give me the inside scoop on the upcoming

gridiron season. But none of them could have predicted how this football season started, with TSU falling the first week, followed by 2010 National Champion Auburn, Oregon, and perennial powerhouse Ohio State. Although one loss is not necessarily a death sentence for a team, it certainly doesn't help the cause. Good thing I didn't make my predictions for the upcoming season public!

Unfortunately, BFS does have a tradition of spotlighting the potential Heisman candidates. I say "unfortunately" because our predictions tend to be wildly inaccurate. In fact, the last time we picked a winner was in 2005 with Reggie Bush, and that doesn't really count, as he gave up his trophy due to controversy.

This year it seems the frontrunner is Kellen Moore, quarterback of Boise State. Others to watch are Robert Griffin, the quarterback who led his Baylor Bears to an upset victory over TCU; Marcus Lattimore (RB, South Carolina); Denard Robinson (QB, Michigan); Andrew Luck (QB, Stanford); and Trent Richardson (RB, Alabama). However, because several games will have been played between the day I write this and the

day this magazine reaches your mailbox, those predictions might not hold up.

One remarkable athlete I'll mention in the Heisman

race is Case Keenum, the high-scoring quarterback from Houston. In 2008 and 2009 he led the nation in total offense. His 2010 season was cut short with an ACL injury, but the NCAA granted Keenum a medical hardship waiver that enabled him to play in 2011. As for records, the NCAA career passing record is 17,072, and Keenum entered the 2011 season with 13,586 yards, so he has a shot at this prestigious record – such an accomplishment should impress the Heisman voters.

One training article you might find of interest in this issue discusses the latest research on the hex bar, specifically how it is superior to a straight barbell for performing squat jumps. BFS discovered the hex bar more than

15 years ago, and we have been sold on it ever since. It's just nice to know that now there is peer-reviewed research that proves it is a superior training tool.

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Heisman Trophy candidate Case Keenum



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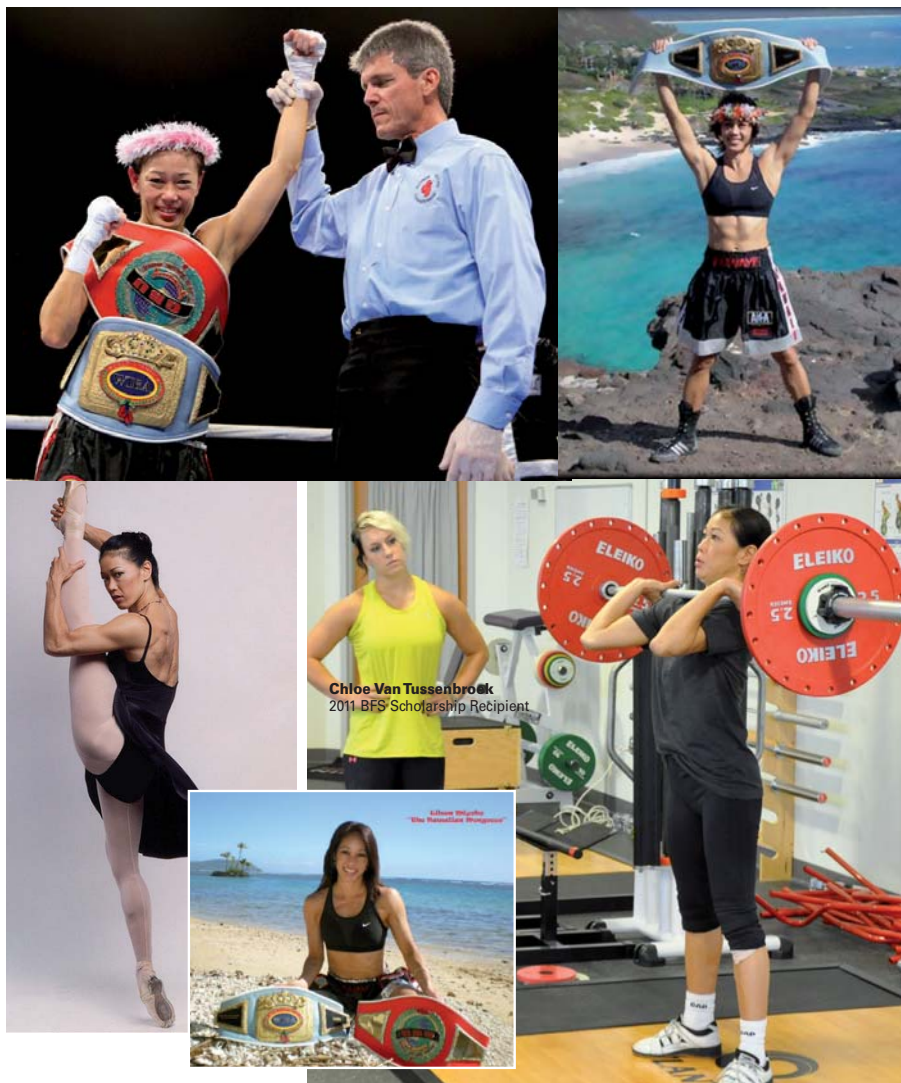
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*Parents and schools must take action now*



Eileen “The Hawaiian Mongoose” Miyoko Olszewski is the current Women’s International Boxing Association World Champion. She’s a champion who took up the sport long after most professional boxers have retired, with an athletic resume that includes extensive dance training, primarily ballet. Olszewski began performing the Olympic lifts to help increase her punching power. After six months of training, she wanted to get some advanced coaching, so in September she arranged to have a few training sessions at the Poliquin Strength Institute with BFS Editor-in-Chief Kim Goss and 2011 BFS scholarship recipient Chloe Van Tussenbroek. Olszewski, who also works as a personal trainer, says she plans to teach the Olympic lifts to young athletes as part of her strength and conditioning programs.



Chloe Van Tussenbroek  
2011 BFS Scholarship Recipient



## BFS Science Lab

One exciting project currently in the works is a BFS Science Lab, which is on schedule to open on November 1, 2011, in Dr. Peter Gorman’s facility in New York. “This will be a great addition to the BFS organization,” says BFS President Bob Rowbotham. Look for more details about this exciting facility in future issues of *BFS* and on our website, [biggerfasterstronger.com](http://biggerfasterstronger.com)

BFS LAB



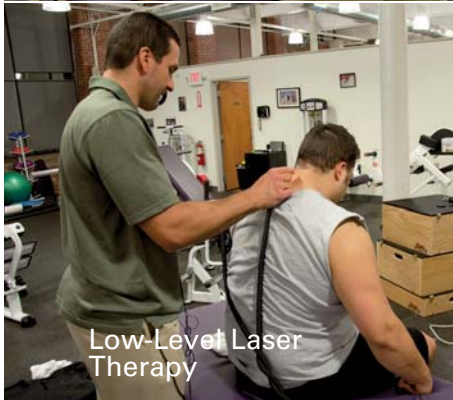
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## When Science Meets Muscle

Shortly after his victory at the 2011 Senior National Weightlifting Championships, Pat Mendes sought out the help of Charles Poliquin to help him deal with his chronic injuries and to optimize his nutrition. Among the key medical professionals who are helping Mendes is Nick Liatsos, a licensed physical therapist and the owner of HealthPro Physical Therapy in Lynn, Massachusetts. Liatsos used his own “Liatsos Method,” which combines Frequency Specific Microcurrent, Low-Level Laser therapy, ART™, clinical kinesiology and myofascial release. Shown in these photos is Liatsos working with Mendes on several of these methods. On the nutrition side, coach Poliquin taught Mendes how to eat well and to use food supplements for optimal benefits. The result? In just six weeks Mendes was virtually pain-free, snatched 396 pounds in practice, lost 28 pounds of fat and gained 16 pounds of muscle!



Strength Coach  
Ryan Faehnle



Low-Level Laser  
Therapy



At the Poliquin Strength Institute in East Greenwich, Rhode Island, Nick Liatsos shows champion weightlifter Pat Mendes the latest in portable Frequency Specific Microcurrent units.



## Lunging for Success

One auxiliary exercise that BFS has always promoted is the lunge, and we are always pleased to see research studies that reinforce our endorsement. Among the many benefits of the lunge is that it helps to decrease patellofemoral pain, also known as runner's knee. A recent study from the University of Plymouth, England, found that a lunge variation called the split squat (in which the trainee simply drops their hips straight down rather than lunging forward) helps decrease pain by correcting muscle imbalances between the vastus medialis oblique and the vastus lateralis, thus increasing knee stability. For more details, here is the reference: Irish, S., Millward, A., Wride, J., Haas, B., Shum, G. The effect of closed-kinetic chain exercises and open-kinetic chain exercise on the muscle activity of vastus medialis oblique and vastus lateralis. *Journal of Strength and Conditioning*. 2010. 24(5):1256-1262.

## PLAYER PROFILES



### BFS Player Profile: **Seth Posey**

We recently received a great letter from Herb Stinson, the head football and strength coach at Bayfield High School in Bayfield, Colorado. He wanted to share with us the accomplishments of Seth Posey, a senior with a 3.833 GPA who participates in football, basketball and track. Posey's best lifts include a 370-pound bench press, a 285 power clean and a 405 back squat. Says Stinson, "I have worked as a football coach, strength coach and wrestling coach for 38 seasons, and I have had kids go on to college and pros not having the work ethic that this young man has. Seth Posey is an inspiration to me and [all our Bayfield] kids."

## BOOK REVIEW:

# Strength and Conditioning: Biological Principles and Practical Applications

**N**eed hardcore, scientific research in the field of strength and conditioning? Then you want *Strength and Conditioning: Biological Principles and Practical Applications* by Marco Cardinale, Robert Newton and Kazunori Nosaka (Wiley-Blackwell, 2011). This text not only reviews the practical aspects of developing athletic performance but also looks at the biology of such training.

This book is a bit of a monster with its more than 461 pages in a small typeface. However, don't think you have to read every word, cover to cover. The book is divided into five sections, each with several chapters written by different authors. Here is an overview:

Section 1 is ideal for students in exercise science, as it deals with the biological aspects of strength and conditioning. Among the topics are biomechanics and the physiology of bone, muscles, tendons and the respiratory and cardiovascular systems.

Section 2 builds upon the scientific foundation

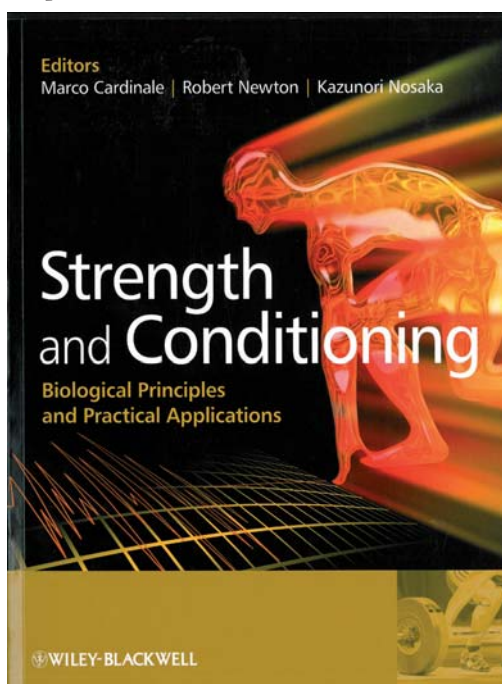
established in Section 1, focusing on how strength and conditioning methods create adaptations in the body.

Section 3 deals with how to measure and monitor the effects of strength and conditioning programs, including many of the current methods of online data collection.

Section 4, which strength coaches will find especially interesting, deals with practical applications of sport science research in the area of strength and conditioning, such as resistance training modes, agility and change of direction, nutrition, flexibility and sensorimotor training.

Section 5 is devoted to special topics in strength coaching, such as rehabilitation and working with special populations, such as children and Paralympic athletes.

The editors of *Strength and Conditioning: Biological Principles and Practical Applications* have put together a great body of work in the field of exercise science. It's not an easy read, but one well worth your time.



## BIGGER FASTER STRONGER



## Coming Next Issue

**P**reston Greene has had a long and successful career as a collegiate strength coach, working at the University of Minnesota, the University of Arizona and Clemson University, and now he is the head strength coach for men's basketball at the University of Florida. Check out our January/February 2012 issue for insight into Greene's success and what is next for the Florida Gators.



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