

## Athletes benefit from Speed and Conditioning Camp

By Brian Claus, Certified Athletic Trainer (ATC)

Marquette General Hospital's Sports Rehab team held their first Speed and Conditioning Camp from June 14 through July 31, 2001. The camp was geared to increase an athlete's linear speed, power and agility. Sports Rehab Athletic Trainers used a variety of form and technique drills designed to increase stride length and stride frequency accompanied by plyometric exercises to improve power. These drills and exercises were originally designed by an exercise psychologist from Florida State University and are currently used by top college, university and professional teams around the country.

The four-week camp was a tremendous success with 85% of



Speed and Conditioning Camp participants work on improving their agility by practicing the side-shuffle. Image Courtesy WLUC TV6

attendees improving in at least one aspect of speed, power or agility. One athlete improved by more than 0.5 seconds in a 40-yard dash, and another athlete increased his vertical

jump by 3.5 inches. Individual results varied, but all athletes who attended the camp left with something: improved speed, power, ability, or the tools to get there.



## Beat the Heat When Exercising

By Erik Johnson  
Certified  
Athletic Trainer  
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If the record heat and oppressive humidity of the summer months are

any indication, we may be in for a toasty fall.

It's important to keep in mind that, although the calendar says summer is coming to a close, dangerous temperatures and sun exposure can still occur. When conditions are this extreme, you need to be extra

careful about exercising outdoors.

Follow these suggestions on how to beat the heat when exercising:

- Try to exercise either early or late in the day when temps tend to be cooler.
- Another important factor to consider when exercising in hot weather is hydration. Under these conditions, you need at least ten to twelve 8-

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## The Need for Speed

By Brian Claus  
Certified Athletic Trainer (ATC)

Athletes trying out for a team sport need to be bigger, stronger and faster in order to be competitive. The majority of high school programs address the bigger and stronger aspects, but neglect the faster.

It was once thought that an athlete's speed was entirely genetic. We now know that this is not true. Speed, like strength, can be improved through specific training techniques. An athlete's speed is made up of two components: stride length and stride frequency. Both components need to be addressed in order to maximize an athlete's speed.

Power, another major aspect in athletics, is made up of two components: strength and speed. By neglecting one of these two components, an athlete is only using half of the equation and not reaching her potential for achieving maximum power and performance.

Speed can often mean the difference between being a good athlete and an exceptional athlete. Most athletes can benefit by being faster and more agile. With the advances in sport science research, we now have the tools to design programs focused on improving an athlete's speed.

For more information, please call the Sports Rehab team at Marquette General Hospital at 906-225-3186 or 800-562-9753 ext. 3186.

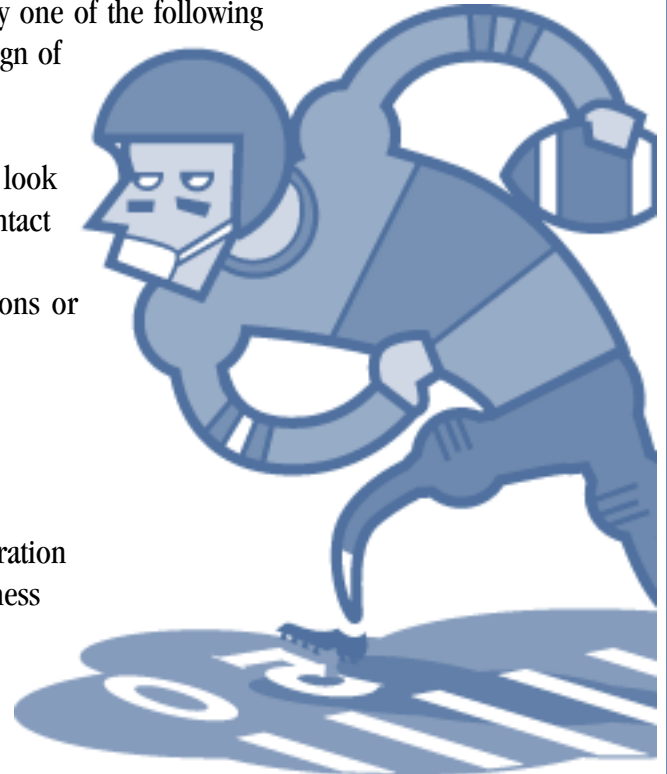
## Do I have a Concussion?

By William Emblad, Certified Athletic Trainer (ATC)

Football is a high-speed collision sport. With this in mind, injuries are not uncommon. Of all injuries that can occur, closed-head injuries are one of the most critical and require proper evaluation and treatment. It's important to be able to recognize the signs and symptoms of a concussion.

The presence of any one of the following symptoms may be a sign of a concussion:

- Glossy-eyed, dazed look
- Headache after contact
- Confusion (slow to answer easy questions or follow directions)
- Ringing in the ears
- Loss of balance
- Nausea
- Amnesia
- Irritability or frustration
- Loss of consciousness
- Easily distracted
- Dilated pupils (unresponsive to light changes)
- Unable to perform basic motor skills (touching nose with finger or walking a straight line)



Any athlete who has suffered a concussion should be removed from competition, examined by a physician, and observed. Repeated assessment is very important. The athlete should never be left alone, and a player with post-concussion symptoms should not return to play without consulting his physician.

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### **Beat the Heat**

oz. glasses of water. The body is better suited to deal with the heat if proper hydration is maintained.

- Last, try to wear workout clothes made from a lightweight and breathable fabric such as cotton.

These precautionary steps help your body deal with exercising in hot conditions. However, you should stop exercising immediately if at any time you feel fatigued, dizzy, nauseated, or extremely thirsty. These are signs of serious heat-related disorders and you should contact your physician immediately.