

Middle School Meet of Champions

MANCHESTER YMCA Eagles Youth Wrestling Team captured second place in the 5-6 Grade division at the Meet of Champions (State Championships) this past Sunday. The Tournament had over 500 wrestlers in Grades fifth through eighth grade attending this event and was held at Concord High School.

The Following YMCA Wrestlers attended the event, Jordan LaRiviere of Manchester, Derek Younginger of Bow, Joshua Wayne of Bow, jJason St. George of Bow, Seth Lud-

wigsen of Manchester, Ben Francoeur of Dunbarton, Alexander Carignan of Manchester, Adam Briggs of Manchester, taking fourth place in the State were Kenton Thompson-Kennedy of Manchester, Marcus Sutton of Hooksett, and Tyler Llyod of Manchester. Peter LaRiviere of Bow and Joshua Lusier of Manchester took third and Quinn Abrams of Bow, Tomas Chebook of Manchester, Noah Owens of Candia and Chris Boyce of Merrimack were State Runner ups. Capturing First

Place were Noah Johnson and Aaron Welch.

The Eagles are coached by the following Volunteers, Rob Chebook, Eric Abrams, Jacob Marcus, Erik Ludwigsen, Steve Welch, Ted DeJesus, Chico Ross, John Maranos, and George Griffin.

The Manchester Eagles will still be having practices and attending Tournaments until April so if you are interested for next years Team come watch us and see what wrestling is all about. Call or e-mail Rick Ross at 232-8660 or rross@gmfymca.org



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Training Center Enhances Performance

By: Wendy Bamford

The new NLP Performance Training Center has been developed specifically for performance enhancement and strength and conditioning. Features include Olympic platforms, rubberized bumper plates made specifically for strength development, speed, and agility training, weights, and a training atmosphere based on results that is not like a typical commercial gym.

The center is the only one in the state, and is conveniently located on S. Commercial St, across from WMUR in the historic mill district. Owner Joil Bergeron explained that it has been a dream of his to open a performance training center for years. "I have always wanted to do this and couldn't believe it when I saw that there were none in existence in New Hampshire. When you travel outside of the state, there are places such as velocity sports performance where athletes can go to learn how to use proper athletic mechanics.

People don't realize how important strength and conditioning is, you can't maximize your performance if you have bad movement patterns, or if

you've never learned how to do things properly in the first place."

NLP offers the Elite Athletic Development Program throughout the year. The program last from 4-8 weeks with commitments of 2-4 days per week, and is open to athletes from all sports ages 9+. But it's not just a strength training program. Participants spend about 50% of their time working on speed mechanics, acceleration development, core strength, and injury prevention, with the remainder of the time developing strength. "We focus on developing the total athlete. People think that speed is developed in the weight room. This is only partially true...you still have to learn how to apply that raw power to sport movements.

That's what we do – we develop the total athlete by teaching participants how to train properly, use proper running mechanics, and understand the principles of balanced training. Plus, you need to use exercises that will actually help you improve – that's what we specialize in."

Smart training is the emphasis of the program. Participants receive individ-

ualized instruction every-day in a group setting, with typically 12-16 athletes in each workout. "We keep the groups to a maximum of 16 participants to maintain a high degree of instruction and quality" Bergeron said. "The problem I see far too often is people don't understand how to train or what the most important aspects of training should be – there needs to be a balance. People forget that injury prevention and performance enhancement is one in the same. By developing a balanced athlete you decrease the risk of injury. Our goal is to reveal whatever weak links a participant may have, develop those areas, and help them improve overall."

One of the perks of the program is athletes receive comprehensive testing at the beginning and end of the 4 or 8 week sessions. "It's our way of proving that the program works. We have a light timing system that eliminates hand timing, vertical jump testing unit, and much more. It makes our results reliable because the tests don't lie. " And testing is valuable for a few reasons – college-bound student-athletes need to be prepared for the next level. Bergeron is a former NCAA Division I track coach, with

more recent experience working as the strength & conditioning coach for the Manchester Wolves, and as the head coach for Central's boy's track team.

"My formal background is derived from my master's degree in strength & conditioning, but my coaching background is with most sports. Strength & conditioning is applicable to all sports. But all of my staff is experienced as well – they are all certified strength & conditioning specialist and have earned college degrees. I won't hire people who don't have a credible background. Many of them are still practicing coaches on the side."

One of NLP's goals is to help aspiring athletes negotiate the choppy waters of matriculating into college athletics.

"We treat everyone the same, whether they are just trying to make the high school team, or if they are trying to earn a scholarship. I'm fortunate to have participated as a NCAA Division I athlete and as a NCAA coach, but I'm also lucky to have worked as an academic advisor and university instructor as well. So I can relate to what

both the aspiring athlete and hopeful coach/parent are going through. But it's not just about winning, it's about helping develop character in people."

Along with the physical training, life lessons are promoted such as responsibility, work ethic, teamwork, and accountability. "We have a sign next to our main entrance that says 'I just got better.' Our tradition is to have everyone who leaves our training facility touch the sign. It's a way for them to keep in perspective what they're here for." The performance center offers a different atmosphere than your typical commercial gym. You won't find T.V.'s or saunas. The goal is to create an environment where everyone is working toward improvement, whatever that may be.

"We've had Olympic lifters dropping weight in the corner, which is what our equipment is designed to do, and 50-year old women in our fitness bootcamp on the next platform over without so much as a glance. Everyone who comes into our facility understands we are all equal, and we are all here to help each other out. We try to protect our environment but it is a very friendly, supportive, but purposeful atmosphere."

Bergeron explained that the summer tends to be the busiest time for the

program, with fall, winter, and spring being of most value to athletes who are not participating in a sport. "Off-season training is the difference between 1st and 2nd-string athletes. The summer is generally everyone's break from school and sport. It's an extremely valuable time because more investment can be made in off-season training to prepare for the next year with fewer distractions."

The program boasts average improvements of 0.3 seconds off the 30-yard dash, a 2-3 increase in vertical jump, and the ability to do 10, 16, and 12 more squats, pushups, and situps, respectively, in a minute when compared to the initial test. "We develop all athletes. We teach them how to properly execute the basic movement patterns found in all sports. We leave game strategy to the individual sport coach, but our goal is to make the coach's job easier by providing them better prepared and more athletic players."

Information about the Elite Athletic Development Program may be found by visiting the performance center at 31 S. Commercial St, which is located in the lower parking lot, online at <http://nlpstrength.com>, or calling 603-627-7500.