



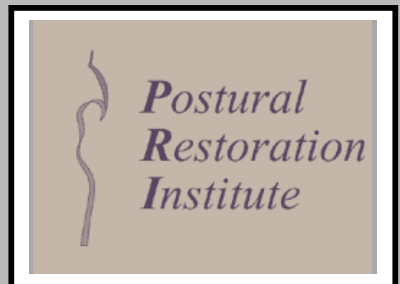
MAXIMIZING ATHLETIC PERFORMANCE
NEWSLETTER

X-EDGE-ARSENAL-HUSKER PIPELINE

The Xplosive Edge is known for its deep roots in the legendary Husker Power program. Following the 10 Husker Power Principles, the Xplosive Edge has been recognized as one of the top private strength and conditioning facilities in the nation with its combined 30 years of proven results. The Xplosive Edge has teamed up with Arsenal Soccer to create the "complete" soccer player who is bigger, faster, stronger, and less likely to get injured. Since the two entities joined, Arsenal has continued to dominate Nebraska soccer and even increase their number of yearly state championships. This year alone, Arsenal and X-edge have cranked out 6 Nebraska soccer recruits as well as several other Division 1 recruits. Listed above from left to right: Jourdan Casey, Hannah Dittmar, Megan Merrill, Bri Exstrom, Bri Badie, Mary Hronek.

TABLE OF CONTENTS

- [XPLOSIVE EDGE](#) - P. 1
- [ARSENAL SOCCER](#) - P. 2
- [NUTRITION/8-BALL](#) - P.3
- [X-EDGE/ EDGE NEWS](#)- P.4
- PRI Blog



NHL PLAYER TRAINS WITH X-EDGE!
CHRIS HOLT

Chris Holt, formerly with the New York Rangers, now a member of the St. Louis Blues organization recently checked into the Xplosive Edge training program all summer long. Chris is a goalie and chose to train at the Xplosive Edge to remain at the top of his game. Chris significantly improved his overall strength, power, agility, balance, and coordination this summer. Way to go Chris, we wish you good luck with the Blues!!!!



"Xplosive Edge has taken me to the next level in competition and has put me steps ahead of my opponents."

ARSENAL SOCCER

State Cup Finishes

Champions

Veleno (U16B)

92-93 (U16G)

United (U18B)

Primo (U18G)

Runner-up

Warriors (U15B)

91-92 (U17G)

Congratulations to all of the teams who competed in the State Cup this fall! Keep up all of your hard work!

The Xplosive Edge has many exciting things going on with Arsenal this year. We would first like to congratulate all of the teams this year for all their hard work and dedication! As the State Cup comes to an end, we would like to take this time to update you on where we are currently, with the athletes and where we are going as far as training is concerned. We have just finished our "peak phase" of our program with U15-U18 teams in the state cup. In this temporary training phase, physical efficiencies are maximized, neuromuscular coordination is perfect, and the body is in a high state of functional synergism (working together). For the younger arsenal athletes, we are working on what we call our "base phase." In this phase we are developing functional and Xplosive strength relative to the



since we do not have to get them peaked out for the state cup. We are working especially on the ground-based actions in the weight room and the multiple joint movements as well. Anytime we can engage multiple muscle fibers during a training phase the better and more functional the workout becomes to the game of soccer. Each team has been through the nutrition seminar once and we hope to record a second nutrition seminar with each team at the end of this cycle.

ARSENAL U15-18 ATHLETE OF THE QUARTER



The Xplosive Edge would like to take the time to congratulate Chris Watson of the U16 Arsenal Veleno team. Chris has worked very hard this year and has always brought with him, an excellent attitude to training. His outstanding work ethic has helped lead his team to a state cup championship. We always enjoy working with an athlete like Chris.

ARSENAL U11-12 ATHLETE OF THE QUARTER



The Xplosive Edge would like to take the time to commend and congratulate McKenzie for being our athlete of the quarter. McKenzie plays for Arsenal U11 Red and always brings an outstanding attitude to X-Edge training. Her hard work, dedication, and commitment to soccer are exemplary. We enjoy working with her and are thankful to have a student athlete like McKenzie.



Eight Ball nutrition provides a pre-workout drink (Gator Whey) as well as a post-workout drink (Recovery Mix) for all of the Arsenal athletes. Eight Ball is one of the nations leaders in sports nutrition and all supplements are backed by science and research, are university approved as well as Informed Choice Certified. For more information visit: www.8-ballnutrition.com

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THIS QUARTERS FOOD GROUP CARBOHYDRATES

Carbohydrates are made up of sugars and starch and they should be the major energy source in an athlete's diet. Carbohydrates should provide a minimum of 60-70% of your total dietary energy with most coming from starchy carbs. Starch is considered your body's favorite fuel. It provides most of the glucose in your body, which is the only fuel your brain can use. Your body stores very little starch, so it is vital to have an adequate intake. If your muscles run out of starch, they can burn fat but fat is not as efficient when it comes to creating energy for your body. So, maintaining high levels of starches in the body will ensure performance at an optimum level.

Sources of Starch

- Breads
- Cereals
- Potatoes
- Beans
- Pasta
- And many more.....

Suggested Game-day meal plan

	Calories	Carbs (g)
Breakfast		
8 ounces orange juice	120	28
1 cup oatmeal	132	23
1 medium banana	101	26
8 ounces low-fat milk	102	12
1 slice whole wheat toast	60	12
1 tablespoon jelly	57	15
Lunch		
2-ounce slice ham	104	0
1 ounce Swiss cheese	105	1
2 slices whole wheat bread	120	25
1 leaf lettuce	1	0
1 slice tomato	3	1
8 ounces apple juice	116	30
8 ounces skim milk	85	12
2 cookies	96	14
Dinner		
3 cups spaghetti	466	97
1 cup tomato sauce with mushrooms	89	19
	5	1
2 tbs Parmesan cheese	45	0
4 slices French bread	406	78
1 slice angel food cake	161	36
1/4 cup sliced strawberries	13	3
1/2 cup ice cream	133	16
Snack		
16 ounces grape juice	330	83
6 fig cookies	386	81
TOTAL	3236	613
(75% of total calories)		

XPLOSIVE EDGE NEWS

Biomechanical Considerations to Strength and Conditioning



James Anderson, M.P.T., P.R.C. is a faculty member for the Postural Restoration Institute™ in Lincoln and the Director of The Rejuvenation Center's Athletic Performance Clinic of Omaha.

The Postural Restoration Institute™ continues to be excited about the opportunity to collaborate with The Xplosive Edge on biomechanical performance for its training programs. No other strength and conditioning program in the country has incorporated this level of biomechanical awareness and correction into all aspects of their program.

The Xplosive Edge has teamed up with the faculty and staff at The Postural Restoration Institute™ to develop a biomechanical warm-up that balances the position and leverage of all of the muscles that are being trained. Performing this type of specialized warm-up with each athlete before each training session decreases the risk of training injury and dramatically accelerates strength gains that can be achieved. This kind of attention to the safety of each athlete and the efficiency of strength development has truly put The Xplosive Edge on the cutting edge.

UPCOMING CAMP DATES

- **Developing Edge:** Nov. 24-Dec. 20
Jan. 5- Jan. 31
- **Xplosive Edge:** Nov. 24-Dec.19
Jan. 5-Feb. 27
- **Adult Edge:** Nov. 17-Dec. 19
Jan. 12-Feb. 20

MEET THE COACH

Zach Hansen is a Strength and Conditioning Specialist (CSCS) at the Xplosive Edge. Zach graduated in May '08 with a Bachelor's degree in Exercise Science. He grew up in Lincoln, NE where he was a three-sport athlete at Lincoln Pius X. He moved to Omaha in '02 to attend the University of Nebraska at Omaha to play football. Zach finished off his educational career with a 5-month stay in Seattle, Wa, where he was a personal trainer. He has been with the Xplosive Edge now for almost a year and loves working with the Arsenal soccer club and all of the X-Edge athletes.



X-Edge Athlete of the Quarter



Kyle Conway is a junior at Millard North. He has played both hockey and baseball his freshman and sophomore year at MNHS and enjoyed every minute of it! Weight lifting is his passion and Xplosive Edge has really helped him prepare for this years hockey season along with getting him ready for baseball tryouts in the spring. Not only has his strength increased, but his vertical jump and speed. Which will all come in handy in the outfield and on the ice.