

GRAY MATTER

Newsletter # 7 – July 2008

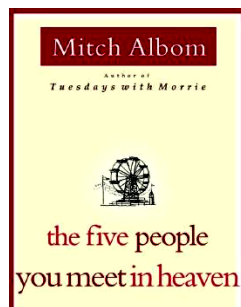
JOHN WODDEN'S 2 SET OF 3's:

Never lie, cheat, steal. Don't whine, complain, make excuses.

FRITZIEISM: "STOP FOCUSING ON THE NUMBERS."

Bodyweight is NOT a good measurement of fitness and health. You can gain 10lbs of muscle and lose 10lbs of fat. Your weight will not change, yet you've improved yourself considerably by losing fat and adding muscle.

BOOK OF THE MONTH



ARE YOU A WINNER OR A LOSER?

WINNER	LOSER
<i>Admits making mistakes</i>	<i>Rationalize their mistakes</i>
<i>Believes in hard work</i>	<i>Believes in luck</i>
<i>"Lets find out!"</i>	<i>"Oh well, nobody knows!"</i>
<i>Makes commitments</i>	<i>Makes promises</i>
<i>Takes on a problem "head on"</i>	<i>"Goes around" the problem.</i>
<i>Knows there are better ways</i>	<i>Accepts only "one way"</i>
<i>Always learning from people</i>	<i>Claims to "know-it-all"</i>
<i>Respect those superior to them</i>	<i>Tries to tear down those superior to them</i>
<i>"I am good, but I can get better"</i>	<i>"Im not as bad as a lot of other people"</i>
<i>Strives, plans, hustles</i>	<i>Dreams, wishes and hopes</i>
<i>Makes opportunities</i>	<i>Finds opportunities</i>
<i>Leads people</i>	<i>Manages people</i>
<i>Learns from disappointments</i>	<i>Gets discouraged by disappointments</i>

ATHLETE SPOTLIGHT



Logan Tom (Volleyball)

LUNGE WITH A TWIST



TIPS: Back must be straight, weight load should be on the front leg, exhale on the "twist". Can be performed without the medicine ball.