

GET UP!

Volume II, Issue 4

October 2003

Is it time for a day off?

For those of us who are doing several summer sports...Highland Games, track, Olympic Lifting, Strongman...the "fall" may not start for a few more weeks. This is an odd time of year for many of our subscribers: the seeds planted in the icy weightrooms of January are starting to bloom and the weather and the competitions are perfect. It is the time of year when most outdoor athletes peak.

Yet, with this peak, it is also the time where we begin to look forward to not traveling every weekend, to having a Saturday to sit around and watch college football, and to not have to unpack, pack and repack every week.

Our edition this month looks "long term" with articles by David Witt and Wes Kersey.

Our mission? To teach everyone:

1. The Body is One Piece
2. There are three kinds of strength training:
 - Putting weight overhead
 - Picking it off the ground
 - Carrying it for time or distance
3. All training is **complementary**.

Training and The Bible

David Witt



*As a high school thrower, David ended up third in Kentucky's State Meet under the coaching of Marty Mayer and Pep Stidham (God rest his soul, he died young in his 40's of heart problems). Going to college that **didn't** have a track program, David has competed as an open and*

unattached thrower for years in and around the Kentucky area. Married to Pam with two children, David teaches high school math.

Ok, bear with me. The other day I was skimming through The Bible, no, not The Track and Field Omnibook, the Holy Bible. Any way, I was skimming through The Bible, and I came across Chapter 3 of Ecclesiastes.

"To every thing there is a season, and a time to every purpose under the heaven"

Hmmm, looks like there may be some things to learn about throwing and lifting from The Bible.

"A time to be born, and a time to die: a time to plant, and a time to pluck up that which is planted;"

My throwing career was born when I was a freshman in high school. It will end someday, and when that day comes, it will be hard to let go. I'm thinking when I'm 110 I'll probably stop throwing. I'm on the 120 year plan personally.

Planting. Fall is the time of year to plant new seeds for improvements in your technique, or in my case, the time to start building a new technique altogether. The fruits of your labors in the fall will be plucked in the spring when you debut your new technique at the first meets of the year.

"a time to break down, and a time to build up"

One of the theories of how muscles get stronger is the breaking down method. When you lift, you are breaking down the muscles. When they heal, they heal back stronger, so you get stronger. Kind of like a bone after a break and they say they get stronger after the break. It usually takes on average 48 hours for muscle to heal, so that's why your coach told you to lift every other day. For really heavy workouts it may take longer. So there is a time to workout, and a time to recover. Both times are equally important if you want to progress as far as you are capable of. Too many times we concentrate on the breaking down portion and not enough on the building up, or recovery portion.

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“a time to weep, and a time to laugh”

Weeping. You are going to have your bad days. The weights feel heavier, the technique just isn't there, or you just don't feel as quick and strong. You feel slow and heavy. These are the times to weep. They happen. Dan is fond of saying “they can't all be gems”, and he's right. I usually find that for every good day throwing I have, I have 3 to 4 bad days to go with it. Usually only one good day a week. But that day is the day to laugh. Enjoy your sport. When it's working for you, life is good. These days are the ones you live and train for, when you get a 3 foot PR in whatever event you enjoy.

“A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing”

Cast away stones. Did I mention I started Highland Games competitions this year?

As athletes, we are always looking to embrace new ideas to get us that next inch or 5 pounds. We read books, articles, go to camps, peruse The Ring, for any idea that will help us reach our goals. But take everything you hear with a word of caution. I pretty much trust 98.4% of the stuff in GET UP!, but when that guy comes over in my gym and tells me deep squats aren't good for my knees, I know it is time to refrain.

“a time to keep silence, and a time to speak”

Ever been to Brian's station at the John Powell Camp? That is the time to keep silence and listen. Get around knowledgeable people and let them do most of the talking. You can speak when you go relay what they said to somebody else. Two ears and one mouth, use them proportionally and you will learn a lot more.

Well, that has been my take on The Bible and throwing. I hope this helps you with your journey. I think I've learned that there is something to be learned everywhere. Now I'm going to go see what I can learn from SciFi's Godzilla Marathon.

Goal Setting and Go Getting

Wes Kersey (WesII)

.Wes is a 42 year old reborn thrower from Memphis, Tennessee.

This is his first year back in throwing and he competed in two highland games



This is addressed to the young studs out there and also to the not so young studs. The young studs because if you practice this when you are my age you'll be glad you did. For the not so young studs, I have to believe that it is never too late. Motivational speaking is a multi million dollar industry. In my opinion, the present day Gurus are packaging the words of Napoleon Hill and adding a different twist. To their defense, Mr. Hill packaged the teachings of Jesus, Confucius, and Krishna and gave it a different twist. In a nutshell here is how it works “If you believe you can or you believe you can't. You are right!”

I have read that the average person uses only 10% of their abilities and potential. Most people are pushed through life like a leaf in the wind because of lack of direction. What direction?? Goals! Why don't all people set goals? Hell, that's easy, its hard work! It takes emotion, desire, planning, THINKING. Albert Schweitzer was once ask what he thought was wrong with the men of his day. After a pause he

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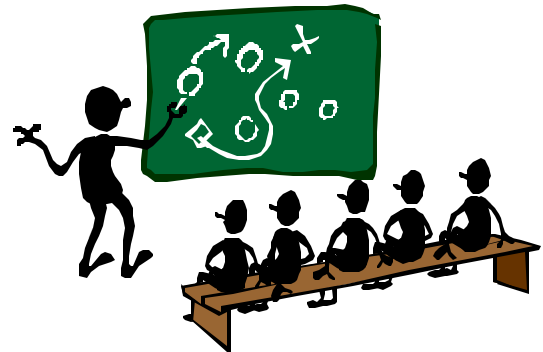
replied “Men don’t think”. Doesn’t seem like a whole lot has changed does it? Some of you may set goals for your professional life, some may set goals for your sporting life but I would bet that you don’t tie the two together. And if you do, how do you go about accomplishing those goals.

The P & B board did a great thing around the first of the year. Kip tacked a post on the Ho Ho board that related to people’s goal in Highland Game events. That was GREAT. In order to really have a goal you can’t just THINK it, you have to INK IT. The only thing missing was this. Exactly what are you going to sacrifice and what steps are you going to take to accomplish these goals. What is the difference between a wish and a goal? Ladies and gentlemen a wish is what goes on a letter to Santa Claus. I can wish all of you make your planned numbers. I cannot influence a goal one bit. A goal has to be set by YOU and set with a WHITE HOT DESIRE that you are going to reach it and have a plan on how you will reach it. Notice I didn’t say you may or could, I said WILL reach it. Step out of your comfort zone, dream a little, use your noggin’ for something besides a hat rack and come up with ideas that will push you to the next level. Dream it, feel it, taste it, and DO IT!

Here is the main question boys and girls. **How bad do you want it?** Do you want it bad enough to give up meeting your buddies at Happy Hour a few days a week to practice?? Do you want it bad enough to go to bed earlier so you can get up earlier to get a weight workout in? If it is a worthwhile goal there has to be some sacrifice. You have to set it straight in your mind that you ARE going to accomplish this goal and see yourself doing it. Write them on a piece of paper, many pieces of paper. Put one by the toilet, one on the bathroom mirror, one in your gym bag, over the visor of your auto, one in your purse or wallet, on your nightstand, be constantly thinking about and seeing yourself accomplishing your goals. Give your sub conscious mind something to dwell on, if you don’t it will find something, and probably not in the direction you want it to work. It will let your

body drive and your body will say “I’m tired, let’s sit down.” Ever heard the saying “The mind was willing but the flesh was weak”? During the day you have to ask yourself “What Am I going to do today to bring my goal closer to me?” Yesterday is history, tomorrow is not promised to you, what are you doing TODAY to accomplish your goal? The wise men say, if you set a goal, have a strong desire for it and can form a vivid picture in your mind doing it, it is already yours! If the desire is there NOTHING will stand in your way of accomplishing your goal. . Think about this before your next work out. What is your goal? If you REALLY want it, the desire and emotion will be there. You don’t have to be great to set goals; you will be great because you did.

Things piled up around me recently and I had the feeling that there was no way out. How would I start a new career at 42 years old? Just what in the world was I going to do? Finally and old voice that I had pushed to the back of my mind stepped forward. The voice said in a booming voice “You pansy waist sack of bones, what does every warrior does when he reaches a point of indecision? You are going to go on the offensive and ATTACK!” My high school coach had an eloquent way of putting it. He said you rammed the ball so far up your opponent’s ass that he got HIS hands dirty pulling it out! Quit feeling that you can’t and attack. Be large and in charge. Tell that weight bar, 56 pound weight, or atlas stone that you are the boss and you are opening a can of whoop ass and are going to smother him with it.



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This poem was in my locker room as a High School athlete. I had forgotten about it until lately. It was and is a great source of inspiration to me and I hope it will be for you. Pay attention the number of times the work "Think" is in it.

**If you think you are beaten
You are. . .**

**If you like to win, but think you
can't
It's almost a cinch you won't. . .**

**If you think you'll lose---
you're lost. . .**

**For out in the world we find
Success begins with a person's
will,
It's all in the state of mind. . .**

**Life's battles don't always go to
the
stronger or faster man.**

**But sooner or later,
the one who wins,
Is the one who thinks he can. . .**

I think this is a good article!!!

The "Gary Column"

My brother, Gary, lives in San Mateo, California and is a big fan of the newsletter. He often comments on different writers, then asks those "Million Dollar Questions." The same questions many of you may have...but are afraid to ask!

Dan,

Now that the sickness of discus throwing has reached its advanced stages, I hope to add to your collection of insightful thoughts. You recently wrote of the rituals of competing, the habits and ceremonies that help you get into the proper state of mind. This summer, I got a chance to compete in seven track meets at the

Los Gatos All-comer meets and, indeed, quickly found myself falling into a pattern of repetitive behavior.

Again, I remind you, I just started this whole mental illness in January. Still, I've competed on the track side and road raced since age fourteen. There is no way I'm going to train and not compete. Anything else is not natural. I just had to try out my new addiction against others.

My first meet, it was 105 degrees in the evening. I arrived early and very nervous. When you run a track meet, the gun goes off and that's it. I've competed in field events before, but only as a third or fourth event. I usually jumped between races. But, now, it was only the discus. First time in the ring, I ended up about half of a turn out of sync. The ring was very fast and I was pumped. Way, too pumped. End of story, I got a 98'5" on my third throw. We get six throws at these meets. I had no idea what I was doing but I did it.

For the next six weeks, every Thursday night, I would go and throw in Los Gatos. And with each meet, I slowly settled into a ritual and comfort level of competing. First, I learned to time when the shotput event would finish. The shot put went first, and then everybody came over to the discus area. Some nights, my twelve-year old son, David, would join me. He would throw in the high school division; I'd be in the masters. We would carry our folding chairs and cooler to a choice spot in the shade. We would then shag and throw up and down the field.

The biggest difference in throwing, if found out, with running was working on calming down. When I'd get in the ring, I'd tell myself, slow down, slow down. Also, you could actually talk and be friendly with the other people throwing. Some nights we would have twenty throwers. Everybody from grad school to master's women would compete. That, next to being able to compete with David, was the best part of the meet.

Dan, you write of "showing up," and that is what I did. All the training in the world is nothing

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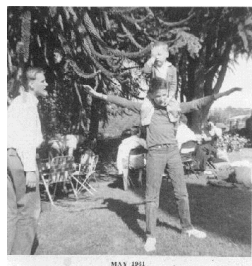
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without some goal. You were extremely helpful, especially when I thought my throwing sucked. I think I was as excited as you about your National Weight Pentathlon. It is one thing to talk about it, it is another to do it. Best mark of the summer?

103' 2." Not great, but alright for 54.

Gary

In this picture, Gary is carrying the editor in an early experiment with overload training.



What to do...now???

Editor in Chief

Coming back from Las Vegas yesterday, I began the three part process that I always undertake when I look forward to next season. Of course, when you compete in several sports, "next season" could be next week...

I approach the off-season with three simple steps:

1. An Honest Evaluation
2. Yellow Page Think Sheet
3. Show up

An Honest Evaluation

If you have read any of my articles in the past editions, you know that I believe there are two central keys to continuing success in athletics:

First, know your weaknesses.
Second, know your strengths.

In the off-season, I believe that you need to eliminate your weaknesses (EVERYONE thinks this is true!!!), but more importantly, you have to learn to take advantages of your strengths. In past editions, we have discussed these concepts, but the "honest" part of an honest evaluation is the ability to look at the mirror and remind yourself that a strength you had a decade ago might not still be there! You need to look at the "now."

Step one can be done in just a few minutes...generally, by the end of a season, most people know exactly the strengths and weaknesses of the past season.

Yellow Page Think Sheet

The color doesn't matter, but I like to rip out a piece of yellow legal paper and, starting from the middle of the page, write a clear goal. Then, in any random form, I start knocking out ideas. "Squat with chains" was one from a little while ago as was "travel to more meets." As the ideas come out, I often take a moment to write a simple way to get the goal: "buy chains" or "join the Delta Crown Room." Delta Crown Room? Sure, if you fly a lot on one airline, I discovered that it helps to join their fancy schmancy club to sit around and eat and drink while you wait in the airports.

It doesn't matter how many things you write down, the important thing is that you engage your mind to come up with every little aspect of the upcoming season. I have found that in addition to airline clubs, I also found that I compete better when I stay at certain hotels that have free breakfasts with eggs and an afternoon happy hour. The "yellow page think sheet" often has diet ideas, equipment needs (javelin!!!), people to contact, audio-visual buys, shoes, gloves and, really, anything that will make me better. I have done this in the kitchen and on airplanes.

Amazingly, after I complete a goal, I often find that this sheet "prophesized" the victory or goal.

Finally,

Show up

Put your evaluation and ideas to work. Great, everyone does that...but, be sure to be at the place (at the right time!) that you are supposed to be to get that goal. *You must be present to win!!!*

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