



Football and Fall

As the readership knows, I love College Football. Love it. I'm off to my annual retreat to Tempe in a few weeks for ASU-Cal...and save for a back up QB, this could have been the biggest game in ASU History.

Too bad the season has gone exactly as expected this year... Let's remember the mission here:

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*.

"Us" : Rant by the Editor

Daniel John

In the past few months, several people have asked me to write more for Get Up.

I have to ask...why?

I have something to talk about that is driving me crazy: this constant use by people on internet forums complaining that "the world doesn't understand 'us.'" I have seen this point on several places...yes, true, usually internet discussion boards filled with boggle eyed minions...but it does drive me crazy.

What is this "us" thing? I get it: I've been the coach of a team that lost five straight games and became the

punch line of a lot of jokes (we then came back to win all of the rest of the games) and saying "us" to a roomful of people who have lost blood and sweat together makes sense.

But, an internet forum? Just because I sit and type this sentence doesn't necessarily mean that you the reader and I, the author, just finished a wonderful meal of steak, BBQ chicken and salad (which I did). It means that we may have similar goals and a similar worldview, but complaining to others that the world might not understand "us" ...well, it really creeps me out.

So, next time you find someone in a forum mentioning that "no one (and the word "noone" doesn't exist, by the way) doesn't understand "us,"" please feel free to shake your head and avoid sharing personal information with this person.

Some Ideas for the Gym

Daniel John

One of the ways I get my athletes to "max" without maxing is to get there names up on the wall by making a "club." I learned this from Dick Notmeyer who had clubs for everything, from all the Olympic lifts and Power lifts to things like sit-ups, chin-ups, dips and pull-ups. When people see a chance for "eternal and immortal fame," a Dick Notmeyer quote, they will train for

months to break the gym record for Incline Sit-ups with a 45 pound plate.

For Boys, we have a Deadlift Club with 400, 500 and 600 pound DLs (girls are 200, 250 and 300). Cleans, for boys, are 175, 200 and 225; Squats, 250, 300, and 350 and Bench Press is 200, 250 and 300.

Truly, every program uses some variation of these numbers and lifts. But, after meeting with Ethan Reeves at Wake Forest, I developed an idea to get a high school athlete to be more balanced. We call it the “Big Blue Club” and the key is to get **all the lifts** mentioned. Sure, you can do more, but you must do at least all of the following:

Front Squat	205
Deadlift	315
Clean	205
Back Squat	255
Clean & J	165
One arm Bench Press for 5 Reps:	
Left	70
Right	70

True, many of our athletes do this on the first try, many can do some of the lifts without warming up. But, it is the balance we are looking for here in the Big Blue Club.

We also added the “300” club for the athletes who want an additional challenge:

100 Pushups (to a short 2 inch cone) (No knees down, but you can rest in the extended position) *immediately followed by:*

100 Overhead Squats with PVC (Butt touches a low box each time) *immediately followed by:*

100 Leg Curl/Raises with a 3 kilo Med Ball held between the knees (protect the athlete’s face at all times!).

Fun for the whole family!

I also have a club where the athlete jumps up on our highest box, the 42 incher, from a stand start.

The key is this device:



This inexpensive label maker prints out the first and last names of the athletes neatly and clearly and takes very little room on the record board. I have invested an additional \$70 in fresh tapes to keep up with the athletes. I have had athletes come in after school to redo a lift to get their names on the “Big Boards.”

One final thing: I have those stall mat rubber mats and I invested in some “white out,” the magic device we all used before computers. With the white out, my TA, Devin Kallas, took a tape measure and now we have about six areas to measure Standing Long Jumps and various assessments. White Out can also be used for foot placement and making “T’s” or whatever other needs you have for measurements or teaching.

We also began spray painting on school logo on every surface with a cheap cut out of our school Eagle.

Cheap is good. Very good.

The “Gary” Column

Gary John

Besides being the voice of logic and reason on the internet, Gary John has quickly become a sought out throwing coach in the Bay Area. Since the loss of so much information on the site in June, we may or may not be reprinting two of his best works here...

The more I coach, the less I know. So eventually I’ll know absolutely nothing. Two weeks ago, just before the finals for my high school throwers, my entire girl’s throwing went right into the toilet. The one thing I find with girls is they are really more of a group, than the boys are. Being hopelessly male and the father of two boys, this strange behavior remains a mystery.

We had been to a couple of meets and one school has a terrific throwing program. All their girls have a perfectly beautiful glide. They don’t throw far, but it is pretty. Of course, my throwing team was all brand new this year, so we have been working on learning a good solid stand and maybe adding a step and throw. So, my girls wanted to glide. Not practice it very much or do the work necessary, just magically glide in a couple of workouts.

I’m not a full time coach. I get there when I can and make Tuesdays and Thursdays technique day. The male team consists of a few throwers and a bunch of football players that are doing strength training three days a week. It isn’t working and next year I’m going to put a stop to it. The athletic director had made some promises that the other coaches and kids didn’t keep. Whole point, sometimes I’ve got four throwers,

sometimes fifteen. My girls did the best at showing up, so at the end of the season, I worked mostly with them.

Back to the story, the glide isn’t working, the girls are in a funk and it is carrying over to the discus. I took one of the girls, Hosie, who is my most competitive and we changed what she was doing. With the shot put, I had her face sideways in the ring, right foot almost touching the back of the ring. Then I had her square her shoulders to the back of the ring, elbow high. She would cross her right behind her left and power to the front. Worked like a charm. She threw a two-foot PR within about four throws. She went on to place 3rd in our league finals. We have seventeen high schools, and she is a freshman.

I applied kind of the same technique to the discus. Right foot towards the back, cross behind, stretch and throw. In the finals we took 3rd, 4th, and 5th. First place was only eighteen inches further than third. Best part, the improvement was from six feet to fifteen feet for those three girls. And they did it in the big show when it counted. First thing they asked me when they saw me again, can you please be the coach next year?

Next year, we will glide and we will spin. The difference will be, the girls all have medals and maybe, just maybe practicing could help a little. Best part, I’m sending a whole new crop from the middle school, where I also coach. But, that is a much longer story.

New Toy: Gary John, Part Deux

The high school I coach the throws at, has an “ok” weightroom. This winter, they got some new trap or shrug bars. Basically, the bar is a hexagon, which you climb into and the weights are loaded on the sides. There are two different sets of handles, and you lift by pulling from your sides. Google “Olympic weight hex trap combo shrug bar” if you need a picture.

Anyways, I had been doing deads with them and kind of almost like the feel. Couple of weeks back, Fred Cordova, a local strongman, asked if he could lift with me at the high school. We got things going and I was trying to do farmer’s walks with a set of heavy dumbbells. They were beating the heck out of my knees, I kept banging into them.

Fred suggested that I try farmer’s walks with the trap bar. Night and day, worked great. I had to have me one. After a little shopping around, I found the best deal was from Jesus on ebay. Bought it and waited.

I got home from a meet on a Friday night and my bar was waiting at the door. By Saturday afternoon, I couldn’t take it anymore and took the bar over to my warehouse. Most of my weights are there, wanted to just load up and go. I had actually thought about what I was going to do so this is my quickie workout:

Load 235#
Set of 5 deads followed by a farmer’s walk until I can’t
Set of 4,3,2,1 each followed by a farmer’s walk

Didn’t make it all the way through the first time. My hands weren’t too happy and it was new to my body. Done it every other day since and the walks are getting longer. What I like, as my body adjusts, I can increase the weight and/or lengthen the walk. This is one of those five-minute workouts that pay off big time. My traps feel like someone has been beating on them with a baseball bat. You got to love it.

Thanks, Gary, good stuff again...



In Memoriam, Al Oerter.
His profile in “Ageless Athletes” became my template for thinking and training as an adult. His story was my first inspiration.

Published by Daniel John
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