



New Jersey State Finalists

Governor Livingston Varsity Football Team trains at GFP all year long

GFP Newsletter

FEBRUARY 2009

Welcome to the second issue of the GFP Newsletter! We hope you are achieving all of your 2009 fitness goals.

If you have not written your goals, now would be a great time! Even before you read the very informative article below about training youth athletes, write down at least one health or fitness goal on a post-it note and put it on your bathroom mirror. Start working to achieve these goals by the next GFP Newsletter in March - you should be well on your way!

Get After It!
Vince Gabriele

Speed Training for Young Athletes

The Right Time

By Vince Gabriele MS,CSCS, YCS-1,NASM-PES

After 10 years training athletes I have seen many things that amaze me. How could an elite level NFL star perform a basic skill so poorly - and my average 10 year old athlete perform it perfectly? Training some of the best athletes in the world, mostly NFL football players, and even more time training youth athletes from ages 10-13, I have come to one conclusion, with research to back it up: It is much harder - and takes much longer - for an older athlete to learn a new skill than a younger one.

WHY

Sensitive Periods: According to Joseph Drabik, a world leader in Youth Performance Enhancement, "The effect of intensive training of a particular motor ability is greater if this training takes place during the so-called sensitive period in development of this ability." According to Drabik, the sensitive period for speed is between ages 7-10. This means that if an athlete starts to train for speed at age 10 the opportunity to be faster is greater than if they started at the age of 16.

Witnessing this first hand, my 10 year old athletes pick up sprinting mechanics much faster than my 16 year old athletes. Not only do they get it faster, but they do it better. This leaves the 10 year old with a very good advantage as he develops athletically. The untrained 16 year will take longer and might never get to the level of the 10 year old that is highly prepared.

Speed training at the right time is a critical component to become a better

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Athletes of the Month

This section of our newsletter will highlight one athlete and one fitness client every month.

Criteria for the title:

1. Exceptional attendance
2. Self determination & discipline with nutrition & workouts outside of GFP
3. Incredible results: personal records, exceptional performance in a sport, fat loss, health improvements, etc.
4. High character
5. Willingness to help other clients

Fitness Client of the Month:
Jim Conover

athlete.

[Click here to read more on Vince's training background and bio](#)

**Want to Get your Son or Daughter Faster?
We Can Help!**

GFP offers Middle School Athletic Development Training (Ages 10-13). Sign-ups for MSAD are happening now! Block C runs from March 2nd until May 30th.

[Click Here for a Detailed Description of our Middle School Athletic Development Program.](#)

**Semi-Private Fitness Coaching:
Check Out Jim's Drastic Results!**



OCTOBER 7th

FEBRUARY 7th

What has Jim been up to the last 4 months?

1.) Jim participated in our Semi-Private Fitness Coaching Program. He trained 3 times a week along with 2 other men, who were on similar, but personalized training programs. The main focus of Jim's training was:

- Lose Body Fat
- Improve Flexibility to relieve shoulder pain
- Increase lean muscle tissue
- Improve cardiovascular health to lower cholesterol
- Improve Strength & Power
- Increase Energy to run around with his 2 young daughters

2.) Jim followed the GFP Nutrition Packet he received when he started. He followed the program to a T, which was a huge part of his success.

3.) Jim took a few supplements we recommended which were also beneficial:

- Green Vibrance Powder
- Advocare Post-Workout Shake
- Advocare Multi-Vitamin for improved Energy & Health

[Click here to see all of Advocare's products](#)

To Find out more about our Fitness Coaching Program and to get started on achieving your fitness goals [Click Here](#)



Jim trains in a Semi-Private fitness group on Monday, Wednesday and Friday at 8:45AM. Jim's results are remarkable and some of the best we have witnessed due to his dedication to his training and proper nutrition. Jim has only missed one workout in 4 months! He is a great friend of Gabriele Fitness and Performance and has been a great supporter of GFP including donating 600 pound tractor tires and working our Super Saturday booth with his family, kids and all! At 50, Jim is a father of two girls, husband to Jenny (a Fat Blaster that is also very worthy of this award) and a business owner. Congratulations Jim!

**Athlete of the Month:
David Helsabeck**



We cannot say enough about David Helsabeck, David is an incredible young man. He not only shed a ton of body fat, becoming stronger and faster, he has helped all of the athletes in his group get better through his leadership and motivation. As a fellow New Providence Pioneer, David portrays what this award is all about! It makes me proud to see such a great kid come out of NP. We are looking forward to seeing David take the football field next year for his senior year. Congratulations David!

Meet our Staff

Our fitness and sports performance training staff is made up of motivated professionals that are dedicated to getting you results. Each of our staff members are full time employees and hold either a Masters or Bachelor's degree in Exercise Science. Each trainer is required to hold the prestigious CSCS, the gold standard among certifications. Please read through each of their impressive [bios](#) on our website.

Exercise of the Month

Bulgarian Split Squat



This a great exercise to:

- Strengthen the Lower Body
- Increase Core Strength,
- Improve Balance and Flexibility (specifically in the hips, which are typically tight)

No equipment is needed other than a chair, bench or box. Start out with 2 sets of 8 reps.

You should feel a stretch in the leg on the box and a burn in the leg on the floor. This is a very effective exercise that should be performed cautiously when first executing - it has a tendency to make you very sore when done excessively. Click this link to see a video demonstration of the [Bulgarian Split Squat](#).

Massage Therapy at Gabriele Fitness and Performance

We are proud to welcome Terry Andino, Therapeutic Massage Specialist, to GFP. Terry is available at our facility every Monday or additional days by appointment. Terry is fully licensed with over 15 years experience in the industry. She is very knowledgeable about the body and offers a wide array of massages including:

- Swedish/Deep Tissue
- Myofascial Massage Therapy
- Sports Enhancement/Active Isolated Stretching
- Mommies-to-be-Massage

Call or email her today to schedule an appointment. Hurry! She books quickly!

Terry Andino
973-417-6701
TerryAndino@aol.com

Quick Links

- [Register Now](#)
- [Testimonials](#)
- [GFP on YouTube](#)

Announcements

Be sure to be a part of Team Gabriele Fitness & Performance for the Susan G. Koman Race for the Cure 5K on April 26th! Non-members are welcome!! It will be an event to remember - GFP style!
[Click here TODAY to join the team!!](#)

Don't miss our new videos on Youtube! We constantly update our videos- so be sure to mark it as a favorite page and check it often. <http://www.youtube.com/user/vgabriele71>

Quotes of the Month

In Life... "It is not the hand you are dealt - but the cards that you play" -Randy Pausch

"When it is raining, I just put on a rain jacket and go" -Lance Armstrong

Contact Information

908-464-4441

info@gabrielefitness.com

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