

GABRIELE
FITNESS & PERFORMANCE



NATIONAL CHAMPIONS train at GFP

Our great friend and GFP regular John Dalessio recently won the 2009 USA Powerlifting National Masters Championship in the 165lb division. John recorded a 546lb squat, 369lb bench press and a 584lb deadlift, for a total of 1,499lbs. All four marks set New Jersey State records. Congrats John!

GFP Newsletter

MAY 2009

I hope you all had a great Memorial Day weekend and are looking forward to an awesome summer. This week's article is by my great friend and former colleague Brett Kilka. Brett shares many of the same philosophies we have at Gabriele Fitness and Performance.

We have a brand new You Tube Video that highlights our Middle School Athletic Development Program . [Click HERE to Check It Out!](#)

ACR,
Vince

Check out our 2009 Summer Youth and High School Camps

JUNE 29 - AUGUST 20

Middle School Athletic Development

Monday-Thursday

Option 1: 7-8 Graders: 9:00 -10:00 am

Option 2: 5-6 Graders: 10:30 - 11:30 am

Option 3: 5-6 Graders: 12:30 - 1:30 pm

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Athletes of the Month

This section of our newsletter will highlight one High School Athlete, one Fitness Client, one Fat Blaster and one MSAD Student every month.

Option 4: 7-8 Graders: 3:30 - 4:30 pm
[Click Here For Info on this Program](#)

Ultimate Summer High School Training

Monday-Thursday

Option 1: 11:30 am - 1:00 pm

Option 2: 2:00 - 3:30 pm

Option 3: 5:30 - 7:00 pm

[Click Here for Info on this Program](#)

"Sport Specific" Training for Youth Athlete and Parents Beware

Brett Klika C.S.C.S

"Sport Specific" is the new marketing buzzword when it comes to strength and conditioning programs for youth. Uneducated masses of parents and coaches herd their sports teams at a young age into "athletic performance" programs that supposedly address the strength, movement, and speed demands of one specific sport. The idea looks great on a marketing flyer, particularly in the American youth sports culture of "win right now". Unfortunately the notion of early specificity ignores well established pedagogies of child development and motor learning, the foundation of youth sport skill acquisition and application. The fact is, most trainers implementing these programs aren't qualified to implement programs for anyone, more less youth. Most of the time they are ex players in the specific sport who find exercises they think are "cool", slap the term "functional" on them, tie some colorful equipment in, and bingo! A sport specific program! Their "program design" if any, is based on the cool toys and "secret exercises" they employ, with kids who can't do a push-up!!! That's like teaching a child to read by giving them "US" magazine! No valuable content, no skill acquisition, just stuff to get their attention.

One of the well established laws of motor learning is that the only way to improve a skill is to practice that skill as accurately as possible. For example, if you want to hit a baseball, learn the mechanics of hitting, practice them over and over in as realistic environment as possible. Swing with a bat that you will use in a game. This teaches your neuromuscular system "patterns" that get stored in your brain like computer programs. The more you practice a certain way, the more grooved and automatic these patterns become. This is where the idea of sport specific conditioning in the weight room becomes a problem. Coaches will take an athlete and try to replicate the baseball swing with cables, medicine balls, etc. If this move is replicated enough, the neuromuscular system thinks "Is this a baseball swing? It's slower and more loaded, so maybe we should adjust the "baseball swing" program in the brain to allow for a different pattern". This confusion causes the actual baseball swing pattern to be comprised.

CRITERIA

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 **Nick Argenziano**



Nick trains 3x a week with former fitness clients of the month Jim Bistis and Jim Conover. In 4 Months Nick has missed only 2 training sessions. Nick gets up and trains at 6am and never lets the morning hours get in the way of him getting after it. Keep up the great work Nick!

ATHLETE OF THE MONTH **Shane Haddad**



One of our very first clients, Shane started with us in March of 2008 when GFP did not even exist. Shane has trained with us consistently ever since. He has been named to the 8th grade football All-star team and finished 3rd in the 8th grade State wrestling tournament. An Intense young man, Shane's character goes

Athletic development should focus on creating a sound physical specimen with the appropriate mobility, stability, coordination, strength, and movement efficiency in order to promote performance and hinder injury. It is up to that specimen's ability to apply these attributes towards sports skill. The more thorough and appropriate the developmental program, the better their ability to adapt. It's a fact, Jack.

well beyond his years in age and we have been very fortunate to have him represent us. Shane comes from the wonderful Haddad family who are great friends of ours. We are very excited to see Shane take the field next year as a Highlander.

FAT BLASTER OF THE MONTH Danielle Pullara

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.



Danielle just finished her first block of Fat Blast. Danielle has risen up to the challenge and has done a tremendous job. She has blasted a bunch of fat, put on some lean muscle and looks great. Check out Danielle on our Fat Blast You Tube clip performing a perfect Kettle bell Dead lift. She is ready to go for the summer block. Congrats Danielle.

Exercise of the Month

Prowler Rope Pull with Low Push



A gut busting exercise we use as a conditioning tool. Training the upper body with the rope pull gets your heart rate going and the low push just finishes you off.

The rope pull crushes your grip, upper back and core. Finishing off with the prowler will rock your quads and will help improve shoulder stability.

This is a great exercise for Fat Burning as it gets the metabolism going hard. Check Meg out performing this exercise on Youtube

MSAD ATHLETE OF THE MONTH Kevin Spellman



Kspell has been participating in MSAD since September when we started. Not only has he improved his athletic skills he has been a big time role model and motivator for our other athletes. We almost always use Kevin to demonstrate an exercise because of his perfect technique in our drills. We said that if we were sick and had to have a student teach class it would definitely be Kevin. You will always

[Check Out Our Video of Prowler Pull to Push](#)

hear him cheering on and pumping up the other athletes in his group. Keep up the great work KSPELL!

Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

Announcements

Gabriele Fitness and Performance at Relay For Life

Be sure to check us out at Relay For Life of Berkeley Heights, Summit and New Providence on May 30th from 6-8 PM at the Governor Livingston High School Track in Berkeley Heights NJ. We will be there testing Vertical Jump Height and 40-yard dash times and then running a Boot Camp as we take one Lap around the Track at 8pm. This is for a great cause so if you want to donate [Click here](#)

Quotes of the Month

"Everyone has the desire to win, but only champions have the desire to prepare"
-Unknown

"Defeat is simply a signal to press onward"
-- Hellen Keller

"Strength does not come from physical capacity. It comes from indomitable will." -Ghandi

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