

GABRIELE
FITNESS & PERFORMANCE



State Champs

Gabriele Fitness would like to congratulate Coach John Liberato and the Summit Football team for winning the North Jersey Section 2 State Championship, defeating Orange high school 28-19 at Giants Stadium on 12/3/09.

GFP Newsletter

November 2009

We hope everyone had a great Thanksgiving and is looking forward to an awesome new year. We had a great fall at GFP and we would like to wish all our athletes that prepared for their winter sport the best of luck.

ACR,
Vince

GFP Clients winning State Championships!

The Summit Football Hilltoppers had a perfect 12-0 season after beating Orange in the Group 2 state final at Giants Stadium on December 3rd. Congratulations to our good friend Coach John Liberato, his staff and all his players. We have been working with the entire team for the past 2 years and would like to especially congratulate the following Summit Hilltoppers that prepared for this championship season at GFP

- Sal Liberato, Nick Liberato, Dwayne Dabney, Matt Rea, Matt Muholand, Mike Watts, Mike Steinberg, Hank Rosweiller, Wyatt Bebout, Paul Coviello, Peter Badgley,

[Click here to check out some Summit Football Athletes Training at GFP](#)

FREE TRIAL CLASSES AT GFP

Middle School Athletic Development

Saturday Dec. 19th at 12:00pm

Fat Blast Boot Camp

Monday December 21st 9:00am

Tuesday December 22nd 9:00am

Winter Programs at GABRIELE FITNESS AND PERFORMANCE

FAT BLAST BOOT CAMP

14 WEEKS January 4th - April 3rd

Turn your body into a fat burning machine!

Offered Monday through Saturday 2 or 3 day/ week options

[Click HERE for more Details](#)

MIDDLE SCHOOL ATHLETIC DEVELOPMENT

13 WEEKS January 4th - April 3rd

Co-ed camp is specifically designed for Middle School (ages 10-13) athletes looking to improve their athletic performance. Speed & Agility, Coordination and balance, Increased relative body strength, Responsibility

Choose any 2 or three days :

5th & 6th Grades Monday through Friday at 4:30

7th & 8th Grades Monday through Thursday at 5:30
Saturday 10 am

[Click HERE for more Details](#)

HIGH SCHOOL ATHLETE PERFORMANCE TRAINING

13 weeks November 30th - February 26th

ULTIMATE IN-SEASON

In This Issue

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.

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

Meril Reilly



Merrill has taken a serious approach to her training and is very worthy of this award. She has increased her strength dramatically and her attendance has been exceptional. Her husband John, also a fitness client is on her tail as he has been working hard despite his very busy work schedule. Congrats Merrill and keep up the great work.

ATHLETE OF THE MONTH

Cassandra Squeri

- Weight training 2 times per week has been proven to maintain your strength, speed and power over the course of a long grueling season. Two sessions a week in the weight room will be all you need to keep your performance at a very high level.

Held Mondays, Wednesdays and Thursdays at 7:30 PM

[Click HERE for more Details](#)

ULTIMATE OFF-SEASON -

We have designed a specific Off-Season Strength, Speed and Conditioning Program to have you at the top of your game when the season rolls around. The first portion is dedicated to Speed and Agility and the second portion to Strength and Power.

[Click HERE for more details](#)

Should Young Kids Lift Weights?

By Brian Grasso, Founder IYCA

Should pre-adolescent kids lift weights or shouldn't they? Will it stunt their growth or increase their likelihood of future sporting success? Is growth plate damage a real concern or merely an exaggerated issue?

This debate has raged on for years.

Hopefully, this article will help clear up some of the concerns.

To start, there are definitive differences between adolescent boys and adolescent girls with respect to strength and strength production. In boys, absolute muscular strength (the greatest amount of force an individual can produce) grows consistently between the ages of 7 - 19. In girls, strength gains are incurred on a consistent level until about the age of 15, when a period of stagnation occurs and strength gains plateau, and in fact begins to fall. By the end of the pubescent ages, boys are roughly 50% stronger than girls.

There are several factors to consider when programming strength training for young athletes -

Central Nervous System Maturity - The true argument with respect to children and weight lifting should not be based on the maturity (or in this case immaturity) of the child's muscular system, but rather the advancement of the child's CNS. Within proper application of load, volume and intensity, a child's muscular system will not be compromised by weight training activities. However, a lack of motor control (a function of the CNS) will affect the child's ability to perform weight-training exercises safely. It is therefore the maturity of the CNS that is the ultimate determining factor.

Cross Section Of Muscle - A larger muscle infers a greater strength potential. While hypertrophy of this sort is not hormonally possible with pre-adolescent athletes, this fact is why I advocate that early adolescent athletes train with hypertrophy-based responses in mind.



Sandra has been with us since last spring and trains at a level well beyond her age. Only a freshman, Sandra is a standout basketball and softball athlete along with being in the Marching band. Cassandra recently cranked a 300 foot homerun that cleared the fence in her fall softball season, a feat that is rarely seen. More impressive than her dedication to training and great performance on the field, Sandra is a girl who we hope all our kids will be like, respectful, hard working, always a smile and a pleasure to be around. We are looking forward to many more years of Sandra killing it out on the field and in the gym.

FAT BLASTER OF THE MONTH Ritu Chandra



Ritu's results from Fat Blast have been outstanding. Ritu trains in the infamous 6am class that has had several other winners of this award. She has lost 20 pounds and 3 sizes and has totally dedicated herself to her fitness routine. It is not uncommon to see Ritu in the gym 5 days a week, 3 Fat Blasts a week along with cardio on her own. She has worked very hard on her nutrition and it shows in her results. Congrats Ritu!

MIDDLE SCHOOL ATHLETE OF THE MONTH Colin Carney

Biological Maturity - Biological age, unlike a child's chronological age, is not actually visible. Biological age is based in large part to the "physiological development of the various organs and systems in the body" (Bompa, 2000). For example, the adequate development of bone, the efficiency of the heart and lungs to transport oxygen; these are examples of items that comprise biological age. This becomes important when determining the volume or intensity of the training program for the young athlete.

Hormonal Issues - Androgenic (muscle building) hormones are low in pre-adolescent athletes. This means that hypertrophy-based responses are all but impossible. Strength gains, however, are very possible

Technical Issues - Providing a proper foundation of the technical merits of strength training is paramount when working with youngsters. On the argument of effectiveness, adequately programmed strength training has shown considerable positive effects with regards to pre-adolescents. A study quoted by Dr. Drabik in his wonderful book, "Children & Sports Training" shows a 40% increase in strength for boys and girls (aged 10 - 11) following a nine-week strength-training program. In terms of danger or contraindication, the greatest concern lies in ligament or bone damage. Elastic, young skeletons and connective tissue can be injured if loads are excessive. That follows the mantra that with kids, loads must be kept low and proper form strictly followed.

Of interesting note is the argument regarding strength training and stunted growth. In the event of bone or growth plate damage (which is unlikely during strength training if the program is designed correctly), growth can in fact be stunted. But, if proper strength training parameters are prescribed, than the opposite is true. Muscle pull (which refers to the tension or 'tugging' where the muscle attaches to the bone and is incurred during muscle contraction), is a significant factor that stimulates bone thickness. More over, 'intermittent use of submaximal resistance stimulates height growth' (Drabik, 1996).

One keynote point that I have preached endlessly is the fact that an orthopedic assessment **MUST** precede any strength training prescription. Postural defects can be made worse by incorrect application of strength training and conversely improved by correct application. An assessment is a mandatory precursor to any child's strength training program.

Here is a list of exercises to do with young athletes -

(Dr. Drabik adopts this list from "Children & Sports Training")

The exercises in this list get progressively more difficult. Start younger athletes on the earlier exercises, and progress them systematically over the years:

- Obstacle courses, rope pulling, climbing
- Vertical strength (standing push-ups), hanging exercises
- Bodyweight exercises and medicine ball based activities/throws
- Horizontal strength (push-ups, pull-ups)
- Dumbbell & barbell exercises
- Single leg squats, deadlifts, step-ups, good mornings



Colin is what this award is all about. Everyday he shows up ready to go and his speed, agility and strength have improved dramatically. He always has a positive attitude and is just a great kid. He is one of four Carney Brothers that train with us, but Tim, Pat and Liam have never taken a bite out of a 45lbs plate.

Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

Exercise of the Month: Swiss Ball Roll Out



Assume a tall kneeling position, extend your arms in front of you and place your hands on a Swiss ball. Slowly let your body move forward as a unit. There should be a straight line from your shoulder to your knee, do not bend at the waist or let your back arch. Start out with a very small range of motion and gradually try to get farther. Perform 2-3 sets of 10-20 reps. The purpose is to strengthen the anterior core muscles.

Bolt of the Month

"I'm not telling you it is going to be easy - I'm telling you it's going to be worth it"
-Art Williams

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