



Zach Duval , Cody Anderson , Jimmy Conrad

### CONRAD TRAINS WITH THE XPLOSIVE EDGE!

The Xplosive Edge has been busy with 2006 World Cup Athlete Jimmy Conrad and Kansas City Wizard sensation Cody Anderson getting their bodies ready for the up coming season with two-a-day workouts. "Coach Duval is a master mind, knowing when, where, how and why for soccer performance enhancement", says Jimmy Conrad.

"Why are they here in Omaha, Nebraska?", ask some of the coaches. Jimmy's answer: "Because this is where I need to be in order to be a

better athlete, and the Xplosive Edge understands what an athlete (Soccer athlete) needs to be able to do and not do!! This is one of the best kept secrets in the Midwest."

Cody Anderson has also made one of the best comebacks we have ever seen from a sports hernia and a lateral adductor release! We can't wait to have him back for the K.C. Wizards conditioning camp in the spring!

### Meet the Coach

Zach Duval

Zach Duval is the Director of Athletic Performance with the Xplosive Edge. Before coming to Omaha, Zach was involved in a very successful strength and conditioning facility in Colorado and a stellar career with the University of Nebraska as a strength coach. Zach has trained multiple national championship football and volleyball teams as well as a Heisman Trophy winner and several professional athletes. Zach is Certified Strength and Conditioning Coach and is certified in pelvic biomechanical restoration through the Ron Hruska Clinic.



Coach Duval congratulating Kansas City Wizards Nick Garcia after a training session!



MAXIMIZING ATHLETIC PERFORMANCE

## NEWSLETTER

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Summer Camp is filling up fast!  
Reserve your spot today!

June 11 – Aug. 3

*"This is one of the best kept secrets in the Midwest."  
-Jimmy Conrad*

# Arsenal Soccer

## June-Dec. Pre Post Average Changes in Athletic Performance

### 9-11 yrs.

10yrd. Dash	decrease 0.2
40yrd. Dash	decrease 0.31
Pro-Agility	decrease 0.33
Vertical Jump	increase 4.1 in.

### 12-14 yrs.

10yrd. Dash	decrease 0.38
40yrd. Dash	decrease 0.37
Pro-Agility	decrease 0.30
Vertical Jump	increase 3.9 in.

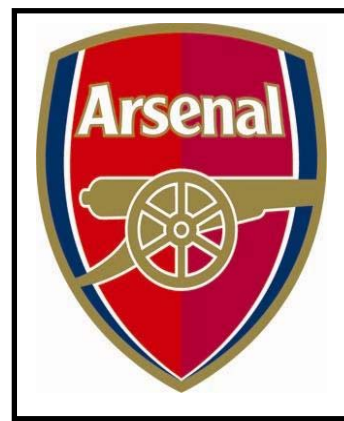
### 15 yrs. +

10yrd. Dash	decrease 0.41
40yrd. Dash	decrease 0.44
Pro-Agility	decrease 0.39
Vertical Jump	increase 4.2 in.

Keep Up the Hard Work!

The Xplosive Edge has many exciting things going on with Arsenal this month. We would first like to congratulate all of the teams this year for an outstanding finish! As the State Cup approaches us quickly, we would like to take this time to update you on where we are currently at with the athletes and where we are going as far as the training is concerned. We have just entered into our "strength phase" of our program which will last for the next 4 weeks. In this phase we are developing functional and Xplosive strength relative to the game of soccer. We are in our fifth week of the new 14 week workout card that we have started with all of the arsenal teams. For the younger arsenal athletes, we are working on what we call our "base phase." We have more time to develop these athletes since we do not have to get them peaked out for the state cup, nor would you want to peak out these pre-pubescent athletes due to their age.

We are working especially on the ground-based actions in the weight room and the multiple joint movements as well. Anytime we can engage multiple muscle fibers during a training phase the better and more functional the workout becomes to the game of soccer. Each team has been through the nutrition seminar once and we will probably record a second nutrition seminar with each team at the end of this 14 week cycle.



## Arsenal Education

### **The Effect of a Combined High-Intensity Strength and Speed Training**

#### **Program on the Running and Jumping Ability of Soccer Players**

Christos Kotzamanidis, Dimitris Chatzopoulos, Charalambos Michailidis, Giorgos Papaiakevou, and Dimitris Patikas

Department of Physical Education and Sport Science, Aristotle University, Thessaloniki, Greece

**ABSTRACT**Kotzamanidis, C., D. Chatzopoulos, C. Michailidis, G. Papaiakevou, and D. Patikas. The effect of a combined high-intensity strength and speed training program on the running and jumping ability of soccer players. *J. Strength Cond. Res.* 19(2):369-375. 2005.—

The purpose of this study was to investigate the effect of a combined heavy-resistance and running-speed training program performed in the same training session on strength, running velocity (RV), and vertical-jump performance (VJ) of soccer players. Thirty-five individuals were divided into 3 groups. The first group ( $n = 12$ , COM group) performed a combined resistance and speed training program at the same training session, and the second one ( $n = 11$ , STR group) performed the same resistance training without speed training. The third group was the control group ( $n = 12$ , CON group). Three jump tests were used for the evaluation of vertical jump performance: squat jump, countermovement jump, and drop jump. The 30-m dash and 1 repetition maximum (1RM) tests were used for running speed and strength evaluation, respectively. After training, both experimental groups significantly improved their 1RM of all tested exercises. Furthermore, the COM group performed significantly better than the STR and the CON groups in the 30-m dash, squat jump, and countermovement jump. It is concluded that the combined resistance and running-speed program provides better results than the conventional resistance training, regarding the power performance of soccer players.

### Arsenal Athlete Of the Month



#### Katie Hurd

The Xplosive Edge would like to take this time to commend and congratulate Katie for being our athlete of the month. Katie plays for Arsenal Primo and works out with the Xplosive Edge camp. Her hard work, dedication, and commitment to soccer is commendable. We enjoy working with her and are thankful to have a student athlete like Katie. Keep up the good work to Katie and all of our athletes!

# Premier volleyball

## XPLOSIVE EDGE IS EXPANDING TO THE COURTS!

That's right! We are on the move! The Xplosive Edge will now have **two** facilities. The Courts is expanding and adding 6 more full sized volleyball courts which gave us the opportunity to move in. We will benefit by being able to tailor our workouts and schedules to better suit our Premier athletes. We are very excited about this new addition and our new training opportunities. We look forward to seeing you there!



## Explosive Edge Update

Welcome to the Xplosive Edge newsletter. This will be a newsletter to inform you on the latest information regarding training, principles, and policies. Each month we will be updating you with the latest in strength and conditioning, "athlete of the month," "team of the month," and other information regarding the premier girls.

We are off to an exciting start with each team already entering what we call our "Strength Phase." We have started each of the teams on a 14 week ground based, multiple joint, base phase system. This includes volleyball specific strength and conditioning and also dry land training functional to the game of volleyball. Currently with the dry land training, we are working on ground reaction force and landing preparation drills in order to teach these girls how to safely come upon the ground after an explosive movement. Here at the Xplosive Edge, we are always working on the latest principles of injury prevention. An athlete can't be successful unless they are on the court. We are working on developing strength and power with the girls as well due to the direct correlation between lean muscle mass and the amount of force applied against the ground.

Each month we will be supplying you with the latest information and updates as well as articles and research. Please remember to check the premier website each week for updates. Also, please read the above, we are now moving to the courts! We will provide you with more info on this exciting story in the future.

## Premier Athlete Of the Month



Jenna Thiem

Jenna is a hard worker at the Xplosive Edge. She has great attendance and her commitment is showing! She is a true leader in the weight room. We enjoy working with her due to her hard work and focus while she is here. Jenna and all of the premier girls have been doing excellent job training. We appreciate your intensity and work ethics in the weight room. Keep up the good work!

# Xplosive & Developing edge

## Former X-Edge Athlete Genaidy now an Aggie!

Below is an email from a former X-Edge camper!

Hey Zach,

It's Alex Genaidy, I don't know if you remember me or not, I was that kid that wanted to play college football from Texas but didn't really have a chance with my athletic ability at the time. Anyways, a couple of years ago I went to the Xplosive Edge for a couple of summers and you trained me, and I just wanted to thank you for that. Before I came to your camp I had never been driven and pushed like I was in your program, and I had no idea what intensity with which I could train and perform. You took my athletic ability to places I never could have by myself. You taught me a lot: the correct techniques to lift weights, proper nutrition both supplemental and in the everyday sense, and most importantly you motivated me and pushed me to be the best that I could. For all that and so much more I thank you. Since leaving your camp I haven't had so much luck playing high school football. Long story and it was because of some lousy coaches. But none the less I never stopped trying to reach my dream of playing college football. I kept training and working my tail off trying to make it. And this last spring semester I was accepted to Texas A&M. The Aggies held a walk-on tryout for anyone interested. I went to that walk-on tryout and I'm proud to tell you that you have helped me reach my dream. I'm now the newest player on the Texas A&M football team. Thank you so very much to you and all of your staff without them I would never have made it.

Sincerely, Alex Genaidy

## Upcoming Camp Dates

- DEVELOPING EDGE: FEB. 12 - MAR. 10.
- XPLOSIVE EDGE: MAR. 12 – APR. 20  
APR. 23 – JUN. 1.
- SUMMER CONDITIONING JUN. 11 – AUG. 3

## Nutrition Talk

### Xplosive Edge Has All Of You Nutrition Needs!

\$150 Fast Start Muscle Kits (30+ day supplement/recovery kit)  
\$85 Youth Supplementation Kit (30+ day supplementation kit)

We would like to remind all of our athletes how important it is to be well nourished and hydrated as we continue to train for your upcoming season. Make sure you eat something small before you work outs and get plenty fluids. More information and details can be found on our website @ [www.xplosiveedge.com](http://www.xplosiveedge.com)

## X-Edge Athlete Of The Month



Thomas Grove

Thomas is currently a senior at Arlington High School where he has a 4.05. Thomas just recently signed with the University of Nebraska to play football. Thomas' hard work and dedication to both his academic and athletic career is clearly paying off for him. We have enjoyed working with him and look forward to seeing what the future holds! Keep up the hard work!