



9/10: Homeowners Fail To Take Advantage of Government Refinance Plan

Last spring, the US government launched a housing relief program, designed to help 7-9 million homeowners, but so far only 85,000 homeowners have used the program to refinance.

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Men's basketball gets bigger, stronger, faster

Chris Nee
Warchant.com Staff

Bigger, stronger, faster - it is what every athlete strives for in order to excel in their sport. For Florida State men's basketball, it is Strength and Conditioning Coach **Michael Bradley's** job to help players get there.

Bradley, who previously worked with Seminoles coach **Leonard Hamilton** at Miami, came to Florida State from Stanford and is entering his eighth season working with the men's basketball program. He combines the elements that Hamilton believes works best for increasing production on the court in the daily, year-round regimen that the players partake in when they enter his weight room.

"The type of program that we have that I think is best for basketball players is a high intensity weight training and conditioning," Hamilton said. "You increase your strength tremendously but you don't get too big and bulky affecting your mobility, flexibility, and jumping ability. We increase our strength throughout the season but not at the cost of losing agility and mobility."



Gene Williams - Warchant.com
Loucks is one of the players who has transformed some this summer due to his work in the weight room.

"There are a lot of different weight training and conditioning systems and a lot of different philosophies but we just happen to believe this one works best for us. It is very difficult to find coaches whose philosophies match the philosophies that we like. Mike and his training happen to be one of those. He has been very good for our players. They enjoy his program and are willing to work very, very hard for him."

To fully understand everything that is demanded by Bradley, one first has to understand that his program isn't focused on just one method of preparing the player.

"There are several aspects to the strength and conditioning program," Bradley said. "There is the obvious component, the strength training component. There is the conditioning component. There is flexibility. There is rest and recovery. There is a bit of a nutrition component. There is skill development. All of these things need to be kept in perspective with a degree of balance, so something doesn't get out of whack with something else. The emphasis for us needs to be spread pretty equally across the board."

If you ask the players though, they will be quick to tell you that the facet of the strength and conditioning program that demands the most from them is the 'metabolic' program. Some, such as **Luke Loucks**, refer to it as a 'dirty word' around the locker room. Others such as **Xavier Gibson** say it simply means you are in for a long day.

"Our metabolic conditioning program can only be understood if you first understand how we do our normal weight lifting," Bradley said. "Our normal strength training is done in a high intensity fashion, it is done all-out, meaning we literally take everything to the point where we can't do another repetition. We train to the point where we can't move the bar or the weight stack another inch. That is standard for us."

"So when you watch our kids train, everything is all-out. They are not just doing sets and stopping at random points or stopping at a number. We don't lift to a number, we lift to an intensity level. The other thing that needs to be understood in our regular training is that it is also a forced pace. We go from exercise to exercise with very little rest. I am either pre-setting weights, or setting seats, or adjusting equipment so that when we are getting off one thing we are moving onto the next. We don't have a lot of downtime. That is our normal day of training or lifting."

Bradley then went on to explain the demands of the metabolic conditioning program.

"Metabolic conditioning does one other thing, that is we increase the conditioning component of the lifting by putting sprints in between the lifts," Bradley said. "So you would do perhaps a chest press followed by a sprint, a pull down followed by a sprint, a shoulder press followed by a sprint, we follow that for 10 movements and 10 sprints, the concept being that you are going to be driving your conditioning to a high-level while at the same time you are going to demand that your body produce an all-out effort muscular-wise."

"It is very difficult to be able to replicate this training in any other way, we really like it, we think it is super productive. It is safe but it is very, very intense. It is very time efficient. It is the one thing where if

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you take pretty well conditioned guys and throw it in, you will see and feel another kick-up in their conditioning level, almost instantaneously."

Junior guard **Derwin Kitchen**, who readily admits that a season ago he routinely struggled with his wind after a couple trips up and down the court, says the training has made a world of difference as he prepares to enter this upcoming season.

"That definitely gets your lungs going," Kitchen said. "You go from a run to a lift, from a lift to a run, so it demands a lot of you. It definitely helps. It just builds up."

For other players, such as Gibson, a sophomore forward who has added over 30 pounds since arriving on campus last year, the program has demanded him to learn on the fly but the results are apparent to him on the court.

"Everything was foreign to me because I came from a high school where lifting weights was optional," Gibson said. "It has been a learning experience. It has helped my game a whole lot - I am more explosive, a little stronger, a better rebounder - so it has helped me a lot."

According to the players, giving full effort is the only rule when walking through the weight room doors.

"You have to bring a work ethic because Coach B (Bradley) is high intensity," Gibson said. "You can't go in there with a low energy. You have to have high energy to get through it. You have to go in there wanting to get better."

Bradley said he has seen positive results in numerous players throughout the past few months.

"Derwin (Kitchen) has drastically improved his conditioning," Bradley said. "He has drastically improved his mindset. He is like a lot of guys. He went from something where training was a little bit fearful to something where he is almost starting to approach it like a warrior."

"Xavier Gibson has made great improvements in his conditioning," Bradley added. "This isn't a normal thing for Xavier. This was all brand new to him - competing at this level, practicing this hard, practicing this consistently, training this hard. But he is such a good guy with such a good heart that he improves because that is what he wants to do. Our program is so structured that once you are in the program, you are going to improve."

That structure has paid off across the board for the entire team, which is preparing for another grueling season where playing an up-tempo attack will force even more physical demands upon it.

"Then we have guys who are just so consistent in their effort every day, they are pouring their effort into it every day," Bradley said. "Guys like **Pierre Jordan**, he drives himself every day. **Deividas Dulkys**, every day. They are just no excuse guys. We try to run a no excuse program. **Jordan DeMercy** drives himself everyday when he comes in to train. **Solomon (Alabi)** just pushes himself. It is about effort and we have young men who consistently give us that effort to improve."

While the physical results are noticeable in the composition of the players bodies, Hamilton doesn't tend to lose any sleep on seeing the conversion of his players in the weight room. He believes in what Bradley brings to that facet of the program.

"We just know it is a matter of time before it works," Hamilton said. "I never question it because I know it is going to happen."

"I am comfortable that we are physically ready."

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