

ConVal buries football to symbolize new team

PETERBOROUGH -- There has been a big change in the look of the ConVal football team this season and it has been there since the very beginning, but for many on the team they noticed the difference well before the opening game.

"During the off-season, we had almost everyone on this team in the weight room, working out two to three times a week," said player Justin Morgan.

The workouts in the off-season included more players this year than in year's past and it has made a dramatic difference. Not just in the fact that the guys seem to be in better condition and prepared to play a whole game, but that they seem to be closer.

"We stepped it up a lot in the preseason and the first game was a shock because we weren't expecting to win by that much and from there we knew we were going to be a good team," said Ian Schlotman.

In any sport, the bond that the individual players make with one another to create that team atmosphere is so important and the Cougars have done just that. "This year we had a lot more emotion. I think the players were a lot more devoted," said Dennis Page. "I think we really wanted it this year."

In years past, some of the players noticed that the team was split at times between the offensive and defensive players, but not this go around.

"I saw the change during the first week of practice," said Nate Reth.

They all workout together, joke around with each other and that trust they have generated off the field, quickly transferred its way onto the field.

Coach Greg Leonard noticed the difference in the team early on and really felt that this was a team that could do special things.

Turns out he was right, as the Cougars will head into this weekend's Division III playoff game with Plymouth for the first time in school history.

"It feels great knowing that all I've been doing for the last four years," said Captain Mike Gagnon. "All that working out, playing on JV and freshman, learning the plays, reading my playbook late at night and here we are with the rewards of going to the playoffs for the first time in ConVal history. It's just an amazing feeling."

This is a program that has been through its fair share of growing pains over the 16 years of existence. They have been hard pressed to break away from the old ConVal football teams; that was until this year.

"To be honest I've been waiting for this team for years," said Daaron Mathews. "We knew we were good, we just didn't know how we'd stack up against the other teams."

After their second tough loss of the season, Leonard decided before the week of the Portsmouth game that he was going to do something different.

Many of the players weren't sure what to do when they saw their coach standing at the edge of the practice field with a shovel in hand. Next to Leonard was a hole in the ground and when he explained that he wanted to bury a football to represent the end of the old Cougars' football teams, the guys were all about it.

"It's pretty cool that this is the first team to do all of this," said Barry Powers.

It wasn't meant to forget the prior teams, but to mark the beginning of a new ConVal program, one where winning isn't a hope, but an expectation.

"When we first did that I thought we definitely needed to step it up and prove that that was the old ConVal and show everyone that the reason why we buried it was because this team stepped it up and represents something new," said Morgan.

To symbolize the new team, the Cougars bring the shovel everywhere they go. They pass it around before the game so each player can touch it and it has a home next to the bench so it is never far from thought.

"We carry that around with us to show we're a different team now," said Captain Dan Burke.

Last year, the Cougars found themselves in big holes early on in games and used all their fight just to get back into it.

This time around, the Cougars are the ones quickly jumping out on top, but rarely have they let their opponents come back.

"This year, since we started out, from the beginning, we've come out all fired up with the mindset we're going to win," said Captain Lee Powers. "

It's been a long time coming for the Cougars to have a team that is as well rounded as this one. The offense is doing their job by putting up an average of 25 points per game, while the defense has been stingy for most of the season, allowing only 14 per game, many of which have come when the game was already decided.

"This year the attitude is totally different," said Josh Sirois. "Every game it's probably something different."

But then there are the parts that do not get the same notoriety as some positions. The offensive line has been a huge piece to the offense's success. The defense speaks for themselves, from the pressure up front to the hard-hitting linebackers to the defensive backs and safeties that rarely give up big plays.

The kick coverage has been consistent, as has the return game, but it really is the overall fact of who the guys are strapping on the pads, everyday for practice and every Friday night or Saturday afternoon for a battle, really are.

They enjoy playing the game, especially with each other, which is why football is sometimes considered a war because these guys fight for one another and for the team every week.

"We're definitely more of a team this year," said Dustin Bealby. "This year we're all working as one."

When the Cougars take the field on Saturday afternoon, they will be in unfamiliar territory for the program, but to them that is when the real fun begins.

They think it's great that a ConVal team finally made it the playoffs, but they aren't happy with just getting there, they want to win there too. This article is: 0 day(s) old.

May 7, 2007 - Consumer reports (Consumer Reports) pointed out, Volumetrics has looked at the best diet plan; Best life dieting method (The Best Life Diet) is the best diet book.

University of Pennsylvania professor in the Department of Nutrition Science by Dr. Barbara Rolls of Volumetrics diet, eat food that energy density low, each food is the relative low heat, the food including fruits, salads and soup.

Best life of the author of diet, exercise physiologist personal trainer Bob Greene nuclear In the book stresses movement and provide personal recommendations, including recipes and recommendations of the eating table.

In order to assess diet plan, consumers reported plan, a senior editor Nancy Metcalf and colleagues in the main review published in medical journals diet study, Metcalf Volumetrics team that apart from the outside, Weight Watchers, Jenny Craig, and Slim-Fast, and so were assessed as very similar.

The report will eDiets Barry Sears and the The Zone Diet is rated as average, immediately after the Dean Ornish is the Ornish Diet, the final ranking is Atkins Diet.

To appraisals diet books, consumer reports staff use their own standards, but also to join the Expert Group nutrition standards; According to consumer reports, a new diet meals large clinical trials have not joined the acidity test.

Apart from the best living dieting method of this book, the consumer reports will be Mollie Katzen and written by Dr. Walter Willett of Eat, Drink, Weigh Less, by Michael F. Roizen and Mehmet C. Oz physician Dr. written You On a Diet, and David Zinczenko written with Ted Spiker The Abs Diet are assessed as being very similar.

Ranked written by Dr. Arthur Agatston The South Beach Diet and written by Dr. Connie Guttersen The Sonoma Diet behind and was listed as the worst diet book is written by Dr. Mark Hyman Ultra-Metabolism. The commentary, and other content will be published in the June issue of the consumer report.n

Diet book author s response:

Metcalf to WebMD that they set standards for them is meaningful, let debris fall on the right place - that is not chocolate tablets; What is the assessment by the nutrition analysis, the direct analysis of their books or on the Web site a week menu, but also according to whether they comply with the 2005 the United States dietary guidelines to assess because they believe that the dietary guidelines for a healthy diet and good recommendations.

Low-sugar diet experts, the Duke University Medical Center Eris Westman, an associate professor of medicine physician that on the diet plan, this is not the best strategy, Westman physicians consumers member of the expert group reports, appraisals help these diet books.n

Of course not! You are not healthy, they should not eat the same diet.

Westman physicians said that although the Atkin s Diet is the comparison results in the worst of all diet plan, but the plan after a high degree of testing than not tested the diet on the easy availability of consumer reports of the coveted red bubble (high), get less terrible black bubble (low scores).

Dr. Dean Ornish said, many people have black bubbles that consumers distorted reports of his diet plan, and neglect published in the journal similar assessment in support of their arguments 30 studies.

Ornish to WebMD physician said, it was important to not only reduce weight, but also the most healthy way with weight loss; He suggested that the diet is mainly fruits, vegetables, whole grains, beans, soy products, as well as small amounts of fish, but fewer refined carbohydrates, whole grains and more; Most of the relevant authorities recognize This is the most healthy for the flavor.

In addition, Ornish doctors said he puzzled why Volumetrics diet method are stressed with his low energy density diet, but was able Volumetrics diet of high, and he scores so low.n

Restrictions differences - Oil

The proposed Volumetrics Dr. Rolls said she told Dr. Ornish major differences in fat restriction, Ornish, who stressed that dieting method reduced 10% calorie fat; Dr. Rolls said to WebMD, if you eat a lot of vegetables and fruit to offset oil, diet can have grease; their results show that eating more than 30% of the high-fat diet, but there are also a large number eat fruits and vegetables, then the probability of obesity in fact than eating low-fat diet, but people who eat very few fruits and vegetables less.

Ultra-Metabolism Dr.n

Hyman, who nutrition theory beyond the scientific evidence.

Hyman physicians to WebMD said that he may use the technology beyond its era, but still kinds of science and technology; His book is the only book dealing with the causes of disease, which also stressed that obesity; What you will let you sick obesity; Obesity things you will let you sick, this issue has not been the attention to traditional medicine .

Dr. Hyman said, consumer groups on the book review than he scores low, because the dangerous excessive dependence on the United States Department of Agriculture dietary guidelines, he considered that the guide mix water to meet the enterprises of special interests ; He said, eating real food, food integrity, his book the basic message, on behalf eat food from the earth to, and not from food to the chemical laboratory.

No. 1 diet book author Bob Greene reports on consumer criticism of the disturbing, the article said, dieting weight in the diet did not reduce the first phase will feel discouraged.

Greene said that the people there may be easily frustrated, which is why he spent a lot of time encouraging them so that they do not in body weight between the degradation of the scale, said moving is the hardest sport to do, but also from the position at weight loss seized Kang s point of view, is to move people.

Greene said that the only movement alone is not enough, unless you do a full day at least one hour of fierce campaigns; He said that most people do not engage in the sport so long, they must pay attention to the intake of food, but if you keep the moderate movement, we will be able to prevent weight gain, and then you will be able to achieve your goal set by the heat.

The report warned consumers Metcalf, and there is no miracle diet, some people no matter what methods can be used to reduce 30 pounds more but most of the effects were not as good.

He said that no diet can reduce a lot of weight, even if the first is the same is true comparison, most only reduce the 10 pounds; However, we should not be disappointed that a small amount of weight loss have great health effects.

About the Author

From www.concordmonitor.com:

This fact sheet can help you talk to your health care professional about weight loss and get the best information before choosing.

Make It Easy Finding Out Which Weight Loss Plans Or Weight Loss Program Will Be Most. Within Each Category That Has Proven To Work Best for most people.

Everyone is searching for the best weight loss program. The truth is, the best weight loss program is one that includes.

Over 22 diet plans and weight loss programs. Fall Guide to Flawless Skin The Benefits of Laughter The Perfect Pair of Jeans 10 Best Beauty.

That is why weight loss programs are so important. The best weight loss program is one that you can continue for a long time to come and one that keeps you.

When investigating weight loss programs or products, beware of high costs, pressure to buy special foods or pills, and fraudulent.

The definitive online Weight Loss site on the Internet. Review of the best weight loss programs, best weight loss products, best dieting.

Losing weight has never been easy, here you will find comprehensive information on weight loss tips, best weight loss programs, weight.

Source: <http://productsherbal.com>