

Plyometric exercise improves power capabilities

EXERCISING OPTIONS



MYRNA PARTRICH

metric exercise works?

A few weeks ago you wrote a column on plyometrics. I am a physical education teacher in Pontiac. I use plyometric training in class. Can you give me a more technical explanation of just how plyometric exercise works?

Thank you for asking. Now, I will put on my thinking cap and try my best explanation.

First, a plyometric move can be hopping or jumping — a move used to increase explosive or power capabilities for athletes. There are a number of factors that contribute to the mechanics of plyometrics.

The brain tells the muscle to fire (muscle being the primary mover). In addition, muscles, ligaments and tendons all have

elastic properties. When stretched these tissues will snap back like a rubber band.

The most important mechanism used in plyometric training is the stretch reflex. When a muscle is stretched in a fast motion, small sensors in the muscle, called spindles, send a defensive message to the brain.

The message is to contract to protect the system. In a (squat or crouch) plyometric move the individual compresses slightly to develop elastic tension in the

muscular and tendon systems. The muscle lengthens, which activates the stretch reflex.

Trainers who have extensively used plyometric training claim that it does work, but there is not a lot of research on the effects.

The true specialization of plyometric training for all sports has not yet occurred.

I have seen plyometric training designed for tennis and ski athletes. For example, plyo exercises can be performed in a manner more typical of anaerobic or in-

terval sprints, rather than formal plyometric training. Double-leg hops and forward diagonal jumping can be beneficial to tennis or skiing.

Please don't forget a nice, long warm-up before getting into any plyo move.

Sometimes these specific training skills are discussed better in person. I would love to spend some time with you on this subject. I am sure we can share a lot of ideas, and probably, be helpful to one another.

Call the studio. I am usually there.

(Myrna Partrich, co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and to the Governor's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

OUTDOORS CALENDAR

UPCOMING EVENTS

AUDUBON EVENTS

A trip to Point Pelee, Ontario on Saturday will offer participants an opportunity to see large raptors, 545-2929.

ARCHERY SHOOT

Royal Oak Archers will hold a 3D shoot beginning at 9 a.m. Sunday on its walk-through range in Lake Orion, 693-9799 or 693-1369.

DATES/DEADLINES

Sighting-In-Days begin Oct. 24 at the Western Wayne County Conservation Association in Plymouth Township, 453-9843. Quail season ends Nov. 11. The first archery deer season ends Nov. 14.

Woodcock, grouse and crow season ends Nov. 14.

Phasant season ends in Zones II and III. Firearm deer season begins Nov. 15.

FISHING CLUB MEETINGS

The Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City, 477-3816.

Romeo B.A.S.S. Busters meet 7 p.m. the first Tuesday of each month at the Romeo Community Youth and Civic Center, 286-6469.

METROPARKS

KID STUFF...

ARCHAEOLOGY

A class for 6- to 10-year olds in which participants will learn some of the techniques used by archaeologists in their study of fossil relics and artifacts, begins at 10 a.m. Saturday at Indian Springs. Participants should wear old clothing, sturdy shoes and gloves.

KNOT TYING WORKSHOP

A class for 9-year olds and above in which participants will learn to tie several kinds of knots, begins at 10 a.m. Saturday at Indian Springs.

HOLIDAY CRAFTS

A class in which participants will learn to make several different crafts suitable for the holidays, begins at 1 p.m. Saturday and Sunday at Kensington.

WATERFOWL WATCH

A drive around Kensington

Lake with stops at various points to search for migrating and resident waterfowl, begins at 10 a.m. Sunday at Kensington.

SWAMP SAFARI

A hike on the wild side of Indian Springs stalking through the swamp like a red fox, begins at 1 p.m. Sunday at Indian Springs. Participants should wear old clothes and sturdy shoes and should bring an adventurous spirit.

FULL MOON WALK

An evening hike spent searching for wildlife and discussing

moon legends and lore, begins at 7 p.m. Sunday at Kensington.

METROPARK REQUIREMENTS

Most Metropark programs are free, while some require a nominal charge. Advanced registration and a motor vehicle permit are required, 1-800-47-PARKS.

OAKLAND COUNTY PARKS

TUNING YOUR TOT INTO FALL

A program for 3- to 6-year olds

in which participants will explore the sounds, sights, scents and textures of fall begins at 10 a.m. and 1 p.m. today at Indian Springs. Participants will take part in stories songs, an outdoor hike, a simple craft and a snack.

WOODS WONDERS

Junior naturalists ages 9-13 will hike, explore the forest and learn forest facts in this mini-class, which begins at 1:30 p.m. Saturday at Indian Springs.

OUTER DESIGNS

Participants will investigate

nature's camouflage and common techniques of shingling used with many types of coverings, and how various structures are designed to get food and water in this nature class which begins at 1 p.m. Saturday, Nov. 14, at Independence Oaks.

COUNTY PARK REQUIREMENTS

Advance registration is required for all Oakland County Park programs and early registration is recommended. A motor vehicle permit is also required, 625-6473.

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