

MET-RX

Shaping Every Body.™

VOL. 10 WINTER 2010

JAY NOLLER

OF THE U.S.A BOBSLED TEAM

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TEN HEALTHY NEW YEAR'S RESOLUTIONS

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Thank you for everything you do for U.S.A Bobsled

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JAY NOLLER

BY FRANK SEPE

In this issue MET-Rx® is proud to talk with Jay Noller, a development driver on the U.S. Bobsled team. Jay has been blessed with an opportunity to travel the globe and compete for his country while trying to achieve his ultimate goal of being selected for the Olympic team. We sat down with Jay to discuss his developing career as one of bobsledding's elite drivers.

FRANK SEPE: How did you get involved in Bobsledding?

JAY NOLLER: You always see all kinds of interviews about how athletes had a parent in the games, or grew up wanting to compete in their sport. Well, no one grows up wanting to be a bobsledder. With the exception of John Napier—his dad actually was a bobsledder—every athlete on the team right now has their own unique story of how they got into the sport. Offhand I can tell you that we have hockey, football, soccer, track and field and power-lifting being represented on the team right now. I personally got into bobsledding via a \$20 bet in college from my roommate Carlous Pitts.

I was watching the 2006 Torino Winter Games around 3:00am when Carlous came home drunk and started watching the bobsled event with me. After about 10 minutes he said it looked easy and that anyone could do it. I called "BS" on him, and told him that you have to put in thousands of hours of work to be an Olympian. He proceeded to call me a synonym for a cat, and said he had \$20 that I wouldn't go try out. Well, that night I filled out an athlete resume and sent it in to the U.S. Bobsled and Skeleton Federation and didn't think about it again. The next month I got a call asking if I would be interested

in coming up for a push athlete camp in Lake Placid, New York. I went to the camp and learned how to push a sled, worked out, watched a video and competed on the push track. After that week I was invited back to push at the U.S. team trials. After that I was asked to push for Napier over in Europe in Germany and Austria. So, from the time I got that first phone call to when I was sitting in Austria was a total of three months. Not too bad for a guy from San Antonio going to school at the University of Texas-El Paso!

FRANK SEPE: What is your role on the U.S. Bobsled team?

JAY NOLLER: I am an elite development driver for the U.S. This is a really fancy title for good enough to compete for the U.S., but not yet good enough for the Olympics. I am still working hard to learn everything that I can about the sport and the subtle nuances that dominate it. So for now I split my time when I am not competing between Salt Lake City and Lake Placid training.

FRANK SEPE: What is the toughest part of being a bobsledder?

JAY NOLLER: Besides dealing with the cold weather, it's having access to track time. There are only two tracks in the U.S. and no indoor year-round ice push track. We have a very limited amount of time we can train each year so we have to maximize the time we get at each of the tracks. Luckily for the U.S. team, Tony Carlino and the folks from the Olympic



Regional Development Authority get the Lake Placid track running from October to March each year. That has helped athletes stay sharp and train longer than anywhere else in the world.

FRANK SEPE: What attributes do you need to have to be a good bobsledder? What kind of training program do you follow?

JAY NOLLER: The two attributes that every bobsledder has to have are speed and power. If you can run while pushing something heavy then you can be a bobsledder. You can teach push techniques, but the bottom line is every athlete has to be strong and fast. That is why we use a five-item combined test to measure the speed and strength of each tryout participant. We test athletes with sprints (15-meter, 30-meter and 60-meter), a shot toss, a standing broad jump, a power clean and a three-rep squat. Using a points system we can assign a rank to each of the push athletes.

Currently I am training with Eric Minkwitz out in California. I suffer from a little bit of ADD and Eric works with me on designing a program that changes on a pretty regular basis to keep me interested. Instead of confining me to a particular routine each month he will give me an exercise or two to choose from each day. This is the week I am on right now:

Photo credit: © 2010 Nancie Battaglia

Always consult your doctor before beginning this or any training or diet/supplement program.

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DAY	MONDAY	WEDNESDAY	FRIDAY
DIRECT MUSCLE GROUPS	QUADS, HAMS, CHEST, BICEPS	SCAPULAE STABILITY, LATS, TRAPS, TRICEPS	FAST-TWITCH LEG, TRAPS, TRICEPS
INDIRECT MUSCLE GROUPS	TRAPS, TRICEPS, ABS	PECS, ROTATOR CUFF, LEGS, ABS	REAR DELTOIDS, INTERCOSTALS, OBLIQUES
	EXERCISE	EXERCISE	EXERCISE
TOTAL BODY BASE	Romanian Deadlifts	Hip Extension Machine	Deadlifts / Single-Leg Squats
TOTAL BODY BASE	Bench	Muscle Up Pulls	Close Grip Bench
AUXILIARY	High Pulls from Hips	Power Cleans	Monster Walk with Bands
AUXILIARY	Explosive Push-ups with Medicine Ball	Weighted Dips	Snatch Pull
AUXILIARY	Squats / Front Squats	Dumbbell Bent-Over Rows	Dumbbell Incline Bench
AUXILIARY	Arnold Curls	Seated Russian Press	Strait Bar Curls
AUXILIARY	Heavy Shrugs	Shoulder Press Variation	Supine MB passes
TORSO	Hip Opener Single Leg Drills	Standing Rotator Cuff	Triceps Variation
TORSO	Chop and Lift Cable Variation	Medicine Ball Torso Twists with Throws	Chop and Lift Cable Variation
REMEDIAL	Physio Ball Crunches with Weight	Physio Ball Pikes	Physio Ball Crunches with Weight
	Low Load Quad/Hip Flexor Stretches	Low Load Quad/Hip Flexor Stretches	Low Load Quad/Hip Flexor Stretches

TUESDAY & THURSDAY & SATURDAY

Middle Distance, Short Distance, Sprint Training, Agility Drills, Lateral Work, Footwork, Position-Specific Drills

CORE SETS AND REPS BREAKDOWN

WEEK	SETS & REPS	LOAD
1	15, 12, 10, 10	70 to 80%
2	15, 4x8	85%

AUXILIARY SETS AND REPS BREAKDOWN

WEEK	SETS & REPS	LOAD
1	3x12	70 to 80%
2	12, 10, 8	85%

FRANK SEPE: Is your training built around specific aspects of your role on the team?

JAY NOLLER: The physical training is the same for all of us. For the first 30 meters myself and the brakeman are all doing the same job. We are all trying to accelerate the sled as much as possible for the first 30 meters before getting in. So the training is the same for everyone, but it's up to the athlete to find what training program works best for them.

FRANK SEPE: Take us through a bob sled practice – what does it entail?

JAY NOLLER: We try to get to the track about an hour and a half before the start of training. That gives us enough time to flip our bobsleds over to put on the runners we are using for the day, and it gives the drivers a chance to inspect the steering and the frame of the sled to make sure everything

is in working order. Then a truck comes down to the storage area and we have to lift our sleds up and strap them in for the ride up to the top of the mountain. Once we are at the top of the mountain we do a final check of the sleds and if everything looks good we start doing our dynamic warm-ups and mind runs to get ready for the practice session. Then we line up at the top of the run for the start of training. We typically take two or three runs per training session every day, six days a week. With the forces exerted on each of the athletes—some turns are up to five Gs—even just those few runs really take a lot out of everyone. The last thing you want is someone piloting a sled at 80 miles per hour whose mind and body isn't 100% into it.

FRANK SEPE: Do you have to be a specific weight? What kind of diet do you follow?

JAY NOLLER: Currently I hover around 215 pounds but I have to work really hard during the

season just to maintain that. Between training and practice and the cold I burn a ton of calories, so I typically try to eat five or six times a day and make sure I am snacking while out at the track. I have never been a real big fan of eating out so I cook at home when I have the chance. When I travel I always make sure that the places I am staying at have at least a small kitchen so I can continue to cook for myself. During workouts I always make sure I have a protein shake mixed with electrolytes. Also, I keep protein or granola bars stored in my car, gym bag, bobsled bag, desk drawer and jacket pockets. I make it a point to always travel with food somewhere within reach. With my busy schedule sometimes I am not able to get to a place to eat when I need to, so my back-ups are always important.

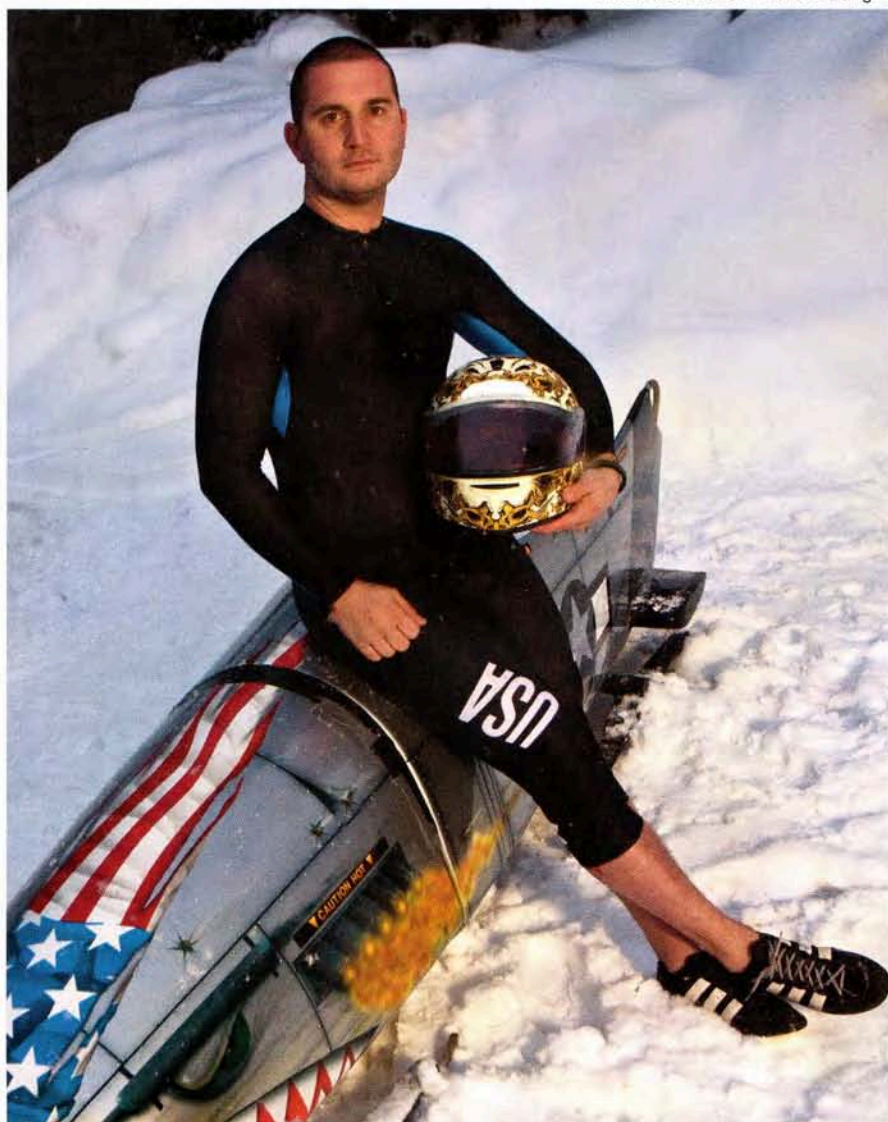
FRANK SEPE: Who designed your current bobsled? What is it made of?

JAY NOLLER: I have a 2002 Hilde sled that my

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Photo credit: © 2010 Nancie Battaglia



coach found for me in Switzerland. It is composed of fiberglass and carbon fiber.

FRANK SEPE: What is your goal for this year's Winter Olympics?

JAY NOLLER: To be the best fan and teammate I can be. This has been a huge learning year for me. Mike Kohn took me under his wing this year on the America's Cup circuit and helped me get through two tough tracks in Park City, Utah, and Calgary, Canada. Now, for the second half of the season I will be able to learn from Todd Hays out in Lake Placid; Todd was forced into retirement this year as a result of a head injury suffered in Europe. I am excited to learn from one of the best in the world for the next few months.

FRANK SEPE: What has been the most rewarding race so far in your career?

JAY NOLLER: I would have to say Calgary two years ago during America's Cup. Unlike our fellow athletes that everyone sees on TV each week, we don't get paid to do our sport. As a matter of fact, development athletes have to pay for everything out of our own pockets. So two years ago I went to race in Calgary for the first time in my career. I was sleeping on another athlete's hotel floor and was forced to rent a sled from the local bobsled club in Canada. The problem was that I only had enough money to pay for three total days of rental. This meant I had a choice to make: I could train for two days and race one day, or I could train one day and compete for two days. Keeping in mind that I had never been on the track before, of course I choose to train for a day and race for two days! In those two races I took two top tens and scored some great points towards my international ranking.

FRANK SEPE: Do you have any personal goals for yourself this year?

JAY NOLLER: My goals for this year are to continue to train hard and learn about the sport. I will be leaving for Lake Placid in January to train and race for the next three months while living at the Olympic Training Center. After the season concludes in March I will be focusing all my time and effort on my national recruiting tour that will be traveling across the U.S. If you are interested in trying out, go to www.USBobsledTryouts.com and see if the tour is coming near you.

FRANK SEPE: What kind of gear do you wear for a race? Who makes it?

JAY NOLLER: Race day is the most popular day for all of the fans. Speed suits are definitely a fan favorite for everyone that shows up. It's a one-piece spandex outfit that we cram ourselves into; they don't really leave much to the imagination. Besides that, there are custom helmets for the drivers and burn vests for the brakeman. The drivers' helmets have a couple of additions that we put into a standard motorcycle helmet. We compete in temps that can approach negative 30 degrees, so on some days any sort of breath or moisture can cause our visors to ice over or fog. To prevent that from happening we have a choice of using an aftermarket visor insert called a Fog City, but I compete in an HJC FS-15 Terror helmet so I use the Pinlock system so I can change out colors depending on visibility. Another modification we put into the helmet is a snow mobile breath box. These go into the front of the helmet and form a seal across the bridge of the nose and cheeks so moisture from breathing doesn't go into the area with the visor.

FRANK SEPE: Thank you for representing our country. Let all of our readers know when the first race for the Olympics is?

JAY NOLLER: The best place to get the complete Olympic schedule is to go to www.NBCOlympics.com and use the local schedule finder. All you have to do is enter your zip code and the complete schedule for all the Olympic competitions will come up.

FRANK SEPE: How do people learn more about you Jay?

JAY NOLLER: For more information on bobsledding and to keep updated with the happenings of the team you can visit my website at www.jaynoller.net. I personally respond to each inquiry, although sometimes it might take me a few days to wade through all the emails. If you are interested in trying out for the U.S. Bobsled team, go to www.USBobsledTryouts.com.

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