

# DECISION MADE

ATHLETIC PERFORMANCE  
NEWSLETTER SEPTEMBER 2012

## BEHIND THE LINE: BRITTANY OGUNMOKUN

In this month's interview we sit down with Brittany OgunMokun. This senior comes to us from Landover, Maryland. Through this senior's faith and tenacity, she has found a great deal of success while at Baylor. In her short stint at Baylor, Brittany has received several Big 12 honors and national rankings. As a seasoned veteran and leader of the 2012 Baylor Women's Cross Country team, Brittany has taken the time to share some of her experiences and endeavors for the future with us in Behind the Line.

It's your senior year and you are only days away from the season starting. How are you feeling?

"I feel so thankful and privileged to have the opportunity to be at Baylor. I have told myself this year that I will remember the little things. My goal is to stay strong, eat healthy, keep my mind right and keep God first in all I do."

I see you have transferred a few times in your career from Temple University to Seton Hall, why did you choose Baylor University as your final stop?

"A previous teammate of mine told me about Baylor. When I first heard it was in Texas I wasn't too thrilled being that I have spent my whole life on the east coast. However, after coming down on my school visit I was sold. I cancelled all of my other recruiting visits and signed to come to Baylor."

Did you grow up running?

"No, I actually grew up playing basketball. I didn't start running until I was a junior in high school when my sister asked me to try out with her for the track team. Then after that track season I was tricked into running cross country. I have been doing it ever since. I was actually recruited to come to Baylor for track and had to beg Coach Harbour to let me run Cross Country. I feel like it sets me up for indoor season."

What are your plans once you are done at Baylor?

"I plan on staying at Baylor and starting seminary school for sports ministry. During that time I plan on training with Coach Harbour and the strength staff in an effort to prepare myself for the Olympics as well as my professional career."

Do you have any words for future or current teammates?

"Always take advantage of the opportunities you have around you. Don't waste the time you have because it's limited. When it's gone it's gone and there's no getting it back. So many people would do anything to be where we are. It's time for us to step up and take advantage of what's been placed before us."

Brittany, thank you for taking the time to share with us, good luck this season and in all that you do!

"Thank you for giving me the opportunity to share. I would like to leave you with my favorite bible verse. "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." 2 Timothy 1:7"



## BAYLOR BITES NUTRITION

|          |                                   |  |
|----------|-----------------------------------|--|
| <b>B</b> | <b>BREAKFAST</b>                  | <b>START WITH BREAKFAST EVERY DAY!</b><br>You cannot achieve optimal performance without eating breakfast! This jump starts your brain to use carbohydrate as fuel instead of using your muscle.               |
| <b>E</b> | <b>EAT OFTEN</b>                  | <b>EAT EVERY 2-3 HOURS!</b><br>Going for long periods of time without eating slows down your metabolism. This makes it more likely for food to be stored as FAT!   |
| <b>A</b> | <b>ALWAYS HYDRATE</b>             | <b>CARRY YOUR WATER BOTTLE EVERYWHERE!</b><br>This can improve performance up to 10%. As little as a 2% loss of body weight can have a major impact on performance!  |
| <b>S</b> | <b>SLEEP - REST &amp; RECOVER</b> | <b>SLEEP 8 HOURS!</b><br>Recovery ranges from a rest day, yoga, stretching, ice bath, massage or recovery nutrition.   |
| <b>T</b> | <b>THINK LEAN PROTEIN</b>         | <b>EAT LEAN PROTEIN WITH EVERY MEAL!</b><br>You need to consume your body weight in grams of protein!<br>Examples: fish, chicken, ground beef, turkey, low-fat dairy (milk), soy, beans, eggs & peanut butter. |

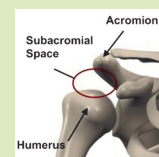
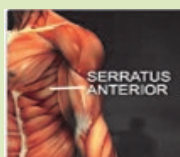
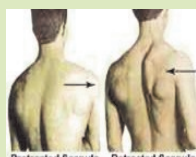
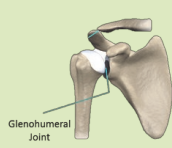
## TRAIN LIKE AN ATHLETE



### Importance of Scap & Rotator Cuff Circuits

The scapula and the shoulder are linked together when any type of arm movement occurs, whether it is for athletics or daily activities. The scapula, shoulder, and arm move together to generate, absorb, and transfer forces that accomplish work in athletic tasks. Shifts in scapular position are commonly associated with injuries that create clinical dysfunction of the shoulder. These shifts may lead to changes in scapular strength and are implicated as contributing factors to shoulder impingement due to muscular inflammation of the shoulder rotators.

- To stabilize the [glenohumeral](#) articulation (shoulder joint), which aids in preventing injuries in the rotator cuff.
- Producing [retraction](#) and [protraction](#) along the thoracic wall. The lack of full retraction of the scapula will cause an athlete to have limited abilities to explode through acceleration after cocking the arm. Lack of protraction along the thoracic wall will increase the deceleration forces on the shoulder which can cause extreme pain and damage in the [glenohumeral joint](#).
- The scapula elevates during throwing and serving motions. Lack of appropriate [acromial](#) elevation leads to impingement problems during the wind-up and follow through phases of throwing. The [serratus anterior](#) and the [lower trapezius](#) muscles are the most susceptible to injury when this impingement occurs.
- The scapula provides a base for muscle attachments. When the scapula is in a bad position, the muscles that are attached do not have a stable base and cannot develop appropriate or maximal torque with concentric contractions. This in turn leads to decreased strength and muscular imbalances throughout the body.
- The most important role of the scapula is being a link in the sequencing of velocity, energy, and forces that allows for proper shoulder function. If this link is defective, the transfer of the kinetic energy and force from the base of support to the hand (when throwing) will not be as violent as it was intended to be.



# SEPTEMBER

## AWAZENAC EVENTS

### FOOTBALL

2<sup>nd</sup> : SMU  
15<sup>th</sup> : Sam Houston State  
21<sup>st</sup> : Louisiana-Monroe  
29<sup>th</sup> : West Virginia

### SOCCER

2<sup>nd</sup> : McNeese State  
7<sup>th</sup> : North Texas  
9<sup>th</sup> : UTSA  
14<sup>th</sup> : SMU  
16<sup>th</sup> : Houston Baptist  
21<sup>st</sup> : Oklahoma

### VOLLEYBALL

2<sup>nd</sup> : San Francisco  
4<sup>th</sup> : Texas State  
7<sup>th</sup> : Arkansas State  
8<sup>th</sup> : McNeese State  
14<sup>th</sup> : Binghamton  
15<sup>th</sup> : UTEP  
18<sup>th</sup> : North Texas  
22<sup>nd</sup> : Iowa State  
25<sup>th</sup> : Texas  
29<sup>th</sup> : Kansas State

### MEN'S TENNIS

23<sup>rd</sup> – 25<sup>th</sup> : Baylor-HEB Invitational

### WOMEN'S GOLF

10<sup>th</sup> – 11<sup>th</sup> : Ptarmigan Ram Fall Classic  
17<sup>th</sup> – 18<sup>th</sup> : Ptarmigan Ram Fall Classic

### EQUESTRIAN

30<sup>th</sup> : South Dakota State

### MEN'S & WOMEN'S

### CROSS COUNTRY

8<sup>th</sup> : UTA Season Opener  
29<sup>th</sup> : Roy Griak Invitational

### MEN'S GOLF

11<sup>th</sup> – 13<sup>th</sup> : Topy Cup  
28<sup>th</sup> – 29<sup>th</sup> : Tucker Intercollegiate

“YOU GOT TO STAY TOUGH. YOU GOT TO STAY FOCUSED. YOU GOT TO STAY HUNGRY. WHAT YOU CAN'T DO IS LINGER, BECAUSE IF YOU LINGER, YOU CAN'T HAVE CARRY-OVER. WE GOT A NEW JOB, A NEW SEASON.”

-COACH BRILES