

*This year Bronco Baseball paired with Sparta, a Bay Area athlete training facility that uses scientific innovation to create a unique training program for athletes. Junior Kyle Czaplak reflects on Bronco Baseball's Sparta Training Program as well as the "Regen" diet.*



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As a program and university, we are extremely fortunate to be teamed up with Sparta Sports Science. It is a very unique privilege that many programs across the nation do not have. The highly educated and experienced staff helps transform each and every player into becoming the best athlete possible day in and day out. Our strength program goes well beyond lifting and running to become more physical athletes. We pride ourselves in not only lifting weights, but also having the best nutritionally balanced diet in the country as well as managing sleep and recovery. With the help of Sparta we have moved away from purely heavy lifting to gain size and strength. We now use scientifically backed data to create better movement patterns through our lifts and training. Our focus has shifted towards gaining mobility, flexibility, speed, and strength. We pride ourselves in holding each other accountable on a daily basis and truly believe that our investment in the program will equate to more wins on the field.



From a weight training aspect, each player has a tailored workout specific to them based on their strengths and weaknesses. We use a series of jumps on a Force Plate, which spits out data in the form of a graph. Each player is able to track their progress and see what they need to work on the most. Another major tool we use is the Sparta Application, which is downloaded on each of our phones. Everyday our workouts are uploaded by our trainers with the exact number of sets and

reps. We also use it as a way to make sure we are meeting our daily goals in nutrition and regeneration. Everyday we are responsible for foam rolling, stretching, sleeping, and monitoring our diet.

Our daily diet consists of three main components, protein, water, and vegetables. In terms of protein, we are asked to consume one gram per pound of bodyweight. For example, I weigh 180 pounds so I strive to consume 180 grams of protein on a daily basis. This seems a bit crazy to many people. However, proteins are the body's building blocks and they are not easily stored. As athletes we are constantly breaking down our muscles during training. Adequate, consistent protein intake is vital for recovery as well as building muscle. Vegetables are the next main portion of our diets and we are asked to consume 6-8 servings daily. Again this may seem a bit unrealistic to some. Vegetables are the nutritional backbone of a healthy diet and are stacked with vitamins, minerals and antioxidants essential for overall health. Our last focus in our diet is water. We are asked to consume half an ounce per pound of bodyweight. Obviously everyone knows water is important for staying hydrated but we try to flood our systems in order to keep our joints lubricated, help regulate our body temperature, and help our bodies transport nutrients.



At times these daily benchmarks can be difficult to meet, especially during the fall or while in season. The best tool we have used to combat this issue is preparation. Personally, I try to cook the majority of my meals on Sunday night in order to have them ready during the busy week.



I use a large lunchbox that carries up to three or four meals so I don't have to stop to buy food or prepare it. This has helped me personally with time management as well as monitoring what I am putting in my body. Other players on the team have come up with various creative ways to meet their daily benchmarks as well. Everything we do our program, including our strength program takes full investment. However, we sincerely believe full investment will help us become better athletes and ultimately win more games.