

# PEAK PERFORMANCE

## 2011 Fall Newsletter

### Introduction

School is back in and along with that comes an exciting time of year...some serious training and preparation for the upcoming seasons.

We are pumped about the upcoming season and with the results our athletes have been realizing in training. Your dedication and consistency is going to carry over in a huge way for you guys!

### GA Games Weightlifting Championships

We recently took a team of athletes and competed in the GA Games Olympic Weightlifting Championships. Everyone had an amazing day and we had a ton of fun!! We are proud of you all!

Sharon Connell – GOLD  
Matthew Connell – 3<sup>rd</sup> Place  
Jack Barber – GOLD  
Michael Nelems – GOLD  
Roberto Aveiga – 2<sup>nd</sup> Place  
James Yun – GOLD  
Adam Reese – 2<sup>nd</sup> Place  
Zack Filosi – GOLD

On November 5-6 we will have a team competing in the Georgia and Southern States Powerlifting Championships. The lifts contested will be squat, bench press and deadlift. This meet also serves as a qualifier for the High School State

Championships held next spring. If you are interested in competing let us know.

### Deadlift 4 Dollar\$\$ Results

The 1<sup>st</sup> Annual Deadlift 4 Dollar\$\$, a fundraiser for Paint Georgia Pink, was a huge success! We had over 30 competitors, great support, a ton of PR lifts, and amazing pledges and donations! You guys came through in a big way and we were able to raise OVER \$6,700 for a great charity! You're all awesome and we have even bigger plans for next year's event!

### Successful Student Athletes

During our athletic seasons, we can sometimes shift focus off of things that are important. At Peak Performance, we encourage and develop athletic performance as well as growth as an individual. This includes taking responsibility in the classroom. Being successful in the classroom will open many more doors for you in life and collegiate athletics than with just athletic ability alone.

We want to encourage our athletes and parents to keep us up to date on grades throughout the entire school year. We want to be able to congratulate everyone on success in the classroom and hold you accountable otherwise.

*"If you are prepared, you will be confident, and will do the job." ~ Tom Landry*

## **Preparation for the Season**

This is a crucial time in preparation for the season. You have just come off a summer of packing on some serious strength and now is the time we need to prepare your mind and body for a successful season.

Your training is going to be shifting to preseason mode soon and you will begin to adapt to the specific demands that your body is going to meet throughout the season.

We are aware of the increasing demands on you with practice, school, etc. But we fully expect you, as a member of PPW, to remain consistent in your training as we lead up to the season and in-season also. This is essential to your health and success as the season continues.

## **Performance Supplementation**

Caleb, Kelly and Peak Performance have been experimenting with Advocare products the last 3 months with great results. We've seen increases in strength, recovery, performance and energy. These are also the same products used by the U.S. Olympic Wrestling Teams. As a result, we are bringing these products in to make available for all of our clientele.

We believe adding this supplement regimen into your training will help you better prepare for the season and improve your performance, strength, recovery and health throughout the season. However, these supplements

need to be used in addition to a solid nutrition foundation, not in place of one.

We can make personal supplement recommendations for you and will stock some products to make it more convenient. All info and products are available at [www.peakadvocare.com](http://www.peakadvocare.com)

## **Referral Rewards**

In August, for each new referral client who joins the program you will receive 4 movie tickets OR your choice of Advocare Product. In September you will get a \$50 Gift Card to Bass Pro Shop! Thanks for your continued support and keep talking!!

As a reminder – ***anyone who trains 3x in a week can come in for a 4<sup>th</sup> workout that same week at NO charge!*** We are committed to your success and will reward you for your dedication to the program!

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**Peak Performance Weightlifting**  
5153 Belle Wood Court Suite D  
Buford, GA 30518  
[www.teamppw.com](http://www.teamppw.com)

**Caleb Williams**, Founder  
678-315-4819  
[info@peakperformanceweightlifting.com](mailto:info@peakperformanceweightlifting.com)

**Coach Adam Reese**  
770-378-2950

**Coach Charles Sandusky**  
770-846-4675

**Kelly Williams**  
678-315-4819