

Featured in the 2013 Hydorrider Newsletter /Brochure, Biscayne Park, FL

Excel with a Hydorrider!

By Pamela G. Milling, Aquatic Director, Mississippi College Alumni Pool

The Mississippi College Water Fitness Program at Alumni Pool prides itself in being ground-breaking for its athletes. Several years ago, professional hydorrider equipment was purchased especially with our athletes in mind. We were the first academic institution in Mississippi to provide this type of extraordinary equipment made in Italy. This innovative purchase decision has assisted in increasing physical fitness benefits for our athletes, students and faculty as they perform on land.

Currently, Mississippi College is NCAA III, and all water fitness athletic training is voluntary. Our athletes who are determined to excel on the field, track, and court during season regularly choose exercise on the water bikes/treadmill, run/walk in the water, while continuing their land based drills/exercises. Three of the football players that have experienced the unquestionable results of adding hydorridding equipment to their workouts are pictured right to left: Cory York, Offensive Guard/ Center 2007-2011 currently Assistant Offensive Line Coach and Tight Ends Coach 2013, Randall Pharr, Wide Receiver 2013, and Brennan Hermmann, Offensive Tackle 2009-2012.



Cory, who performed weight bearing water fitness exercises first as a student and now as a football coach, shares his testimony:

During season these volunteer workouts are most beneficial. They complement the land training that coaches employ to achieve sports performance goals. Since the hydorrider equipment has been added to our explosive water running/power walking, we have observed this water combo mixed with our football drills/exercises gives our players an improved physical fitness conditioning for the field. From day one, those athletes that choose the water exercises begin to notice the amazing effects of the addition of the hydorrider equipment. By executing these mixed routines weekly, our players ultimately experience (on the field) increased explosiveness with speed. This boosted ability occurs within 6 weeks of initiating this continuous combo training (2004 Milling Study). Mrs. Milling, through her hydorrider education at AEA conferences, instructs our athletes in 6 correctly aligned hydorrider positions, performed in intervals, in her water fitness classes.

There is not a doubt; water fitness volume training twice a week mixed with properly designed land workouts are perfect for contact sports which absolutely require weight bearing exercises. Although effective in off season, the water fitness benefits are the most valuable during season. The players that mainly need these benefits are first and second strings both offensive and defensive. Benefits of acceleration, and tire then recover quickly help players to continue down after down with a gusto of energy. In

addition, it is well known injuries can cripple a team; but water fitness promotes fewer injuries on the field. This is due to the strength/flexibility factor that transfers to land from the water fitness volume training. A healthy well coached team with boosted abilities has an edge over their competition that lacks this blueprint.

Mississippi College football players are not the only advocates of this result producing hydrorider equipment. Our Department of Military Science, ROTC, is true to their motto (sometimes the toughest tests are the ones you give yourself) and use the hydrorider bikes and treadmill. Second Lieutenant Jonathan Maruszak realizes the challenge the hydroriders place on his muscles and skeletal system to which the muscles are attached. The bikes with their 4 prong cupped pedals against the density of the water and the disciplined movements on the treadmill mixed with explosive water running/power walking are a resistive format for the musculoskeletal system. Maruszak plans to use these styles of exercise along with land assignments because they will permit the military students to surpass their timing in their land maneuvers just as our track team, using this same method, has set new individual records (Butch Ard, personal communication, August 15, 2013). Student, Matthew Braswell, trains on the treadmill for future AFROTC military exercises. Hydroriders are helpful to retired military as well. Jerry D. Milling, MSG U.S. Army, Ret, rides the bikes on a regular basis for therapy. Staff, Denise Mummert rides the bikes regularly for weight loss and sheer enjoyment. Picture right to left, Braswell, Maruszak, J.Milling, Mummert, Instructor P.Milling.



Want to test yourself? Attend a college/university that has hydrorider equipment. Then blend it with weight bearing water fitness exercises and add land drills/exercises. These modes will deliver a higher level of physical fitness than you have ever experienced before when compared to using **only** land based exercises and equipment.

Photography by Kent Mummert, Adjunct Professor Art Department and Andy Kanengiser, University News Coordinator.

Pamela G. Milling, milling@mc.edu Aquatic Fitness Professional (AEA) since 1980's, is Aquatic Director Mississippi College Alumni Pool, Clinton, MS. She produced a cross training Water Fitness DVD series "When Water Moves Miracles Happen" to use with her instruction for her PE classes. She presents "The Water Fitness Package" to other departments on campus. She designs and directs "Water Fitness Volume Training for MC Athletes". Her study with MC Athletes, "Jumping Height Increased through Specific Aquatic Exercises", was posted under Editor's View in the **Aquatic Fitness Research Journal Spring 2004**. Syllabi listed www.mc.edu/water-fitness