

# Athlete Training Diary



July 23, 2010

Greetings Special Olympic BC Athletes

This year we are launching an exciting new program called "The Healthy Athlete". We are encouraging all of you to participate in this initiative and to do what you can to become healthier athletes. Whether it be by becoming more active, eating more nutritious foods, or quitting smoking, there is something that each of us can do to make ourselves healthier. Talk to your coach to devise a plan for you to become a healthier athlete.

A new club is being launched to support your efforts to be a healthier athlete. The program is called The President's Club. Initially, this club is exclusively for those athletes who increase their activity level by participating in their local's "Healthier Athlete Program", which will be a fitness and strength and conditioning program; as well as at least **one** other **SOBC** sport program.

To help you stay motivated and challenge yourself, we have developed an incentive program for you. To participate, simply join the "Healthier Athlete Program" in your local. Each practice you attend, you get a point. If you take a fitness test, you get more points. Track your activities and points and record them in your athlete diary. As you progress through the year and hit certain milestones, you will qualify for prizes.

How to get points:

If you attend a **fitness night** in your local, you get **1 point**.

If you attend a **fitness TEST** night in your local you get **2 points**.

If you improve on your fitness test score from the previous test, you get 2 points for **each test you improved on**.

For every additional SOBC sport program you attend, you will get **1 point**.

To become a Bronze member you need to get 35 points.

To become a Silver member you must get 45 points.

To become a Gold member you must get 55 points.

To become a PLATNIUM member you must get 75 points.

There will be special prizes for members at each level. These will be announced later in the season.

I wish you all the best of luck, and I hope that you spend the season training hard and getting fit!

Sincerely,

A handwritten signature in cursive script that reads "Dan Howe".

Dan Howe  
President & CEO  
Special Olympics BC

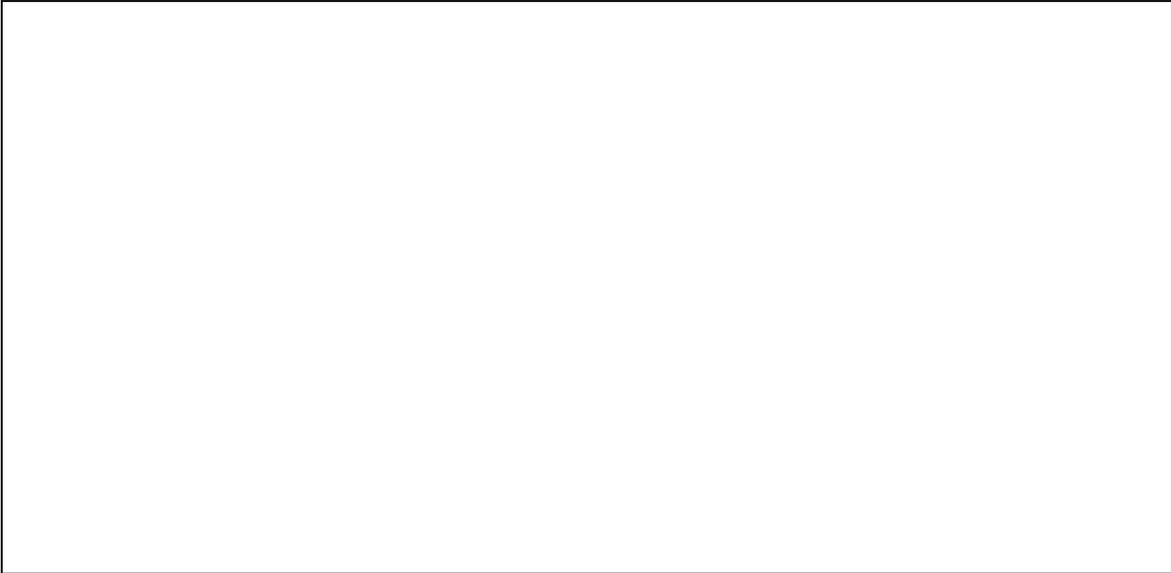
***Personal Information***

Name: \_\_\_\_\_  
Birthday: \_\_\_\_\_  
Local: \_\_\_\_\_

**Programs**

| Sports | Coaches Name | Coaches Phone Number |
|--------|--------------|----------------------|
|        |              |                      |
|        |              |                      |
|        |              |                      |
|        |              |                      |

**Insert Photo**



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\_\_\_\_\_  
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|   |                 |                         |
|---|-----------------|-------------------------|
|  | 1 FRUIT SERVING | ANY FRUIT (see page 19) |
|---|-----------------|-------------------------|

|   |                             |   |
|---|-----------------------------|---|
|    | 1 VEGETABLE SERVING         | ANY VEGETABLE (see page 20)             |
|    | 1 DAIRY SERVING             | ANY MILK or DAIRY PRODUCT (see page 21) |
|    | 1 MEAT/ALTERNATIVES SERVING | ANYTHING FROM LIST (see page 21)        |
|    | 1 GRAINS SERVING            | ANYTHING FROM LIST (see page 22)        |
|    | Exercise – BIKING           | Write down how many minutes!            |
|    | Exercise – WEIGHT TRAINING  | Write down how many minutes!            |
|   | Exercise – RUNNING          | Write down how many minutes!            |
|  | Exercise – FITNESS NIGHT    | Write down how many minutes!            |
|  | Exercise – SWIMMING         | Write down how many minutes!            |
|  | Exercise – WALKING          | Write down how many minutes!            |
|  | Exercise – ANY SPORT        | Write down WHAT SPORT!                  |

*Symbols for Diary*

|   |  |  |
|---|--|--|
|  | <p>Nutrition</p>                       | <p>Remind you to eat healthy food!</p>       |
|  | <p>Goal Setting and Positive Words</p> | <p>Set Goals<br/>Stay Positive<br/>Focus</p> |

## *Mental Training*

Competition can be lots of fun. It gives you a chance to meet new people and to test your skills against other athletes. Sometimes competition can also be a little scary. You want to perform really well but sometimes you may think or feel in ways that make you feel nervous, worried or scared.

How do you feel before competition?

Happy  
Excited  
Relaxed  
Sad

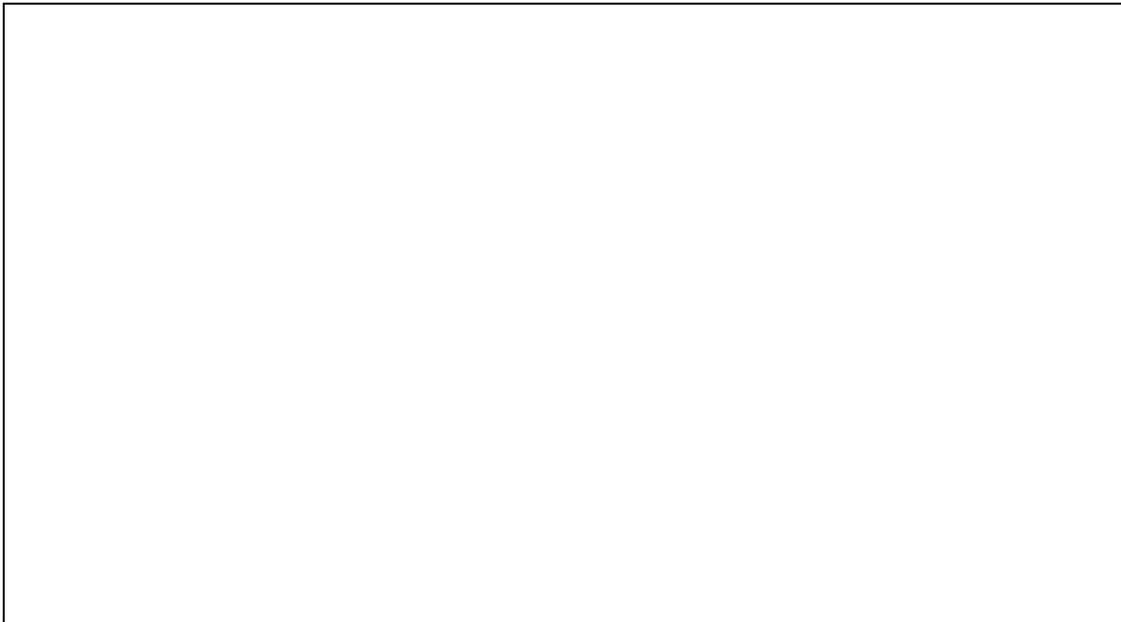
Sick  
Scared  
Nervous

How would you like to feel before competition?

Happy  
Confident  
Excited

Ready  
Relaxed

Draw or include a photo of yourself in competition that shows you looking positive and ready.



Look at this picture everyday to remind yourself of how you want to feel.

## An Athlete Dream

It all starts with a DREAM. What would you like to do if you could do anything you wanted in your sport? What would you look like? Where would you be? Who would be around you? Dream big and imagine yourself as the best athlete you could possibly be.

Draw a picture of that person, and describe that person and what you see.

**DREAM GOALS** give you energy and make you feel good about yourself. They allow you to see what could be possible.

Hard work is a big part of making your DREAMS come true. As an athlete it is important to know areas that will help you improve and allow you to move toward your dream. Here are three important areas to work on in this diary:

|   |                       |  |
|---|-----------------------|--|
|  | <p>Nutrition</p>      | <p>Eating good foods that make your body and mind feel healthy and ready to perform</p>  |
|  | <p>Mental Skills</p>  | <p>Thinking positive thoughts, feelings and images about yourself and your performance</p>   |
|  | <p>Sport Specific</p> | <p>Making good choices everyday, like following your training program, getting 8 hours of sleep per night. Practicing the skills you need to work on to be a better performer in your sport.</p> |

It is important to know where you want to go and then you can decide how you are going to get there. You already have a number of **STRENGTHS** as an athlete. Your first step is to list your **STRENGTHS**. What are some **POSITIVE** things that you already do in each of these areas? If you are not sure what you are good at, ask your coach to help you.

The next step is to list the things that you can do better. What are some things that you could do to help you become a better athlete in your sport? Write them below. Remember to talk to your coach for more ideas.

|   |                | Things I do well | Things I could do better |
|---|----------------|------------------|--------------------------|
|    | Nutrition      |                  |                          |
|   | Mental Skills  |                  |                          |
|  | Sport Specific |                  |                          |

It is important to work at getting better in each of these areas. If you do that, you will **FEEL STRONGER** and healthier, have more fun and perform better.

Now pick one thing from each area that you would really like to work on over the next few months. Maybe you need to improve your level of fitness or flexibility. Maybe you would like to work on a particular skill. These things then become your goals. List your three goals below.

My three goals are

1. Nutrition \_\_\_\_\_
2. Mental Skills \_\_\_\_\_
3. Sport Specific \_\_\_\_\_

## Using Your Mental Gifts

You can learn to make yourself feel better before you perform by using your mental GIFTS to help you focus and feel happy and ready for competition. If you practice using your gifts everyday, they will give back to you.

### **G is for Goals**

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Every day you should set a goal. GOALS give you something to work toward. They can also help you feel good about yourself when you reach them.

You have already set a mental, sport specific and nutrition goal. The next steps are to be specific with your GOALS and identify actions that you can do everyday to help you achieve your GOALS. Use the example below to help you and ask your coach for feedback.

Example: Gymnastics

|  |
|--|
| <b>My goal is:</b> To improve flexibility  |
| <b>I will do the following things to work on my goal:</b> <ul style="list-style-type: none"><li>- test flexibility each week</li><li>- decide on the amount of improvement I would like to see</li><li>- stretch every day</li><li>- warm up and cool down before practice and competitions</li><li>- ask my coach for ways to stretch</li></ul> |

Use the goal boxes to help you set your goals.

|   |
|---|
| My mental goal:                             |
| I will do the following to work on my goal: |

My nutrition goal:

I will do the following to work on my goal:

My sport specific goal:

I will do the following to work on my goal:

**Use your actions as little goals that you can work on each day, week and month.  
Remember to work on a goal everyday.**

### **I is for Imagery**

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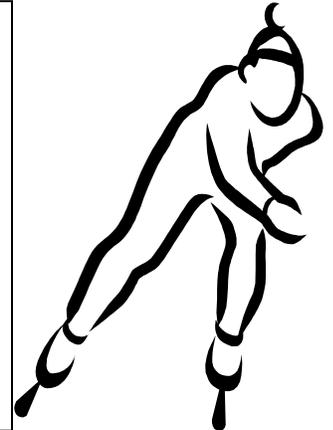
The pictures you have in your mind can help you learn new skills and prepare for competition. They can also help you feel HAPPY and STRONG and help you BELIEVE in yourself.

When you see yourself performing well in your head, you are teaching your mind and body what you would like to happen. You are creating a POSITIVE movie of yourself that you can watch anytime.

***Question – What does your movie look like?***

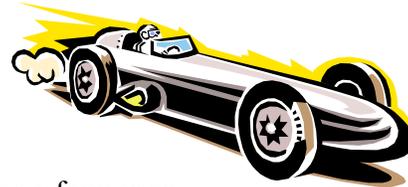
Try closing your eyes and imagining yourself performing in your sport. Try and see yourself having fun and PERFORMING REALLY well. See your coaches and TEAMMATES CHEERING you on and focus on how good it feels.

Below, describe what you see in your picture.

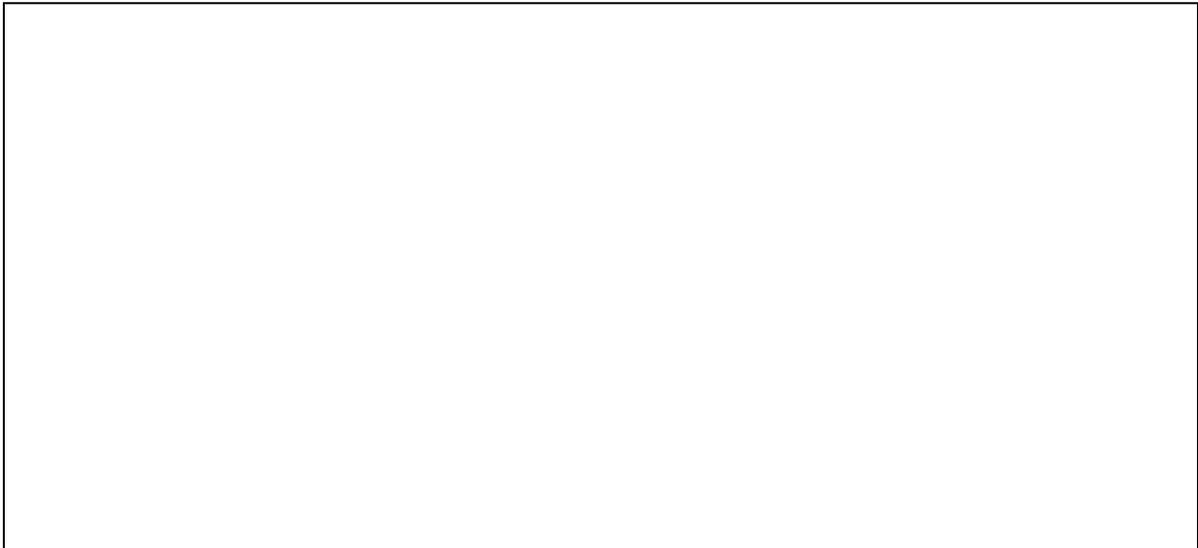


Everyday, watch your movie and feel all the good feelings that go along with seeing yourself performing well.

Sometimes you can also think about other pictures that make you feel **STRONG** or **FAST** or **HAPPY** about yourself. You can imagine objects, animals or other people that make you feel good.



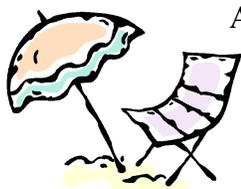
Think of a picture that helps you feel good about your performance and include that picture below:



Look at the picture or see it in your mind whenever you want to feel good about yourself and your performance.

Feelings are great and sport can make you feel lots of good feelings. You can feel happy and excited about competition. You can feel good being around all your teammates and coaches. Sometimes you might feel a little too nervous or get scared. This is okay too. You just need to learn what to do to help those feelings go away or turn them into GOOD FEELINGS.

One thing you can do, if you do not feel good, is think of your favourite song. You can sing it to yourself or you can listen to it if you have the tape or CD or iPod. What songs make you feel happy or ready for competition?



Another thing you can do is think of your favourite place to go. Maybe you like going for walks in the park or going to the beach. Sometimes when you get too nervous or scared it can be helpful to think of your favourite place to help you feel good again. Where is your favourite place to go? Try and see it in your mind and imagine yourself there having fun and feeling nice and relaxed.



One more thing you can do to try and control your feelings is to practice relaxing your body through breathing. All you have to do is focus on your breathing and listen to your breath. Here is a little exercise you can try by yourself or have your coach do it with you.

- Stand comfortably with your hands down by your side
- Breathe in and out slowly
- Now take a big deep breath and as you breathe in, count to four
- Now very slowly let your breath out as you count to eight
- Try this 3 times in a row.
- Now return to your regular breathing.

Practice one of these things each day and then at competition, you can feel all the good feelings by using one of these strategies.

## T is for Thoughts

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THOUGHTS can really help you perform better and have fun. When you say good things to yourself, you feel good. Here are a few examples of POSITIVE and helpful thoughts.

- I can do it.
- I am a good athlete
- I am strong
- I am fast
- I like my sport

What kind of good thoughts do you have when you are performing?

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Sometimes, however, you may say things to yourself that do not make you feel very good. Here are a few examples of negative or unhelpful thoughts:

- I can't do it
- I suck
- I hate this

What kind of negative thoughts do you have sometimes when you are performing?

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When you say things that do not make you feel good, it is important to stop the thoughts and start saying nicer more helpful things to yourself. When you say something not helpful, just say the word "STOP" or imagine a big stop sign.

Then, say three helpful or POSITIVE things to yourself to make you feel good again.

Pick three things you can say to yourself everyday that will make you feel good.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

It is important to support your thoughts, feelings, images, and goals. You should have a plan that you follow during competition that helps you feel good about yourself and keeps you focused on your performance. Try making up a plan to follow. Ask your coach if you need some help.

**Athlete Focus Plan**

Take a moment and write out your plan.

During competitions, I will:

1. Relax by \_\_\_\_\_  
(e.g. taking a deep breath, shaking my muscles)

2. Say something positive to myself like: \_\_\_\_\_  
(e.g. I can do this, I am strong)

3. Imagine something positive like: \_\_\_\_\_  
(e.g., my best performance, a powerful animal)

4. Focus on the next thing like: \_\_\_\_\_  
(e.g., key word to help me start, feel strong, focus on the ball)

Sometimes other people can support you too, like your coach or teammates. They need to know the things you like to hear so they can say the right things to help you.

What things do you like your coach to say to you before you compete?

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

What things do you like your teammates to say to you before you compete?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Pre-competition Routine

A lot of athletes follow some kind of routine before competition to help them feel ready. What do you like to do to get ready for competition?

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Here are a few things to consider in your plan:

- Equipment/clothing check
- Positive thought check
- Positive feeling check
- Meals
- Physical warm up
- Positive focus check
- Positive image check

*Here is a sample preparation routine*

| <i>Things I do to get ready to perform...</i>   |   |
|---|---|
| <p><b>First thing I think about when I wake up:</b><br/>Wake up and imagine myself having a good performance before I get out of bed.</p> <p><b>Things I like to eat before performing:</b><br/>Breakfast – cereal, milk, banana, orange juice.</p> <p><b>Things I need to pack in my bag:</b><br/>Clothes, equipment, snacks.</p> <p><b>How I like to feel before I leave:</b><br/>Relaxed and ready</p> <p><b>Time that I like to arrive at the competition:</b><br/>Arrive an hour before start.</p> | <p><b>Things I do to get ready physically and mentally:</b><br/>Go for a light jog. Start thinking about what I want to do today – positive images.</p> <p>Stretching and relaxing, and chatting with teammates.</p> <p>Warm up with team – focus on easy skills first, use key words.</p> <p>Listen to the coach and go over plan.</p> <p><b>Things I do/say right before competition:</b><br/>Say positive things to myself right before I start. “I can do this. I am strong and fast.”</p> <p>Follow my focus plan.</p> |
| <i>Competition/Game begins!</i>   |   |

Having a routine is a good way to prepare. Use the section below to help you decide what your plan should be. Ask your coach for more ideas.

| <b>Things I do to get ready to play or perform....</b>  |  |
|---|--|
| <p>Things I think about when I wake up:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Things I like to eat before performing:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Things I need to pack in my bag:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>How I like to feel before I leave:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Time that I like to arrive at competition:</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Things I do to get ready physically and mentally:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p><br><p>Things I do/say right before competition:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p> |
| <b>Competition/Game Begins!!!!</b>  |  |

Practice your routine as often as possible.

Eating good food is a very important part of every single day. Nutrition is what keeps your body going whether you are playing baseball or swimming, while you are walking to practice and even when you are sleeping!

The right kind of food will make you a better athlete and will make you feel good. It's up to you to eat right, but this guide will give you some options to make healthy choices in your diet.

This guide is to provide you with healthy choices. You must **CHOOSE** healthy foods in order to feel good about what you are eating.

**Fruits = 3-4 servings per day**



Apples (red or green)



Peaches, Nectarines



Oranges



Grapefruits



Plums



Pears



Grapes



Bananas



Watermelons



Kiwis



Strawberries



Blueberries



Raspberries



Blackberries



Cherries



Pomegranates



Limes



Lemons



Mangoes



Pineapples



Papayas



Melons (green or orange)

Vegetables = 3-6 servings per day



Broccoli



Celery



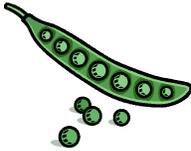
Spinach



Romaine Lettuce



Iceberg Lettuce



Peas



Asparagus



Green Beans



Corn



Green Onion



Cauliflower

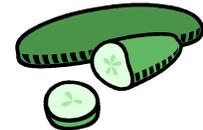


Avocados



Tomatoes

Eggplant  
Cucumber



Red Pepper



Green Pepper



Radishes



White Potato



Carrots



Mushrooms



Onions



Yams and Sweet Potato

**Milk and Dairy = 2-4 servings per day**

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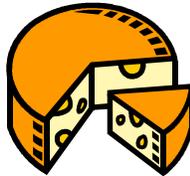
Milk (2%, 1% or Skim)



Yogurt: LOW FAT Plain or Fruit



Cottage cheese



Cheese

**Meat and Alternatives = 2-3 servings per day**

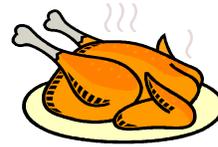
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Roast Beef



Steak



Chicken (roast, wings, breast, thigh)



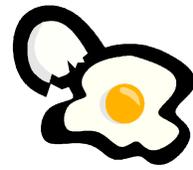
Fish (salmon, tuna, halibut)



Canned fish (tuna, salmon)



Eggs



Tofu

Peanut Butter

Nuts

Beans (kidney, black, garbanzo, lentil)

**Grains = 7-9 servings per day**

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Pasta – Tortellini, Ravioli



Spaghetti



Fettuccini



Pita Bread



Tortilla



Brown Sliced Bread



Bagel



French Bread



Rice



Cold Cereal

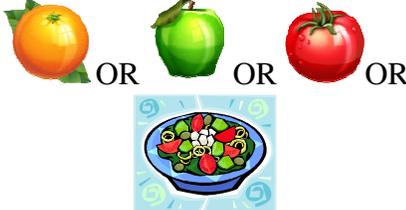
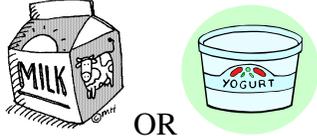
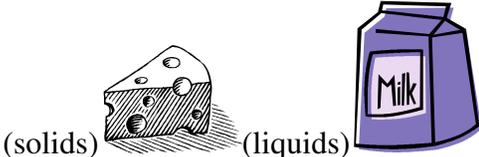
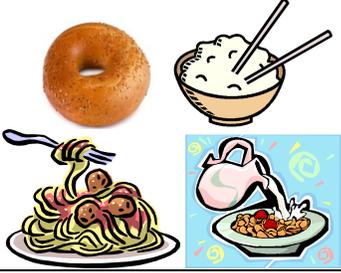


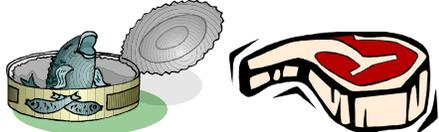
Granola



Hot

## What do Serving Sizes look like?

| Serving Size | FOOD                  | What it looks like   | Food Examples  |
|--------------|-----------------------|--|--|
| 1            | Fruits or Vegetables  |     | <ul style="list-style-type: none"> <li>- A piece of fruit</li> <li>- ½ Cup. Fruit salad</li> <li>- ½ Cup Vegetable salad</li> <li>- ½ Cup Applesauce</li> <li>- ½ Cup Chopped vegetables</li> </ul>                      |
| 1            | Milk and Dairy        |     | <ul style="list-style-type: none"> <li>- 1 container of yogurt</li> <li>- 1 small milk carton (1/2 cup)</li> <li>- 1 small bowl of cottage cheese (1/2 cup)</li> <li>- 1 small piece of cheese</li> </ul>                |
| 2            | Milk and Dairy        |     | <ul style="list-style-type: none"> <li>- 1 large piece of cheese</li> <li>- 1 medium milk carton (1 cup)</li> <li>- 1 medium bowl of cottage cheese (1 cup)</li> <li>- 1 small bowl yogurt (1 cup)</li> </ul>            |
| 1            | Grains                |   | <ul style="list-style-type: none"> <li>- 1 pita</li> <li>- 1 slice of bread</li> <li>- 1 small bowl hot cereal</li> <li>- 1 small bowl cold cereal</li> </ul>  |
| 2            | Grains                |   | <ul style="list-style-type: none"> <li>- 1 bagel</li> <li>- 1 plate of pasta</li> <li>- 1 medium bowl of cereal</li> <li>- 1 medium bowl of granola</li> <li>- 1 bowl of rice</li> </ul>                                 |
| 1            | Meat and Alternatives |  | <ul style="list-style-type: none"> <li>- 2 eggs</li> <li>- 1 small chicken breast</li> <li>- ½ can of tuna</li> <li>- 1 small fish steak</li> <li>- 3 tablespoons of peanut butter</li> <li>- ½ block of tofu</li> </ul> |

|   |                       |   |   |
|---|-----------------------|---|---|
| 2 | Meat and Alternatives |  An illustration showing a can of tuna with its lid partially open, revealing the tuna inside. To the right of the can is a single steak with a red center and a browned exterior. | <ul style="list-style-type: none"><li>- 1 can of tuna</li><li>- 1 steak</li><li>- 8 small chicken wings</li><li>- ½ block of tofu</li></ul> |
|---|-----------------------|---|---|

### ***How Many Calories Should You Eat Each Day?***

| <b>Age and Sex</b>  | <b>NOT ACTIVE</b>  | <b>ACTIVE</b>      |
|---------------------|--------------------|--------------------|
| Children 2-3 years  | 1000-1165 calories | 1000-1500 calories |
| Children 4-8 years  | 1200-1500 calories | 1400-2000 calories |
| Females 9-13 years  | 1600-1750 calories | 1600-2400 calories |
| Males 9-13 years    | 1800-2000 calories | 1800-2850 calories |
| Females 14-18 years | 1800-2000 calories | 2000-2750 calories |
| Males 14-18 years   | 2200-2500 calories | 2400-3800 calories |
| Females 19-30 years | 2000-2300 calories | 2000-2800 calories |
| Males 19-30 years   | 2400-2800 calories | 2600-3500 calories |
| Females 31-50 years | 1800-2000 calories | 2000-2500 calories |
| Males 31-50 years   | 2200-2500 calories | 2400-2500 calories |
| Females 51+ years   | 1600-1750 calories | 1800-2500 calories |
| Males 51+ years     | 2000-2300 calories | 2200-3200 calories |

## *Shopping List – healthy foods you can buy at the grocery store*

---

### *Veggies:*

Lettuce  
Asparagus  
Green beans  
Cauliflower  
Tomatoes  
Potatoes  
Spinach

Onions  
Broccoli  
Corn (on the cob, in a can)  
Carrots  
Peppers (red, green, yellow or orange)  
Celery

### *Fruits:*

Oranges  
Apples  
Bananas  
Strawberries  
Blueberries  
Raspberries  
Blackberries

Mangoes  
Pineapples  
Peaches  
Nectarines  
Cherries  
Lemon/limes  
Applesauce

### *Grains:*

Whole wheat bread  
Whole wheat crackers  
Whole wheat english muffins  
Whole wheat bagels

Whole wheat tortillas  
Whole grain cereal  
Pancake mix  
Brown rice

### *Dairy*

Cheddar cheese  
Cream cheese  
Cottage cheese

Low-fat yogurt  
Eggs  
Skim or 1% milk

### *Meat and meat alternatives:*

Chicken breasts – or wings for BBQ  
Frozen chicken fingers  
Frozen fish fingers

Lean ground beef for pasta sauce  
Tofu for stir fry  
Beans (any type, canned or dry)

### *Condiments:*

Mustard  
Peanut butter  
Jam (any type of jam is OK).

Almond butter  
Maple Syrup  
Honey

### *Drinks:*

Apple Juice  
Cranberry juice  
Orange juice

Tomato juice  
Milk

**Breakfast Ideas**

1. Breakfast smoothie: [Fruit, yogurt, milk, juice, blender].
  - any fruit of your choice – put in your favorites
  - yogurt or skim milk, or skim milk powder
  - fruit juice if you like
  - put it in a blender, and enjoy
2. Instant Oatmeal
  - Add hot water and cook in microwave
  - Add raisins or cinnamon.
  - Enjoy with glass of milk or juice
3. Cold Cereal with Milk
  - Any cold cereal on the “OK CEREALS” list
  - Add cold skim milk.
  - Add fruit on top if you like – berries are a great addition
4. Eggs!
  - Scramble eggs in a bowl and microwave or fry them
  - Put them on toast or a tortilla
  - Add cheese or salsa, or both.
5. Muffin and Juice
  - A whole wheat muffin or oatmeal muffin
  - Glass of juice
  - Piece of cheese
6. Fruit and Yogurt.
  - Mix fresh or canned fruit
  - Put low fat yoghurt on top.
  - Berries, peaches, apples, pears, bananas...any fruit works!
7. Bagel and Cream Cheese
  - Toast a bagel
  - Add cream cheese or peanut butter
  - Enjoy!
8. OK Cereals:

|  |  |
|--|--|
| <ul style="list-style-type: none"><li>- Raisin Bran</li><li>- Cheerios</li><li>- Crispix</li><li>- Wheatabix</li><li>- Muselix</li><li>- Shreddies</li></ul> | <ul style="list-style-type: none"><li>- Life Cereal</li><li>- Oatmeal, Red River</li><li>- Special K</li><li>- Fiber 1</li><li>- All Bran</li><li>- Vector</li></ul> |
|--|--|

## **Lunch Ideas:**

1. Pasta and Veggies
  - Stir fry some veggies in a frying pan
  - Mix them with soy sauce, teriyaki sauce, or sweet chili sauce.
  - Add your favourite pasta, rice or left over chili, casserole or stew.
  - Eat with a glass of milk and a piece of fruit.
2. Mixed Salad with Cheese
  - Take a bag of mixed salad greens and toss with fresh chopped veggies, your favourite cheese and salad dressing.
  - Eat with whole grain bread or put it inside a pita or tortilla wrap!
  - Enjoy with a glass of milk, fruit juice or V8 juice.
3. Soup it up!
  - Try black bean, tomato with lentils, squash, carrot, cauliflower or broccoli soup.
  - Eat your soup with pumpernickel bread, or a whole wheat bagel and a slice of cheese.
  - Don't forget the fruit for dessert!
4. Wrap it up!
  - Take a can of tuna or salmon or a hard boiled egg or chicken.
  - Add mayonnaise, salt, pepper and celery to make a salad.
  - Fill a whole wheat tortilla with lettuce, green pepper and green onions. Add your mayonnaise salad.
  - Enjoy with a glass of milk.
  - Have yoghurt for dessert!
5. Snack it!
  - Have hummus dip (garlic, red pepper, black pepper, mixed veggies any flavour is Great!)
  - Eat the hummus with a whole wheat pita, baby carrots and sliced green, red and yellow peppers.
  - Eat some melon for dessert and a glass of fruit juice or milk.
6. Spicy Curry.
  - Enjoy some vegetable curry on noodles.
  - Top with plain low fat yogurt.
  - Enjoy with water or fruit juice.
7. Savoury Soup
  - Heat up some lentil soup from the grocery store.
  - Have baby carrots, whole grain bagel and a slice of cheese.
8. Fill that Pocket.
  - Spread hummus on the inside of a whole wheat pita.

- Fill pita with any veggies you like: lettuce, shredded carrots, tomatoes, alfalfa sprouts or cucumbers.
- Finish it off with a glass of milk.

## Dinner Ideas

### 1. Presto Pasta

- Brown some onions and garlic in a skillet.
- Add canned or bottled tomato pasta sauce and canned drained lentils.
- Serve over pasta or couscous.
- A tossed green salad and glass of milk complete the meal.

### 2. Hot and Spicy

- Cook boneless chicken strips in a fry pan until juices run clear and meat is brown.
- Add sliced carrots, red peppers and onions, cook until soft.
- Add raisins and curry paste and a little bit of water.
- Serve with couscous or rice.
- A glass of milk.

### 3. Fast Chili!

- Brown lean ground beef in a fry pan.
- Add chopped onions, green peppers and cook for a few minutes.
- Stir in one can of tomatoes, a can of tomato soup, a large can of kidney beans, and 1 Tablespoon of chili powder.
- Serve with whole grain toast.

### 4. Easy omlettes!

- Choose your fillings: cheese, ham, peppers, green onions, mushrooms, tomatoes, or any other veggies.
- Fry the veggies first and remove from pan.
- Mix 2 eggs together add a little bit of milk and add them to a no stick frying pan that is on medium.
- Once the eggs start cooking add the veggies on top. Let the omlette cook.
- Flip it in half, and cook through.
- Enjoy with a glass of orange juice and a whole grain piece of toast.
- Have some fruit for dessert.

### 5. Beautiful Bean Salad!

- Take canned black beans, or kidney beans or garbanzo beans (chick peas).
- Add a can of corn niblets.
- Add chopped tomatoes, onions and red, yellow peppers.
- Cook brown rice and throw the salad on top.
- Add some cheese and salsa!
- Enjoy with a glass of milk or water.

## **Snacks**

1. Fresh fruit or individually packed containers of cut-up fruit.
2. Raw vegetables including carrots, peppers, zucchini, cherry or grape tomatoes.
3. Baby carrots and whole wheat pita triangles with hummus.
4. Pumpernickel bagel with peanut butter and banana.
5. Fresh, frozen or canned fruit with low fat yogurt or in a smoothie.
6. Sweet red, yellow or green peppers and bread sticks with salad dressing or low fat dip.
7. Whole wheat tortilla wrap made with salmon or tuna and salad dressing, onions, celery and green peppers.
8. English muffin with melted cheese and apple slices.
9. Dry mixed cereal and a container of milk.
10. Dark green leafy salad with orange sections and almonds.
11. Nuts, pumpkin or sunflower seeds.
12. Plain popcorn.
13. Popsicles made with 100% fruit juice or yogurt.
14. Water, milk, fortified soy beverage or 100% fruit juice

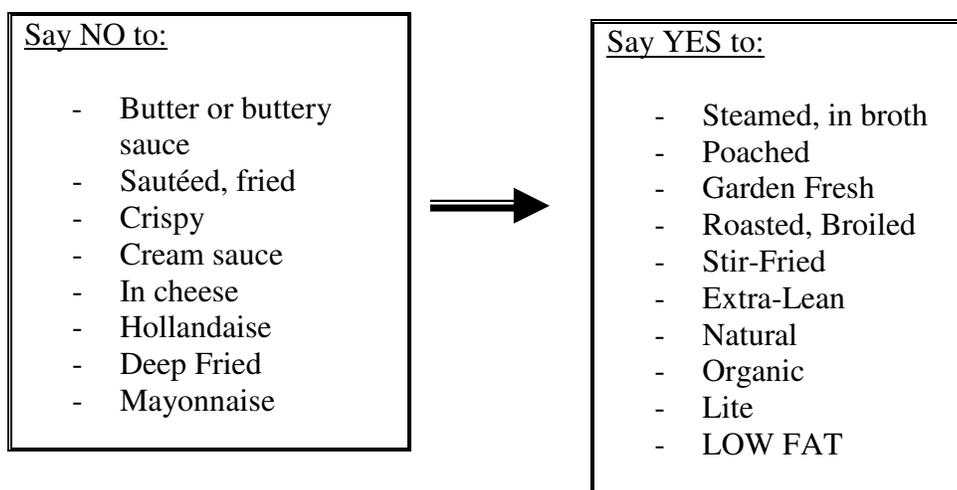
## Tricks to making healthy choices

### Eating healthy on the road

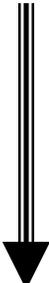
1. Eat high carbohydrate, LOW FAT meals that have food from the 4 major groups
2. Drink lots of WATER during, before and after all practices and competitions.
3. Avoid eating junk food: hot dogs, tube steaks, McDonalds, and other fast food restaurants. Eat only in quality restaurants that serve fresh vegetables and fruit.
4. Avoid raw fish, or uncooked meat.
5. Eat as much fresh fruit and vegetables as you can. Preferably fruits and veggies that can be peeled or that have been washed.
6. Choose to have salad instead of French fries on the side. Salad will give you good energy and make you feel great.

### Eating Out Restaurants

(if you have to eat out, follow these rules to stay healthy)



### Cooking, Good and Bad

|   |   |  |
|---|---|--|
| <p><u>Vegetables</u></p> <ul style="list-style-type: none"><li>- Raw</li><li>- Steamed</li><li>- Baked</li><li>- Broiled</li><li>- Sautéed</li><li>- Microwave</li><li>- Fried</li><li>- Deep Fried</li></ul> | <p><u>Meat:</u></p> <ul style="list-style-type: none"><li>- Broiled</li><li>- Grilled</li><li>- Baked</li><li>- Seared</li><li>- Sautéed</li><li>- Fried</li><li>- Deep Fried</li></ul> | <p><u>BEST</u></p>  <p><u>WORST</u></p> |
|---|---|--|

### **TIPS – Fruits and Veggies**

- Veggies are good canned or fresh or frozen.
- Drain and rinse canned veggies to reduce salt content.
- Choose unsweetened juice and fruit products.
- Buy pre-packaged veggies and fruit to save time.
- Eat veggies and fruit before drinking juice – because they are better for you.
- Read the labels, and make sure what you are buying is actually made of fruits and vegetables. Many packages actually contain salt and fat.
- Try a new fruit or veggie, some examples are:
  - Lychee, papaya, guava or passion fruit.
- Choose colorful fruits and veggies such as:
  - Cantaloupe, watermelon, mangoes, peaches, nectarines, oranges, berries, cherries and grapes.

### **TIPS - Grains**

- Choose grains that are whole wheat
- Eat a variety of grains such as pasta, bread, quinoa, couscous and rice.
- Buy cereal that is made with whole grains.
- Choose “High Fiber”
- Limit cookies, doughnuts and chips
- Eat bagels and toast instead of sugary pastries

### **TIPS – Milk and Alternatives**

- Drink 1 glass of 1% or skim milk each day.
- Choose low fat dairy products.
- Limit ice cream, whipping cream, coffee cream and sour cream, these are very high in fat.

### **TIPS – Meat and Alternatives**

- Eat beans and lentils more often.
- Limit red meat
- Eat fish
- Use nuts and seeds on top of salads.
- Look for lean meats
- Avoid processed foods as much as possible

### **TIPS – Fats and Oils**

- Good oils include: canola, corn, flaxseed, olive, peanut, soybean and sunflower. Choose these ones.
- Say no to butter
- Say yes to unsaturated
- Say yes to NO trans fat

**Question – How much water do I need to drink, and when should I drink it?**

**Answer:**

- When practicing or during a game, always carry a water bottle with you
- Make sure you fill your water bottle before practice or a game
- Keep your water bottle filled with water only
- Drink every few minutes between drills
- During the day try to drink 5-6 bottles of water
- Do not drink your entire water bottle at once
- Make sure to drink the entire bottle during practice
- Drink 1 bottle of water during the hour after practice

**Question – How do I know if I am drinking enough water?**

**Answer** – You can tell if you are drinking enough water by monitoring the colour of your urine. If you are visiting the washroom frequently and your urine is clear, you are drinking enough water. If your urine appears dark yellow, and you feel thirsty, you are probably not drinking enough.

**Question – I drink Gatorade and other sport drinks. Are these better for me than water?**

**Answer** – No! Most sport drinks contain a lot of sugar, which can be dehydrating. Stick to water unless you are at a day-long event such as Provincial Games.

**Question – I like to drink a can of pop following a game. Is this bad for me?**

**Answer** – this is bad for you! Stop! If you crave sugar after a competition, then drink Gatorade or another sports drink. Otherwise, drink water; it is the best form of hydration.

**Question – What else should I avoid?**

**Answer** – In addition to soft drinks and too many sports drinks it is also a good idea to avoid: Salt, Coffee/Caffeine, Alcohol before during and after practice.

## *What Do You Like to Eat?*

### **These are my favourite foods**

#### Breads and Cereals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Fruits and Vegetables

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Milk and Dairy

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Meat and Alternatives

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **These are my Favourite Meals**

#### Breakfast

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Dinner

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Lunch

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Snacks

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## *Fitness, Strength and Sport Training*

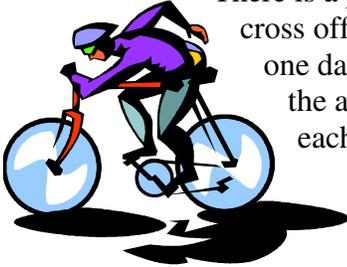
Staying physically fit is very important to being a good athlete. To excel at your sport you have to make healthy choices in your lifestyle.

Fitness is a big part of this new program, and will be an important part of your training season.

Here is a list of things you can do to increase your physical fitness everyday!

1. Attend the weekly fitness night in your local
2. Take the stairs instead of the elevator
3. Ride your bike to work or school or your friends house
4. Get off the bus a few stops early and walk the rest of the way.
5. When exercising, drink a lot of water.

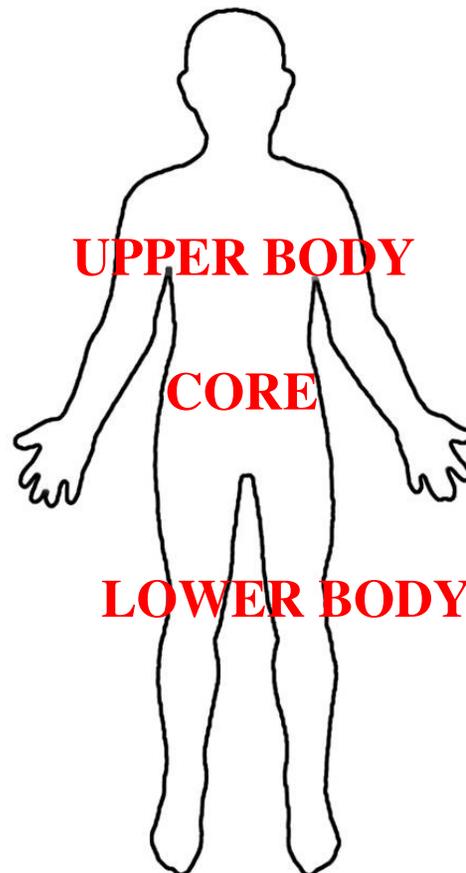
There is a place on your daily diary sheet to cross off any physical exercise you have done one day. Make sure you work at increasing the amount of physical activity you do each day!

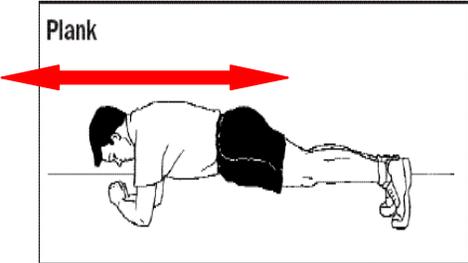


in

## ***Fitness You Can Do At Home!***

- We at Provincial Office challenge YOU to do at least one of these exercises every day.
- You can do them at home, at your friend's house, or at practice. You can even teach them to your friends!
- This program is designed for you to improve your physical fitness and start to live a healthier life.
- If something is confusing, just ask your coach, parents, sister or brother.
- These exercises are important to building the muscle in the different parts of your body. The major places we work are the CORE, UPPER BODY, LOWER BODY, and then we do CARDIO to work our HEART.



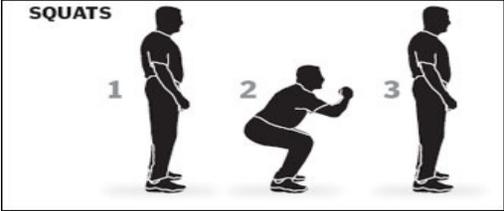
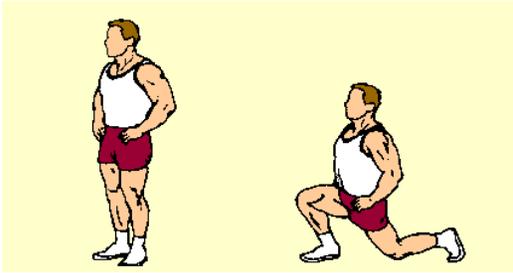
| Name                       | What You Need                   | How To?   | Picture   |
|----------------------------|---------------------------------|---|---|
| <b>CORE BODY EXERCISES</b> |                                 |   |   |
| Sit Ups                    | Floor space (indoor or outdoor) | <ul style="list-style-type: none"> <li>- Lie down on the floor with your knees bent</li> <li>- Curl your hands behind your head.</li> <li>- Use your stomach to pull your body up towards knees</li> <li>- Do Not tuck your feet under any object</li> <li>- Focus on using your stomach muscles to move.</li> <li>- Do 10 sit ups and repeat 3 times.</li> </ul> |    |
| Plank                      | Floor space (indoor or outdoor) | <ul style="list-style-type: none"> <li>- Lie down on the floor in a push up position.</li> <li>- Move your arms forward so you are leaning on your elbows.</li> <li>- Curl your toes so the bottoms of your shoes or feet are touching the ground.</li> <li>- Pull body up and hold in</li> </ul>   |  |

|            |                                 |  |  |
|------------|---------------------------------|--|--|
|            |                                 | <p>this position as long as you can.</p> <ul style="list-style-type: none"> <li>- Repeat 4 times.</li> </ul>   |  |
| Agility    | Floor space (indoor or outdoor) | <ul style="list-style-type: none"> <li>- Use a line on the floor, or put some tape on the floor to make a line.</li> <li>- With 2 FEET jump back and forth over the line for 30 seconds.</li> <li>- Take a break and then repeat 3 times.</li> </ul>   |  |
| Superman's | Floor space (indoor or outdoor) | <ul style="list-style-type: none"> <li>- Start on your hands and knees.</li> <li>- Lift your RIGHT arm and LEFT leg at the same time.</li> <li>- Count to FIVE.</li> <li>- Put the arm and leg down.</li> <li>- Lift your LEFT arm and RIGHT leg.</li> <li>- Count to FIVE</li> <li>- Put the arm and leg down.</li> <li>- Repeat this 10 times.</li> <li>- Take a rest.</li> <li>- Do this exercise 3 times.</li> </ul> |  |

|                 |                      |  |   |
|-----------------|----------------------|--|---|
| Back Extensions | Floor space (indoor) | <ul style="list-style-type: none"> <li>- Start lying on your stomach</li> <li>- Place arms out in front of your body</li> <li>- Lift arms and legs off the floor and hold for 10 seconds.</li> <li>- Do this exercise 3 more times.</li> <li>- Once 10 seconds is too easy, add more time, see how long you can hold this position.</li> </ul> |  |
|-----------------|----------------------|--|---|

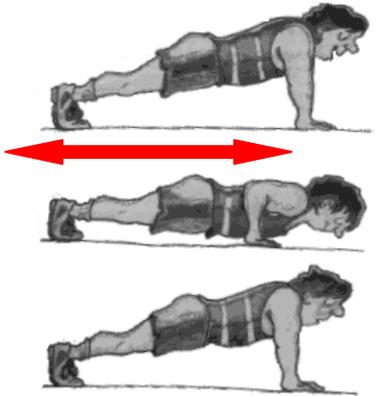
**LOWER BODY EXERCISES**

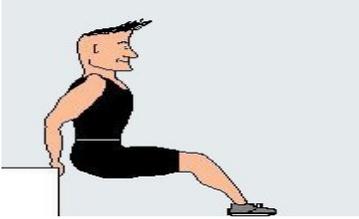
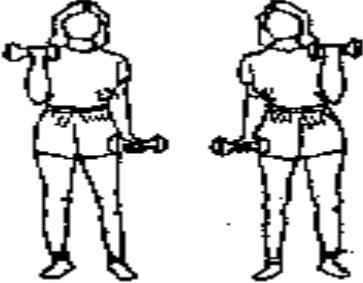
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|------------|---|---|--|
| Long Jumps | Gym, outdoor space (soft ground like grass) | <ul style="list-style-type: none"> <li>- Stand with 2 feet on the ground.</li> <li>- Swing your arms and jump forward with both feet as far as possible.</li> <li>- Jump 9 more times in a row, forward.</li> <li>- Stop and rest.</li> <li>- Repeat 3 more times.</li> </ul> |  |
|------------|---|---|--|

|              |                                    |   |   |
|--------------|------------------------------------|---|---|
| Squats       | Floor space<br>(indoor or outdoor) | <ul style="list-style-type: none"> <li>- Stand straight up and bend your knees like you were going to sit into a chair.</li> <li>- Make sure your knees do not go beyond your toes.</li> <li>- Push up with your leg and bum muscles.</li> <li>- Repeat 10 times and take a break.</li> </ul>   |    |
| Front Lunges | Floor space<br>(indoor or outdoor) | <ul style="list-style-type: none"> <li>- Start standing with hands on hips, legs together.</li> <li>- Take 1 step forward and drop your knee (like the picture).</li> <li>- Push back to starting position.</li> <li>- Repeat with the other leg.</li> <li>- Do 10 for each leg.</li> <li>- Take a rest</li> <li>- Repeat 3 times.</li> </ul> |    |
| Side Lunges  | Floor space<br>(indoor or outdoor) | <ul style="list-style-type: none"> <li>- Place hands on hips, feet together.</li> <li>- Move one leg out and to the side, bend knee.</li> <li>- Push back to starting position.</li> <li>- Move the other leg out to the side, bend knee.</li> <li>- Push back to starting</li> </ul>   |  |

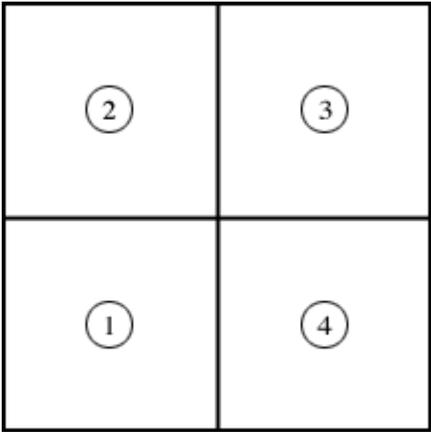
|             |   |   |   |
|-------------|---|---|---|
|             |   | position.<br>- Repeat each leg 10 times.<br>- Take a rest.<br>- Repeat 3 times.   |   |
| Calf Raises | 1. Floor space<br>2. Chair, table, or something else to hold on to. | - Stand facing the chair, holding the back for support.<br>- Lift your heels off the ground and stand on your tip toes.<br>- Drop your heels and stand normally again.<br>- Repeat this 20 times, then take a break.<br>- Do this whole set 3 more times. |  |

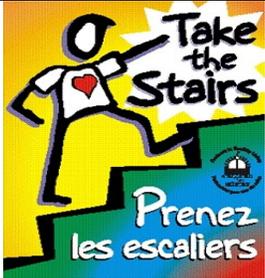
### UPPER BODY EXERCISES

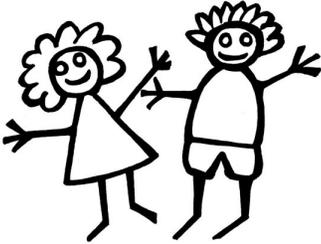
|          |                                 |   |  |
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| Push Ups | Floor space (indoor or outdoor) | - Lie on the floor with your toes curled, and hands flat under your chest.<br>- Keep your back straight.<br>- Push all the way up so your arms are straight.<br>- Then let yourself come down, almost to the floor.<br>- Repeat as many times as you can (up to 30) and then rest.<br>- Do this 3 more times. |  |
|----------|---------------------------------|---|--|

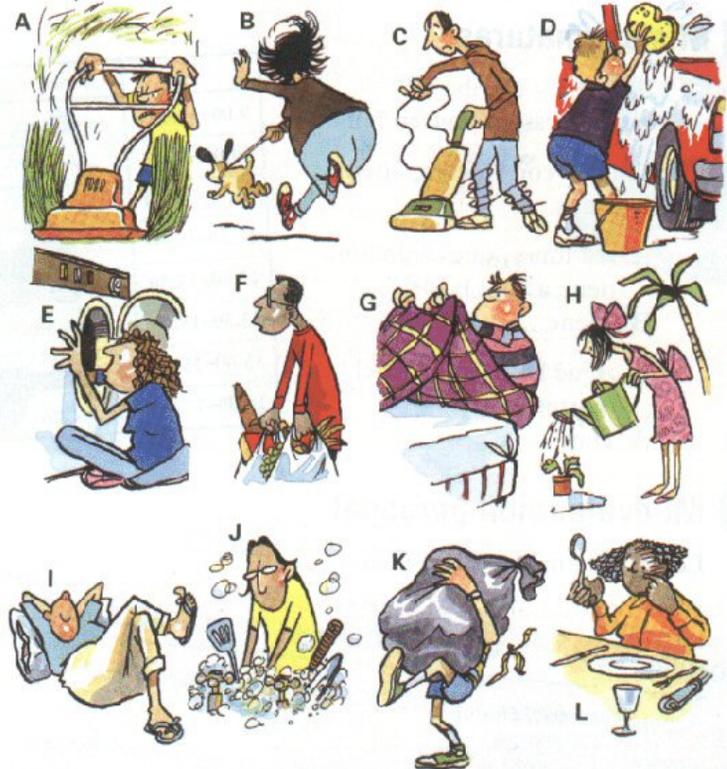
|   |                               |  |   |
|---|-------------------------------|--|---|
| Tricep Dips   | Couch OR bench OR chair.      | <ul style="list-style-type: none"> <li>- Use a chair or bench to hold you body up.</li> <li>- Place your feet on the floor (like the picture).</li> <li>- Let your bum sink down and then push back up with your arms.</li> <li>- Keep back straight.</li> <li>- Do 10 reps.</li> <li>- Take a break</li> <li>- Repeat 3 times.</li> </ul> |    |
| Bicep Curls   | 1. Soup Can<br>2. Floor space | <ul style="list-style-type: none"> <li>- Take 2 cans of soup and hold them in your hands.</li> <li>- Bend one arm towards your face with the can.</li> <li>- Let it go back to your side, while bending the other arm.</li> <li>- Repeat 10 times for each arm.</li> <li>- Take a break.</li> <li>- Repeat 3 more times.</li> </ul>        |    |
| <b>AEROBIC EXERCISE</b>                                 |                               |  |   |
| Walking   | Shoes!                        | <ul style="list-style-type: none"> <li>- To get proper exercise you must work hard!</li> <li>- Walk for at least 30 MINUTES, EVERY DAY!</li> </ul>   |  |
| <b>Pick 1 of SWIMMING, CYCLING and RUNNING per day.</b> |                               |  |   |

|   |   |  |   |
|---|---|--|---|
| Swimming  | 1. Bathing Suit<br>2. Access to a swimming pool | <ul style="list-style-type: none"> <li>- If you are going to swim, make sure it is for at least 30 MINUTES!</li> </ul>   |    |
| Running   | 1. Running Shoes<br>2. Exercise clothes.        | <ul style="list-style-type: none"> <li>- If you are going to do cardio, you must do 30 MINUTES of it.</li> <li>- If you can't run for 30 MINUTES straight, that is OK.</li> <li>- Walk some, run some. Do as much running as you can in 30 minutes.</li> </ul> |    |
| Cycling   | 1. Stationary bike or your own bike.            | <ul style="list-style-type: none"> <li>- To get proper exercise, you must do the activity for AT LEAST 30 MINUTES.</li> </ul>  |   |
| <b>OTHER AEROBIC ACTIVITES YOU CAN DO AT HOME</b> |   |  |   |
|   |   |  |   |
| Jumping Jacks                                     | Floor space (indoor or outdoor)                 | <ul style="list-style-type: none"> <li>- Spend 1 minute doing jumping jacks.</li> <li>- Take a break.</li> <li>- Do this 3 more times.</li> </ul>  |  |

|             |   |  |  |
|-------------|---|--|--|
| High Knees  | Floor space<br>(indoor or outdoor)                          | <ul style="list-style-type: none"> <li>- On the spot run or walk with your knees coming up as high as you can.</li> <li>- Do 20 reps and take a break.</li> <li>- Repeat this 3 more times</li> </ul>  |   |
| Heel Flicks | Open space  | <ul style="list-style-type: none"> <li>- Similar to high knees.</li> <li>- On the spot run with your heels coming up towards your bottom.</li> <li>- Use your arms for momentum.</li> <li>- Do 20 reps, and then take a break.</li> <li>- Repeat this 3 times.</li> </ul>  |   |
| Hop Drill   | <p>1. Open space<br/>(indoor or outdoor)</p> <p>2. Tape</p> | <ul style="list-style-type: none"> <li>- Place a piece of tape on the floor to make a line.</li> <li>- Place another piece across it to make a + sign</li> <li>- Begin jumping back and forth over one line.</li> <li>- Once you get comfortable with this, jump side to side, AND forward and backward.</li> <li>- Once you get comfortable with these movements, you can go: side to side, front to</li> </ul> |  <p style="text-align: center;">FOUR SQUARE PLYOMETRIC PATTERN</p> |

|                                  |  |   |  |
|----------------------------------|--|---|--|
|                                  |  | <p>back, and diagonally –<br/>         Make up your own exercises!</p> <ul style="list-style-type: none"> <li>- Do these exercises for 10 – 15 minutes. Your heart should be pumping, and you should get warm. That is when you have worked hard enough.</li> </ul> |  |
| <b>HEALTHY LIFESTYLE CHOICES</b> |  |   |  |
| STAIRS                           |  | <ul style="list-style-type: none"> <li>- Each chance you get to take stairs, choose them!</li> <li>- If you do small things all the time, you see big changes.</li> <li>- Challenge your family and friends to TAKE THE STAIRS</li> </ul>                           |   |
| WALK                             |  | <ul style="list-style-type: none"> <li>- Walk around town</li> <li>- Don't get a drive, just walk!</li> <li>- Walking is EXCELLENT exercise, and a great way to burn some of the calories you ate today.</li> </ul>   |  |

|                   |  |  |  |
|-------------------|--|--|--|
| ONCE per Day Rule |  | <ul style="list-style-type: none"> <li>- Challenge yourself to the “Once Per Day Rule”</li> <li>- See if you can make your heart beat hard once each day.</li> <li>- By taking the stairs, or walking to the bus, you can make it a part of your day.</li> </ul> | <h1>1</h1>   |
| PLAY A GAME       |  | <ul style="list-style-type: none"> <li>- Play a game of hockey or basketball with your friends</li> <li>- Instead of playing games on the computer or television, get outside and play an ACTIVE game.</li> </ul>  |   |
| SPORTS            |  | <ul style="list-style-type: none"> <li>- Play Sports</li> <li>- Get involved with other sports in your neighborhood not just Special Olympics sports!</li> </ul>   |  |

|               |  |   |  |
|---------------|--|---|--|
| <p>CHORES</p> |  | <ul style="list-style-type: none"> <li>- Take out the garbage</li> <li>- Take out the recycling</li> <li>- Collect household garbage</li> <li>- Clean the bathroom</li> <li>- Clean the kitchen</li> <li>- Vacuum the carpets</li> <li>- Wash the windows</li> <li>- Wash the floors</li> </ul> |  <p>The illustrations are as follows:</p> <ul style="list-style-type: none"> <li>A: A person mowing a lawn with a lawnmower.</li> <li>B: A person walking a dog on a leash.</li> <li>C: A person vacuuming a carpet.</li> <li>D: A person washing a car with a sponge and bucket.</li> <li>E: A person cleaning a window with a squeegee.</li> <li>F: A person putting items into a recycling bin.</li> <li>G: A person making a bed with a blanket.</li> <li>H: A person watering a plant with a watering can.</li> <li>I: A person taking out a large bag of trash.</li> <li>J: A person washing dishes in a sink with a sponge.</li> <li>K: A person carrying a large bag of trash.</li> <li>L: A person eating a meal at a table.</li> </ul> |
|---------------|--|---|--|

**My Favourite New Exercises:**

| Body Part | How to do it? |
|-----------|---------------|
|           |               |
|           |               |
|           |               |
|           |               |
|           |               |
|           |               |
|           |               |
|           |               |
|           |               |

## *President's Club*

To become a member of the presidents club you must attend your local's fitness night and record all of the fitness that you do this year. In order for a recording to be eligible to qualify for points, you **MUST** have your FITNESS COACH sign and date your record sheet. Without your coaches' signature, the points **DO NOT COUNT!**

### **Levels of Achievement**

**Bronze = 35 points**  
**Silver = 45 points**  
**Gold = 55 points**  
**Platinum = 75 points**

### **How do I Get Points?**

| Description                     | Number of Points |
|---------------------------------|------------------|
| Attending an SOBC Sport Program | 1                |
| Attending Fitness Night         | 1                |
| Attending Fitness Test          | 2                |
| Improving on Beep Test          | 2                |
| Improving on Push Up Test       | 2                |
| Improving on Sit Up Test        | 2                |
| Improving on Wall Sit Test      | 2                |
| Improving on Plank Test         | 2                |
| Improving on Sit and Reach Test | 2                |
| Improving on Stork Balance Test | 2                |
| Improving on Waist to Hip Ratio | 2                |
| Improving on Agility Test       | 2                |

Every time you attend a program that will get you points, you must record those points on the next page. Get your coach to sign the page, and then have them send the results to the Provincial Office.

Good Luck!



## *Athlete Fitness Report*

Athlete Name:

| DESCRIPTION | # of POINTS | Date | Coach Name | Coach Signature |
|-------------|-------------|------|------------|-----------------|
|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |

| DESCRIPTION | # of POINTS | Date | Coach Name | Coach Signature |
|-------------|-------------|------|------------|-----------------|
|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |
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|             |             |      |            |                 |
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|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |
|             |             |      |            |                 |



*Monthly Goals*

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Nutrition Goals:

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_

Mental Training:

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_

Sport Specific:

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_

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Dates to Remember

| <u>Event</u> | <u>Location</u> | <u>Date</u> | <u>Time</u> |
|--------------|-----------------|-------------|-------------|
| 1. _____     | _____           | _____       | _____       |
| 2. _____     | _____           | _____       | _____       |
| 3. _____     | _____           | _____       | _____       |
| 4. _____     | _____           | _____       | _____       |
| 5. _____     | _____           | _____       | _____       |

Day 1



Positive Word for Today: \_\_\_\_\_



Healthy Food for Today: \_\_\_\_\_

| Circle the number of servings you ate from each group                              | Meals      |
|--|------------|
|   | Breakfast: |
|   | Lunch:     |
|   | Dinner:    |
|   | Snacks:    |
|  |            |
| HOW MANY CALORIES TODAY?   |            |

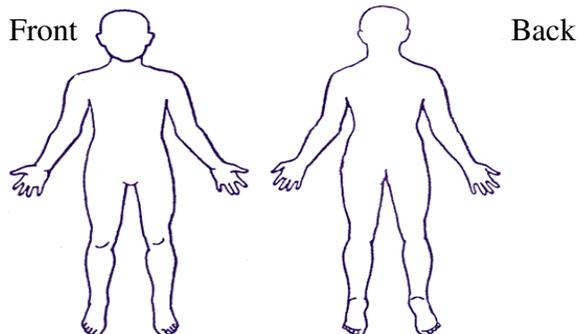
What exercise did you do today?

Circle Each One and write how many MINUTES you exercised for under the symbol.



Minutes: \_\_\_\_\_

Did you go to fitness night? Circle the parts of the body that you worked today.



*Week in Review*

**EXCEL:**

What did I do well this week?



1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

**CHALLENGING**

What was hard about this week?



1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

**GOALS:**

Am I on track to meet my month goals?



Nutrition: \_\_\_\_\_  
\_\_\_\_\_

Sport Specific: \_\_\_\_\_  
\_\_\_\_\_

Mental Skills: \_\_\_\_\_  
\_\_\_\_\_

## Month in Review

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Did I meet my monthly goals.....?

Nutrition



YES NO

Mental Training



YES NO

Sport Specific



YES NO

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EXCEL:

What did I do well this month?

3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

CHALLENGING

What was hard about this month?



3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

IMPROVE:

What can I work on in the future?



1. \_\_\_\_\_  
\_\_\_\_\_
  2. \_\_\_\_\_  
\_\_\_\_\_
- 

How did I feel this Month?

Really Happy



Happy



So So



Sad



Angry



*Athlete Fitness Test Record Sheet*

Name:

|                    | TEST 1 | TEST 2 | TEST 3 | TEST 4 | TEST 5 | TEST 6 | TEST 7 |
|--------------------|--------|--------|--------|--------|--------|--------|--------|
| Date               |        |        |        |        |        |        |        |
| Beep Test          |        |        |        |        |        |        |        |
| Push – Ups         |        |        |        |        |        |        |        |
| Sit – Ups          |        |        |        |        |        |        |        |
| Wall Sit           |        |        |        |        |        |        |        |
| Plank              |        |        |        |        |        |        |        |
| Sit and Reach      |        |        |        |        |        |        |        |
| Stork Stance       |        |        |        |        |        |        |        |
| Waist to Hip Ratio |        |        |        |        |        |        |        |
| Agility Test       |        |        |        |        |        |        |        |

*Coaches Evaluation Sheet:*

Things that you do GREAT!



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I am PROUD of you because:



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You are CHALLENGED by these things:

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I want you to work on THESE THINGS in the FUTURE:



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