



SVSP School System Quarterly Newsletter
Content Overview
11/8/17

Sections Overview:

- Seasonal Sport Spotlight
 - Article designed to touch on an upcoming seasonal sport
- Dinner Table Chalk Talk
 - Topics designed specifically for parents to discuss with their children
- Basic Tips – Nutrition, Psych, Training or others
- Questions from Parents
 - We will solicit questions from actual system parents that they may have about their child in sports and training
- Call to Action
 - Opportunity for submitting email address for more information from SVSP
- Included Advertisements:
 - SVSP
 - St. Vincent Health – Promoting primary care physician
- Meet the team of Athletic Trainers
 - List of schools and their staff

CONTENT EXAMPLES:

Seasonal Sports Spotlight

Optimizing Your Summer

Summer's a great time to hang out with friends, family, and your favorite TV shows, but if you don't put in time training now there's a chance you'll be left behind before you reach the grid iron. Take this time to focus on getting in shape, studying your playbook, building relationships with teammates, and attending any needed summer school.

Now is the time to start working out the way you want. There is no one telling you when, how, or what to lift, so take advantage of your break to craft your own workout routines. Scorching hot weather of team drills and "2-a-days" practices are summer facts, and it will help you stand out to your teammates and coaches if you show up prepared. Think about it, who's most likely to start, the player who crushes the first "suicide" drills then asks for more, or the player who needs a water break immediately afterwards? Take this time to design your workouts to improve any areas of weakness. Skill position players can always benefit from interval sprints and hand-eye coordination drills. Where as linemen need to be able to block and out position

opponents so try focusing on weightlifting and squat variations. Natural talent will only get a player so far, but the ones who train hard before the season will have a chance to be great.

Often at high school-level sports it's not the most athletic players who are the most successful, but the players who execute their plays most effectively. These are the players who know their routes, their teammates' routes, and the overall goal of the play. It won't matter if your quarterback is about to throw a perfect pass to the fastest wide receiver on the team if you're fullback forgets whom to block. You've got the whole summer to do what you want, so set aside an hour a day to study your playbook. It will mean a lot less push-ups from your coach during practice, and your teammates will appreciate not having to walk you through each play.

Team sports are centered exactly around that: a team. Utilize your summer break by starting to get to know some of your teammates, especially those who you will be playing closely with. These are the teammates you will eat with, practice with, ride the bus with, win, and lose with, and the sooner you gel with them, the more effective you will be as a team. When you're not practicing try to grab some food together or have a team cookout. Remember, team sports are supposed to be fun, and making friends is a part of that fun.

Lastly, it's important to keep in mind that school comes before sports, and that means your grades need to meet your school's requirements. Whether you are getting ahead on required courses, attempting to finish school early, or trying to improve a grade, any summer classes that you sign up for need to be your first priority. Coaches cannot allow students to play if they do not achieve the required GPA.

Dinner Table Chalk Talk

S.C.R.A.M. Goal Setting

Goals drive us to become better, and knowing how to set them can make a huge difference. Our Sport Performance Psychologist Dr. Chris Carr uses the acronym S.C.R.A.M. to help with proper goal setting.

Specific

Setting specific goals is the first step. For example: if you went to the gym, a very specific goal would be to do three sets of 8-10 repetitions at 90% of your max weight. That is much different than saying "I'm just going to go lift some weights today." Start with specific goals and it will be easier to maintain your focus throughout.

Challenging

A challenging goal pushes you. It's not something easy like, "I just want to get through practice", but it's also not something so challenging that reaching it doesn't seem realistic, even at your best. Challenging goals should push you just past what you're

comfortable with, but don't push you so far that you'll be frustrated if you don't accomplish them.

Realistic

Being realistic with your goals simply means you understand your best. You are aware of what you're capable of and set goals based on that standard. No one person or athlete is the same, so understanding your best is essential to goal setting.

Adjustable

There are unforeseen road blocks that can pop up while in pursuit of our goals. Sometimes the gym is shut down, you get a minor injury or something else requires your attention. Make sure you can adjust your goals and have plans in place in case your ideal conditions change.

Measurable

Lastly, goals should be measurable. At the end of a workout or competition you should be able to know if you did or didn't achieve your goal. If you didn't, don't consider it a failure. Simply re-adjust for next time based on what you learned.

Basic Tips

Nutrition Tips

- Fiber helps you feel full and helps with your cholesterol levels. Fibers are a type of carbohydrate.
- Eat a sizable pregame meal two to four hours before the start of the competition. Some good options include pasta with ground turkey sauce, chicken stir-fry with rice and vegetables, and a sub or deli sandwich. You can also throw in some vegetables for antioxidants.
- Post workout snacks should include protein to repair muscles, and carbs to replace glycogen levels

Training Tips

Make Your Pushups Count

Turns out, push-ups are great for more than just building a strong chest. But to completely utilize push-ups in your workout routine, there are five areas to focus on:

Elbows

- Instead of flaring your elbows out to make a 'T' shape, keep your elbows in line with your wrists. This will form an arrow shape with the rest of your body.

Backside and Back

- Flexing both your core and your backside goes a long way in stabilizing your back. You want your back to be straight as you lower and raise your body from the push-up position.

Hips

- Don't let your hips lead the way to the floor. Your upper body should initiate the movement and be the first thing to reach your downward destination. Having a straight back automatically makes this easier!

Hands

- If your fingers aren't pointing straight ahead, stop! Your hands need to be facing forward always to avoid stress on your shoulders.

Shoulder Blades

- Your shoulder blades shouldn't stay in one place. They need to protract and retract (fancy words for scrunch together and move apart) as you go down and come back up.

Questions from Parents:

When should my child begin Strength Training?

At what age can athletes begin strength training? The answer is slightly more complex than just assigning a number. Every person is different when it comes to development, and every person is different when it comes to strength.

What is strength training?

Strength training boils down to moving your body. Lifting weights is strength training, but the foundation of every athlete is sound movement. That being said, athletes can start developing good movement habits as young as 4th or 5th grade without ever touching weights. Learning how to properly move the body in space is far more important than lifting weights at any age.

What about weight and resistance training?

Once the athlete establishes good movement patterns, they can begin weight and resistance training as they physically mature. For an athlete starting out, lighter is *always* better and the focus should be on the *quality* of the movement rather than the quantity of weight. You will build more strength doing a squat properly with no weight than poorly with 200 pounds. Injuries can occur easily with heavy weight so understanding that quality is more important than quantity is crucial.

Most high school athletes are expected to know how to use weight training on some level. In order to gain strength, understanding that movement is the foundation will go a long way to ensuring safety and growth for your young athlete.