SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Training Diary

HOW TO USE THE DIARY

Like many training diaries, this diary too has many worksheets, plans, and calendars that are required to be completed in order for the diary to be useful. The Sport Medicine & Science Council of Saskatchewan Training Diary is organized in 2 macro sections.

The first macro section is the **Educational Section** that incorporates many micro section Science specific topics with detailed information that will assist you through out your training and competitions. In this macro section there are also useful handouts that you are required to fill out so that you can refer back to then when required.

The second macro section is the **Monthly Workbook Section**. Within this macro section you will find micro sections that consist of the Monthly Plan, Monthly Calendar, Motivational Calendar, and Weekly Plan for each month of the year. These 4 micro sections will keep you accountable for your training, competition preparation, and general life organization.

The Training Diary is set up in a 12-month diary, but may not follow a calendar year. For example, this current Diary is a general diary and allows individuals to fill in their own month, date, & year.

MONTHLY WORKBOOK SECTION

The following will show you how to fill out the second macro section. This will be required to be done for each month as it arrives. Please refer to the following 4 pages for reference.

SAMPLE MONTHLY PLAN & SUMMARY

Name: *Jonathon Smith* **August, 2005**

Goals

✓ *be the fastest runner on during training camp*

✓ *make the team in the starting position*

✓ ----------

To Do

Sport Technical	**Team**
Work on improving my running speed	*6 exhibition games for evaluate players*
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Mental Training	**Exercise**	**Nutrition**
Visualizing my catching	*Start in-season program*	*3 - Day Food Record*
----------	*Go to gym 3 times a week*	*Eat 4 meals a day*
----------	----------	*Drink 8 glasses on water a day*
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What Worked	**What Did Not Work**
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SAMPLE MONTHLY CALENDAR

August, 2005 **Training/Comp. Focus** *Make the Team, Fast Running*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5 *training camp*	6 *training camp*	7 *training camp*
8 *Work 8-12* *4:30pm practice*	9 *Work 8-12* *4:30pm practice*	10 *Work 8-12* *4:30pm practice*	11 *4:30pm practice* *Dad's B'day*	12 *4:30pm practice*	13 *5:00pm Game @ home*	14 *1:00pm Game @ home*
15 *gym 7:00am*	16 *gym 7:00am* *4:30pm practice*	17 *Work 8-12* *4:30pm practice*	18 *gym 7:00am* *4:30pm practice*	19 *Work 8-12* *4:30pm practice*	20 *3:00pm Game @ Ravens*	21 *12:00pm Game @ Ravens*
22 *Work 8-12* *gym 7:00am*	23 *Work 8-12* *4:30pm practice*	24 *4:30pm practice*	25 *4:30pm practice*	26 *Work 8-12* *4:30pm practice*	27 *1:00pm Game @ home*	28 *3:00pm Game @ Jays*
29 *gym 7:00am*	30 *gym 7:00am* *4:30pm practice*	31 *gym 7:00am* *4:30pm practice*				

SAMPLE MOTIVATIONAL CALENDAR

Name: *Jonathon Smith* **Motivational Calendar** **August, 2005**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Resting Heart Rate					75	72		71	65	64	65									
Quantity of Sleep in					6 hr	7 hr	8 hr	8 hr	7 hr	7 hr	11									
Quality of Sleep					Poor	P	Avg		Avg	Avg	G									
Hydration Needs					10 c	12 c	11 c		8 c	9 c	10 c									
Milk Product					4	2	3	2		5	3									
Grain Product Needs					8	7	8	4	5		4									
Fruit & Vegetable					4	1	3	5	4		3									
Meat & Alternative					4	3	2	3	4		2									
Overall Daily Appetite					G	G	F	G		G	F									
Daily Stretching					YES	YES	YES		YES	YES	NO									
Stress Level (h,m,l)					H	H		H	M	L	L									
Training Frequency																				
Training Intensity																				
Training Duration																				
Motivation (h,m,l)					H	H	H	M	M	M	M									
Weight (LBS)					165			166			165									

SAMPLE WEEKLY CALENDAR

August, 2005 **WEEKLY PLAN**

Monday 8 *8 - 12 work* *go shopping with Karen* *practice 4:30pm*	**Friday 12** *practice 4:30pm*
Tuesday 9 *8 - 12 work* *practice 4:30pm* *movie 7:45pm*	**Sunday 13** *Game at Home vs Tonics 5pm*
Wednesday 10 *** go by dad's Birthday present* *8 - 12 work* *practice 4:30pm*	**Sunday 14** *Game at Home vs Tonics 1pm*
Thursday 11 *practice 4:30pm* *dad's Birthday party*	

THE COOL-DOWN

PROMOTES MUSCLE RELAXATION & REDUCES
POST-WORKOUT MUSCLE SORENESS
PROMOTES REMOVAL OF METABOLIC WASTE PRODUCTS
PROMOTES FASTER RECOVERY
PROMOTES BLOOD FROM POOLING IN THE EXTREMITIES

DAILY & WEEKLY ROUTINES…ALLOCATING TIME

One of the most important skills you can develop is organization. As important it is to work hard, it is equally important to work smart. Use your time effectively and be efficient. Efficiency means that you get a lot of work done in whatever time you put in, so in a way, you cannot work hard without working smart.

Use the chart on the next page to assist in organizing your time more effectively (make enough copies for an entire week). There are three major categories that you can allocate time to. *Fixed Time* involves tasks that must be done every day. As such, fixed time is generally the same for every day of the week. *Task Time* involves activities that you are committed to, but are not necessarily done on a daily basis. *Open Time* is basically "free" time when you can do whatever you like--this time is the most flexible.

Step 1: Identify activities that you normally do.
There are already a number of suggestions--such as sleeping, practicing, and social time--but you may ignore these suggestions, or add your own.

Step 2: Estimate how much you spend on each task in a typical day. While the time allocated to fixed activities is relatively stable, it may be difficult to estimate task- and open-hours for a "normal" day because every day of the week is different. If this is the case, simply identify the range, rather than a specific single number (e.g., practice = 0-4 hrs/day).

Step 3: Calculate the amount of "task" and "open" time available for each day of the week by subtracting your fixed hours from the total number of hours in a day (24 hrs). One of the benefits of doing this activity is to figure out how much time you have to dedicate to your sport by thoroughly accounting for all of your non-sport commitments.

EXAMPLE: Identifying Fixed, Task, and Open Time

Fixed Hours	Hours	Task Hours	Hours	Open Hours	Hours
* Sleeping	8	* Work / Chores	1	* Extra Training	0
* Travel / Driving	1	* Study / Homework	1	* Hobbies	0
* Eating	1	* School	6	* Social	1
* Relaxation Time	1	* Family Time	1	*	
* Wasted Time	1	* Practice	2	*	
*		* Competitions	0	*	
*		*		*	
TOTAL HOURS = 12		TOTAL HOURS = 11		TOTAL HOURS = 1	

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

WORKSHEET
Identifying Fixed, Task, and Open Time

Fixed Hours	Hours	Task Hours	Hours	Open Hours	Hours
TOTAL HOURS =		TOTAL HOURS =		TOTAL HOURS =	

Outline of a Typical Week: Distributing Your Time Each Day

Monday	Tuesday	Wednesday	Thursday
Task Hours = Open Hours = To Do…	Task Hours = Open Hours = To Do…	Task Hours = Open Hours = To Do…	Task Hours = Open Hours = To Do…
Friday	**Saturday**	**Sunday**	NOTE
Task Hours = Open Hours = To Do…..	Task Hours = Open Hours = To Do…..	Task Hours = Open Hours = To Do…..	MISC

SPORT PROFILING:
Prioritizing & Goal Setting Form

Your first exercise will be to create a "performance profile." What will it take for you to be successful this season? How do you rate yourself on the criteria you have identified? Creating a performance profile helps to answer these questions. Consider the demands of your sport, the needs and beliefs of your team, and your personal strength and weaknesses. By the end of this exercise, you will have identified approximately nine factors that are critical to reaching your potential.

Step 1: Grab a piece of paper and list everything you can think of that is required for you to be successful this season (e.g., determination, organization, good practices, strength, endurance, a healthy lifestyle, good technique, smart tactics, mental toughness, etc...). Brainstorm as many ideas as possible by talking to your teammates and coaches. The second step is to eliminate any repetitive words. For example, if you brainstormed "effort," "motivation," and "determination," then—since all three of these are similar qualities—reduce them into a single word.

Step 2: Eliminate factors that you feel are less important until there are only nine factors remaining. If you want to, it may help to organize your "Top Nine" into bigger categories (e.g., strength, quickness, and endurance could be grouped into a "physical" category). Important categories may include "skills," "strategies," "physical," and "mental." Now, rank your top nine from least (9) to most (1) important, and then rate your current ability for each factor from 1 (poor) to 10 (awesome).

Step 3: set some goals for yourself! Identify a final target goal for each factor, then break you target goal (long-term) into two short-term goals.

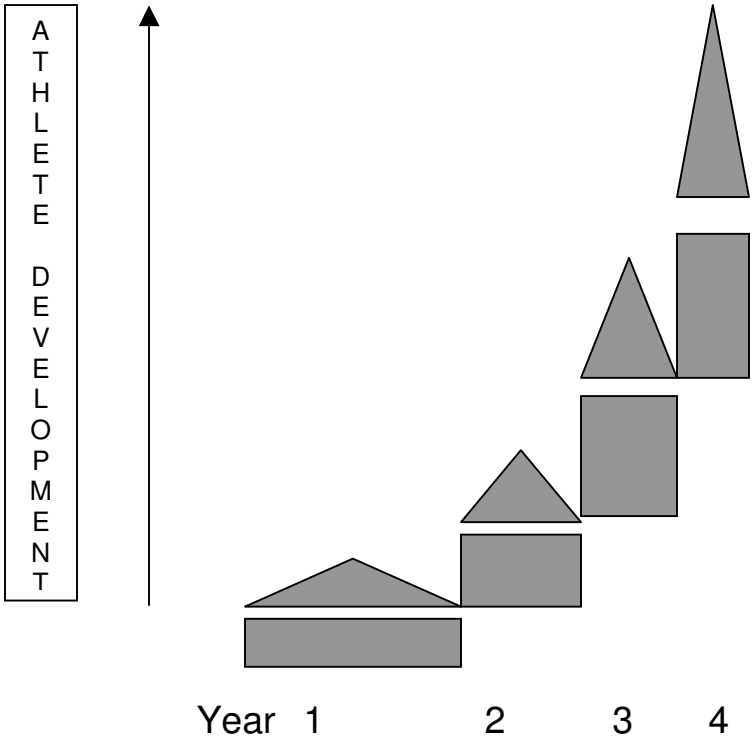
(Categories)	**Rank**	Your Top 9	**Rate**	**2 Goals + Dates**		**Target**
Ie: "Mental"	*2nd*	*Challenge self*	*7*	*8.5 ~ Aug*	*9 ~ Oct*	*10 ~ Dec*

SPORT MEDICINE

Injury Prevention

The long-term development of an athlete must follow the three F's of training program design. FOUNDATION training, FRAMING training and FINISHING TOUCH training. Each year of an athlete's training they must ensure an appropriate foundation, develop the necessary frame and ensure that they maximize their finishing touch. With this in mind the athlete should ensure that their training program begins each year with the development of a new foundation starting from the top of the frame that was developed the year previous (refer to graph). As the years progress the athletes program will evolve to have a greater influence on the frame and finally more emphasis on the finishing touch. If this long-term athlete development is not respected injury is eminent.

The 3 F's of Training Program Development for Long-Term Athlete Development



Key:

Width of Box = Amount of Foundation Training
Height of Box = Amount of Framing Training
Height of Triangle = Amount of Finishing Touch Training

The majority of non-traumatic injuries are due to over-training. The problems of over-training arise when athletes do not respect the principle of progressive overload and recovery. As pictured in the graphs, when an athlete exercises, his body actually begins to "breakdown". Following the completion of the training session, the body will begin to "rebuild" during the recovery period. The body will continue to "rebuild" during the recovery period and will actually super-compensate for the given training stimulus. It is during this period of super-compensation that the athlete should begin their next training session for that given training stimulus. If the timing is perfect, the athlete will maximize their training benefits. The ideal situation for an athlete to be is in the area where the system is being insulted, just under the level at which injury could result. It is here that with proper rest, the largest gains in performance can be realized. If however; the athlete starts training too soon during the recovery period, the athlete will simply begin to "breakdown" the body before it has fully recovered. If this happens repeatedly, the athlete is on their way to over-training injuries.

This principle applies for every aspect of training from the recovery period between each set of weights lifted, to the recovery between sets in speed training to the recovery between days of training. Each type of training has specific recovery guidelines that must be respected to ensure adequate recovery to maximize your training gains, and limit your chances of over-training. These are outlined as follows:

Type of Training	Recovery between training sessions
Speed	24 hrs
Strength	48 – 72 hrs
Anaerobic Lactate	48 hrs
Aerobic Power	48 – 56 hrs
Aerobic Endurance	56 – 72 hrs

Adapted from Platonov 1988 by Marion and Balyi 1995

Signs of Over-Training

Emotional and behavioral changes

- Loss of enthusiasm and drive; generalized apathy; an "I don't care" attitude; loss of joy in life
- The time an athlete goes to bed and the number of hours of sleep – in the over trained state athletes tend to go to bed later and sleep less
- Loss of joy of and thirst for competition; desire to quit during competition
- Lethargy; listlessness; tiredness
- Peevish; complaining; easily irritated; miserable; anxious; depressed; ill;-humored; unable to relax; bored
- Inability to concentrate on work; impaired academic performance
- Changes in sleep patterns, in particular insomnia; sleep does not refresh
- Loss of appetite; loss of libido
- Poor coordination; clumsiness
- Increased fluid intake at night

Physical changes

- Impaired physical performance; in particular inability to complete routine training sessions
- Gradual loss of weight; athlete looks drawn, sallow and dejected
- Increase in early morning heart rate of more than 5 bpm
- Abnormal rise in HR on standing and during and after a standard workout.
- Slower recovery HR after exertion
- Heavy leggedness; sluggishness that persists for more than 24 hours after a workout
- Muscle and joint pains; persistent muscle soreness and increased muscle soreness from session to session.
- Swelling of lymph glands
- Gastrointestinal disturbances; in particular diarrhea
- Increased susceptibility to infection, allergies, headaches and injury; minor scratches heal slowly
- Loss of menstruation in women
- A fall in the afternoon post-workout weight
- An increase in the difference between the waking (lying) heart rate and the standing heart rate twenty seconds later
- An increase in heart rate for any given intensity of sub-maximal work (the opposite of the training response with correct training)

Staging of Tendonitis and Overuse Syndrome

Stage	Symptoms	Treatment and Return to Activity (RTA)
1	Pain only after activity. Does not interfere with performance. Often generalized tenderness. Disappears before next exercise session.	Modification of activity. Assessment of training pattern. RTA = 1-3 days
2	Minimal pain with activity. Does not interfere with intensity or distance. Usually localized tenderness.	Modification of activity Medications Physical therapy RTA = 2 - 6 days
3	Pain interferes with activity. Usually disappears between sessions. Definite local tenderness.	Significant modification of activity. Assess training schedule Medications Physical therapy RTA = 1 – 3 weeks
4	Pain does not disappear between training Seriously interferes with intensity of training. Significant local signs of pain, tenderness, creptitus, swelling.	Need to temporarily discontinue training Design alternate program. Medications Physical therapy RTA = 2 – 6 weeks
5	Pain interferes with sport Pain interferes with activities of daily living. Symptoms often chronic or recurrent. Signs of tissue changes and altered associated muscle function.	Prolonged rest from activity. Medical therapies. Physical therapy. May require surgery RTA = 6 – 12 weeks or longer

Modified from Reed 1992

Minor Injury Recognition
Traumatic injuries in hockey that cause minor injuries are generally classified into sprains, strains or contusions.

Sprains: - An injury to the supportive structure and/or ligaments of a joint.
- These injuries are caused by excessive or abnormal joint movement.
- These injuries can be prevented through fitness, strength, flexibility, proprioception and warm-up.
- Common joints are the knee and shoulder.

Strains - An injury to a muscle, tendon and/or its attachment to bone.
- These injures are caused by over stretching or sudden muscle contractions.
- These injuries can be prevented through fitness, strength, flexibility and warm-up.
- Common injuries involve the groin, thigh and shoulder musculature.

Contusions - A compression (crush) injury to muscle and surrounding tissue by an external object (like a knee to the thigh).
- Results in the formation of a haematoma (bruise) and damage to the underlying tissue.
- Common injuries involve the thigh, ankle, forearm and shoulder regions

All these types of injures require immediate first-aid management in the form of the PRICE principle as follows:

Minor Injury Management
PRICE Principle
P - Protect
- Protect the injury from further injury. This may require splinting, crutches or simply removing the player from play. Be sure to protect any minor injury from re-injury for the first 24-72 hours. If the injury is more serious, further protective measures may need to be considered once the athlete begins training and competing.

R – Rest
- Limit activity for the first 48 – 72 hours post-injury. The injured part needs time without stresses and forces to let the healing process take effect. Crutches should be used for lower extremity injuries if the athlete is limping and a sling should be used for upper extremity injuries if normal movements are not possible.

I – Ice
- Icing is used to help control pain and swelling. Ice constricts/tightens the tissues decreasing the blood flow in that area. Ice for 10-15 minutes every couple of hours. More than 15 minutes will have the opposite effect – the blood vessels will open, increasing the blood flow in that area. Hint: Place ice pack in a damp towel before applying.

C – Compression

- *[Garden Hose Analogy – If your garden hose springs a leak, are you going to use an ice cube to try and stop it from leaking. Probably not! You're going to try and find some heavy-duty tape to wrap it up. Same goes for any injury]*
  A tensor and a compression pad or a horseshoe will help control the amount of swelling. DO NOT wear a tensor to bed. It will limit the amount of blood returning and you will end up with even more swelling.

E – Elevation

- Raising the injured part above the level of the heart helps in the drainage of blood and swelling.

Return to Sport Guidelines:

Prior to returning an athlete to sport one must consider the following guidelines to minimize the risk of re-injury:

Physiological Healing Constraints:	Has rehabilitation progressed to the later stages of the healing process
Pain Status:	Has pain disappeared, or is the athlete able to play within his/her own levels of pain tolerance
Swelling:	Is there still a chance that swelling may be exacerbated by return to activity
Range of Motion:	Is ROM adequate to allow the athlete to perform both effectively and with minimized risk of re-injury
Strength:	Is strength, endurance or power treat enough to protect the injured structure from re-injury
Neuromuscular control /Proprioception/Kinesthetia:	Has the athlete "relearned" how to use the injured body part
Cardiorespiratory Fitness:	Has the athlete been able to maintain cardiorespiratory fitness at or near the level necessary for competition
Sport-specific Demands:	Are the demands of the sport or a specific position such that the athlete will not be at risk of re-injury
Functional Testing:	Does performance on appropriate functional tests indicate that the extent of recovery is sufficient to allow successful performance
Prophylactic Strapping, Bracing, Padding:	Are any additional supports necessary for the injured athlete to return to activity
Responsibility of the Athlete:	Is the athlete capable of listening to his/her body and of knowing enough not to put themselves in a potential re-injury situation
Predisposition to Injury:	Is this athlete prone to re-injury or a new injury when not at 100%
Psychological factors:	Is the athlete capable of returning to activity and competing at a high level without fear of re-injury
Athlete Education and Preventive Maintenance Program:	Does the athlete understand the importance of continuing to engage in conditioning exercises that can greatly reduce the chances of re-injury

Essentials of Athletic Training (4th Edition) by Daniel D. Arnheim and William E. Prentice. WCB McGraw-Hill

Warm-up and Cool-down:
The goal of the warm-up is to ensure the athlete is ready to meet the physiological and psychological demands of the game of hockey. This means that the athlete must have a well-designed warm-up that meets the following objectives:

- Increases in the body and tissue temperature.
- Increases in blood flow through active muscles
- Increases in the heart rate, which will prepare the cardiovascular system for work.
- Increases in the rate of the metabolic processes.
- Increases in the Bohr effect, which facilitates the exchange of oxygen from hemoglobin.
- Increases in the speed at which nerve impulses travel and thereby facilitate body movements.
- Increases in the efficiency process of reciprocal innervation (thus allowing muscles to contract and relax faster and more efficiently).
- Increases in the physical working capacity.
- Decreases in the viscosity (or resistance) of connective tissue and muscle.
- Decreases in muscular tension.
- Enhanced connective tissue and muscular extensibility.
- Enhanced psychological performance of the individual.

To achieve these objectives the warm-up must be planned. The warm-up should consist of a series of progressively increasing intense activities that prepare the athlete for the first face-off. These activities should consist of periods of static and dynamic stretching, with the majority of time spent on dynamic active stretching. The warm-up should conclude with a period of very sport specific high intensity drills preparing the athlete for the game situation.

The goal of the cool-down is to ensure the athlete gradually decreases their activity level to minimize the negative effects of competition. The cool-down should mimic the warm-up but in it's mirror image. A good cool-down will decrease delayed onset muscle soreness, decrease stiffness and maximize recovery potential. Nutrition is a key component to a good cool-down.

ACTIVATION CONTROL:
Tips for Relaxing & for Getting Pumped Up

Relaxing:
Develop your ability to recognize & control anxiety levels by doing relaxation exercises.

- Drill #1: "Progressive Muscular Relaxation"
  - Flex and relax each muscle group of the body
  - Be aware of the tension and of the feeling of relaxation as you stop flexing
  - As you move through the drill, be aware of how relaxed your whole body is becoming.
  - Once the body is relaxed, calm your mind with controlled nasal breathing. (1-2 minutes)
  - End your session with a transfer task (e.g., imagine performing while relaxed; imagine a cue word/image/idea that represents the relaxed state—you can use this word/image/idea before competition to relax).
- Drill #2: "Centred Breathing"
  - Make sure that your body is in a relaxed, comfortable posture before you begin.
  - Inhale through your nose slowly—focusing on the air passing through your nose.
  - Before you exhale, pause for a moment. Do not think about anything, just pause and focus on the moment.
  - Exhale slowly through either your nose or mouth—your preference (try both).
  - After you have fully exhaled, pause for a moment, just like you did after inhaling.
  - Do not focus on anything in particular during this exercise. Do not try to block anything out either, just be in the moment and focus on the task at hand.
- Develop relaxation skills/routines that can be done before and during competitions.
  Other drills:
  - Create a shorten version of the above process to do before you compete, or during breaks
  - Centre & focus during competition (e.g., take a big breathe and say a focusing statement)

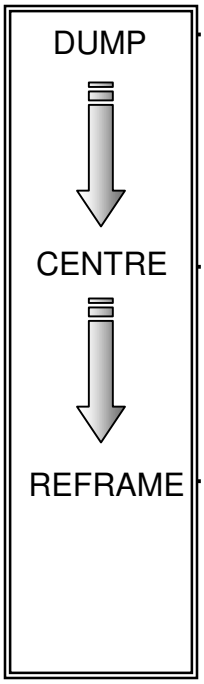
Energizing:
Tips on how to increase energy levels (some of these exercises may also help you relax)…

- Exercise or perform some type of brief, intense physical activity to get your blood pumping.
- Stimulate your nervous system: shake your hands nervously, slap yourself, jump up & down
- Visualize yourself getting pumped up; imagine your energy levels rising (be creative).
- Energy Transfer: Convert **" - "** feelings (anger, worry, butterflies…) into **" + "** energy.
  - Try to get energy stirred up inside you…ready to explode out.
- Talk to yourself. Mohammed Ali shouted, "I'm the greatest" to get into the zone.
- Listen to music, or talk to teammates, etc…get excited!
- Sleep and eat well before, during & after competitions so that you have energy stores available.

- Conserve energy by regulating your body temperature, activity & pre-competitive stress level.
    - If you get too pumped up too early (before competing), you may drain yourself too early
- Summary / Application:
    - Imagery, self-talk, special cue words/ideas/images, regulate feelings in your body
    - Do things physically, mentally, and emotionally that get you into any idea "zone"
- Getting energy during competition: creative, metaphoric imagery can help you to manage pain and fatigue during competition…sometimes, it is an issue of mind over matter. Imagine yourself drawing energy from opponents, or from the crowd…imagine that energy fuelling you!

COPING WITH ERRORS

Being Focused & Staying Positive!



▶ Identify negative thoughts and/or feelings, and then dump them. Get rid of these counter-productive distractions by doing, thinking or saying some-thing that helps to abandon the distraction. Imagine the problem being flushed down a huge toilet, shake negative energy out with your hands, or say, "Stop! Dump it!"

▶ Centering means that you have made a transition from a negative state of mind to a positive, helpful one. You are not focused yet, but you are in a zone that will allow you to focus more easily … try taking a few deep breathes, count to three, or tell yourself to "relax"!

▶ You have to think of something productive. Focus on the solution, not on the problem. Focus on what you can control—on what you can do to correct your mistake, get back into the game, and prevent the error from being repeated over and over and over again…you must either focus on solving your problem / distraction, or focus on the task/challenge at hand

You have to work on this process so that it is automatic. You have to deal with mistakes automatically, efficiently, and confidently. Refocusing keeps you positive, on task, and over the long term, it reduces the duration, frequency, and magnitude of your mistakes. To execute this process automatically, you have to plan: Identify sources of distraction, recognize how you react in these situations (thoughts, feelings & behaviours); think about what you *should* focus on and how you *should* react (the "ideal")' then practice reacting appropriately. *Think about refocusing…vividly imagine yourself being focused (see it & feel it)…practice focusing & develop your concentration skills by being focused while training…set process and performance goals that help you to focus.*

Some mistakes are not a big deal. You will not even realize you made them, or you will not dwell on them. These mistakes do not affect your focus because you remain as focused as you were before the error. In situations such as this, your mind has basically *dumped* the problem automatically—without thinking about it. Your mind has already identified what it should be focused on. As such, I do not advocate that you try to constantly think about dumping-centering-reframing everything that happens. *You should only use this technique for situations that distract your focus, or upset you emotionally.*

When you are upset you should deal with your negative emotions before you deal with the reason that you are upset. Get yourself calm, focused, rational, and back into a zone of ideal/optimal performing. Once you are emotionally centered and focused, deal with the cause of the stress (that cause may be an official, team-mate, coach, fan, opponent, or a your own error) & correct the problem. Be confident in your ability to develop self-control. Practicing this process makes it more effective, efficient, and automatic.

IDENTIFYING YOUR ZONE OF OPTIMAL FUNCTIONING:

The Emotional State that You Perform Best In.

1. Using a blank piece of paper divided into two halves: describe at least two "best ever," and two "worst ever" competitions. When & where was the competition? What was the result? Was there anything special about the competitive environment? How did you perform? What were you thinking & feeling (before, during and after competition)?

2. Based on these "best-ever" and "worst-ever" performances, identify common, significant emotions that are either associated with great, or with poor performance. Both positive emotions (e.g., happy) and negative emotions (e.g., angry) can be helpful. Likewise, harmful emotions (emotions that cause you to perform poorly) can be both negative and positive. Use the following lists of positive and negative emotions to identify 2-3 helpful-positive, 2-3 helpful-negative, 2-3 harmful-positive, and 2-3 harmful-negative emotions.

Positive Emotions: energetic, charged, motivated, certain, confident, purposeful, willing, resolute, alert, excited, rested, cheerful, enthusiastic, brave, easygoing, tranquil, relaxed, animated, overjoyed, fearless, satisfied, pleasant, comfortable, nice, daring, calm…

Negative Emotions: tense, dissatisfied, attacking, vehement, intense, nervous, irritated, provoked, angry, furious, uneasy, tight, restless, concerned, distressed, tired, unwilling, uncertain, sluggish, lazy, sorrowful, afraid, exhausted, dejected, sad, unhappy…

* If there are words that you would like to use that are not on these lists, please include them.

HELPFUL POSITIVE EMOTIONS		HARMFUL POSITIVE EMOTIONS	
i.e. Energetic	*7-8*	*i.e. Overjoyed*	*1-3*
HELPFUL NEGATIVE EMOTIONS		HARMFUL NEGATIVE EMOTIONS	
i.e. *Dissatisfied*	*6-9*	*i.e. Distressed*	*0-1*

1 = very little 5 = much 9 = very, very much
3 = moderate 7 = very much 10 = maximal

3. Use the scale above to determine what your ideal intensity level is for each emotion (from 0-10). Let's say that you have determined that it is important for you to be "carefree" and to not be "joyful." Exactly how carefree do you want to be (e.g., 7-9 is ideal)? What would be a harmful level of joyfulness (e.g., anything above 2 is harmful, so 0-2 is ideal)?

4. The profile that you have identified by this process gives you a detailed and thorough description of your "optimal zone of functioning" (ZOF). This profile is a guide, a goal, for future competitions. Your pre-competitive routine should enable you to reach your ZOF. *Continue to develop your profile, and make sure that it is accurate, by repeating this procedure after each competition.*

MENTAL IMAGERY

What is Mental Imagery?
Mental Imagery—also known as visualization and mental rehearsal—is the process of creating a virtual action or scene in your mind. If you miss a shot, then correct your mistake in your head, you are using imagery. When you replay a game in your head after you play—like a highlight or blooper video—you are using mental imagery. Mental imagery is an important tool that over 90% of Olympic athletes use regularly. They do not use imagery because they are great at what they do. They are great *because* they use imagery (as well as other important factors).

Imagery is useful because it helps athletes to focus, prepare to act/react, and to create an optimal emotional state. When you do imagery, it is like practicing without moving your body—it is *mental* practice. Combining mental- with physical-practice is the best way to *develop skills*. Imagery is also helpful for *practicing tactics, strategies*, and *reactions* to your opponents. Another good way to use imagery is for pre-competitive *preparation. Motivation* and *confidence* can also be improved by using imagery to 'see' yourself accomplishing goals and meeting challenges. Lastly, imagery is a useful method for controlling one's *emotional state*—which is a critical factor effecting performance. For example, before a competition or during an intermission, you can image a great performance from your past: feel yourself performing 'in the zone' with confidence!

What do you picture when doing imagery? Perspective can be important. You can view the image from two different perspectives: 1st-person (through your own eyes) or 3rd-person (as if looking through a camera outside your body). *Third-person* is usually easier, and it gives you a great view of where your teammates and opponents are. As such, it is great to use for novice-imagers and for sports where the location of other athletes is important (e.g., a football play, or a synchro swim routine). *First-person* perspective replicates a 'real life' view, and because this view is within your body, it is easier to integrate non-visual sensations like body movement with first-person vision. As such, this perspective is best for sports where body control is more important than your relative location in space (e.g., throwing a ball, gymnastics, paddling). Lastly, what you image does not have to always be realistic: you can use symbolic images too. A swimmer, for instance, may imagine she is a dolphin, or a wrestler is a rock when defending.

TIPS
- Include as many sensory cues as possible. Most importantly, you must **see** and **feel** a vivid and realistic image. Include helpful audio cues (e.g., sounds and self-talk tips), as well as smell, taste, emotions, and the environment around you.
- When you practice imagery, alternate mental practice with physical practice. This will make the mental images more fresh and real, and it will make the physical rehearsal more focused.
- When doing mental imagery at home, practice in a quite, relaxed, and controlled environment—It will be easier for you to concentrate, and more likely that the images will be remembered and reproduced.

- Schedule and script! *Schedule* when you are going to do imagery (e.g., 10 minutes before bed every night; for two minutes before practice; during practice before drills & between reps; and for 15 minutes on Sundays). By planning and committing to do imagery, and by organizing your time, you will be more likely to successfully integrate mental practice into your training. Create scripts (guides or plans) that describe the content in your sessions. For example, if you are doing a 10-minute session before bed, you could spend 1 minute relaxing, 1 minute picturing some familiar images (mental warm-up), 4 minutes on skills, 2 minutes on routines/tactics, and then finish off with 2 minutes of imaging great past competitions (including emotions).
- Develop core skills: do imagery activities that force you to concentrate. Like a physical workout: you will receive the best gains by overloading, or challenging, your current performance level. This will help you to develop concentration skills. Two great ways to make imagery more challenging is by trying to make the images more *vivid / realistic,* as well as to *control* (or manipulate) the image. Do not just see the image as if it is a picture. Interact with the image: feel it, and move with it. You should be able to interact with an image as if it was a video game.

EXERCISE

Core Strength

The core is the link between your limbs. It consists of muscles in your abdominal cavity, spinal column, and pelvis. These muscles wrap around and completely encircle the core area of your body. Due to the array of muscles and the different directions in which their fibers pull, they provide the trunk with tight powerful support for a wide range of physical movements. As a unit, they work to stabilize the trunk during arm and leg movements.

Why is Core Strength important?

- The muscles of your lower torso are essential for maintaining the body's equilibrium when performing physical tasks.
- The core muscles help to stabilize the pelvic and shoulder girdles in order to provide a solid base for the movements of the legs and arms that are involved in sport.
- The abdominals provide protection for internal organs.
- The abdominals create internal pressure that supports the spine, maintaining the stability to stand erect.
- Development of strong core muscles may help prevent low back injury.

All force generated through the upper and lower body muscles either originate in the core, are stabilized by the core, or are transferred through the core. The stronger the core is, the more efficiently the force exerted by the arms and legs will be transferred to the other areas of the body through the core. If the core is not stable enough, instead of transferring the movement, it will absorb it, which will decrease the amount of energy/movement that emerges on the other end

Guidelines for Core Strength Training:

In training core muscles, your training must be specific to the desired outcome. In other words, if you want to train the core muscle to stabilize your spine and pelvis in a particular posture or body alignment (i.e. lying on your back, as if doing a backstroke in swimming), you should train using exercises that stabilize the spine and pelvis in that posture.

However, it is important that you train the core muscles in all directions. For example, if you train the core muscles using exercises that are performed only while lying on your back, you are neglecting movements that require the use of the muscles in the side and back areas of the core.

So, if maintaining the spine in natural S-curved shape is important for your sport (as it is in most sports), you should train with the spine in that alignment, but you should also use various positions to challenge your ability to maintain that alignment. Exercise should be performed in lying (front, side & back), kneeling, sitting and progressing to standing and to positions that mimic the requirements of your sport.

The maintenance of the appropriate position and alignment should be the primary focus of each repetition of the exercise. The amount of movement of the arms/legs is of secondary concern. You should stop moving and return to starting position as soon as you feel yourself moving out of the appropriate alignment.

- When performing leg lowering, control your back and pelvis throughout the exercise.
- When you feel your pelvis begin to tilt or your back begins to arch, stop and return to the starting position.
- For the next repetition, continue to focus on maintaining the alignment and try to go a little further, but stop when the alignment is lost

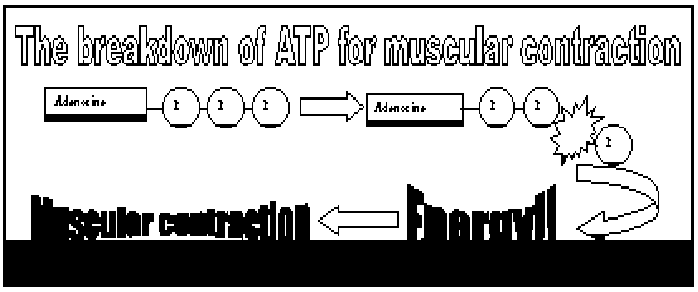
Ensure your program is progressive but achievable. As you become stronger, increase the number of repetitions as well as the number of sets you perform. Exercise caution when using external weights to increase resistance. Never sacrifice good technique for a few more repetitions, more resistance, or more movement.

The speed at which an exercise is performed will depend on the nature of the exercise and the range of motion involved. Strength improvement and toning exercises should be performed slowly while power exercises at a greater speed.

Energy Systems

Muscles need to perform differently in various sports, as well as during the various timeframes in sports. Therefore individualized training programs are needed to best prepare the athlete for his/her event.

In order to maximize performance, you should know how the body uses energy.



All movement is made possible by fuel from food that is broken down into "energy molecules" (adenosine triphosphate, or ATP). Energy is created from breaking apart the molecules of ATP, which is then used to create movement

There are two main energy systems that are used during sport – aerobic and anaerobic. Within the body, the production of ATP in the presence of oxygen in the muscle is termed aerobic metabolism, whereas production without oxygen in the muscle is termed anaerobic metabolism. These systems differ in the fuels they utilize, the speed at which ATP is generated and the raw amount of ATP that can be formed.

Aerobic = with oxygen
Anaerobic = without oxygen

Anaerobic Alactic

- Very rapid supply of ATP
- Very small amount of ATP
- Fast, powerful movements
- Good for up to 10 seconds of maximal activity

Anaerobic Alactic System
Does not produce lactic acid, but is responsible for extremely high-intensity and/or fast movements and is the most rapidly available source of energy for muscle contractions. It uses the ATP that is stored in the muscle in short supply, enough only for a few seconds of all-out effort, which makes fast movements possible.

Anaerobic Lactic System
Also responsible for the production of ATP without oxygen, but instead of depending on the immediate intramuscular stores of ATP or CP, it burns a fuel inside the muscle for the production of ATP. This system produces lactic acid, which creates that burning feeling you feel in your muscles after an all out sprint or lifting weights. Exercise that is performed at a maximal or near-maximal intensity between 30 secs. to 2 min. uses this system.

Anaerobic Lactic

- Rapid supply of ATP
- Moderate amount of ATP
- High-intensity movements
- Good for up to ~2 minutes maximal or near-maximal activity

Aerobic System

- Slow supply of ATP
- Near limitless amount of ATP
- Lower intensity activity
- Near limitless amounts of activity

Aerobic System
ATP is created slower than either of the anaerobic mechanisms, but aerobic energy production is nearly limitless. This energy system is utilized to provide continuous energy for the working muscles for near endless durations. This is the system used that creates enough energy to do day-to-day activities.

It is often useful to think of the three energy systems of the body in terms of the fuel delivery system of an automobile. The anaerobic alactic system is similar to the fuel in the carburetor, the anaerobic lactic system is like the fuel in the gas line, and the aerobic system is like the fuel in the gas tank. When the automobile is started it immediately can use the fuel in the carburetor; it is a very rapid supply of fuel, but is very limited in the amount of fuel available. After the fuel from the carburetor has been utilized the fuel from the gas line is then used; the delivery is very rapid and there is quite a bit more fuel than in the carburetor, but it only lasts a few minutes. When the fuel from the gas line has been depleted then the gas tank must supply the fuel; this supply can last for hours, but is slower in its delivery because it must come all the way from the gas tank.

Over-Training

All athletes should continually monitor themselves for signs of over-training in order to find the appropriate level of training. This is the way to get your best performance!

A fine line exists between reaching optimum fitness for performance and overtraining.

Over training = stress + little recovery.

Over training can occur when the stress-rest principle is not followed, and too much training takes place in too little time.

Characteristics & Symptoms

- A decrease in the level of performance
- Altered mood states: depression, increased anxiety, irritability
- Sleep disturbances and difficulty falling asleep
- Increased incidence of colds, sore throats, cold sores, etc.
- Loss of appetite, decreased body weight and/or muscle mass
- Disrupted menstrual cycle
- General feeling of persistent fatigue, leading to several days of poor training
- Prolonged recovery from training sessions, competitive events, or injuries
- Increased incidence of injuries or persistent low grade stiffness/soreness Reappearance of already corrected technical errors
- Loss of training and competitive desire
- Decreased self-confidence
- General apathy, especially towards previously enjoyable activities
- Inability to concentrate
- Gastrointestinal disturbance – diarrhea or constipation
- Changes in Heart Rate (HR):
    - Abnormal rise in HR on standing and during/after a standard workout
    - Slower recovery from increased HR after exertion
    - An increase in the difference between the waking (lying) HR and the standing HR 20 seconds later
    - An increase in HR for any given intensity of sub-maximal work (the opposite of the expected training response)
    - An increase in morning HR of more than 5 BPM

Since heart rate is so easy to monitor, it is an ideal marker for determining changes in training state and risk for over-training. However, attention should be given to the fact that heart rate is highly responsive to other stimuli such as ambient environmental conditions (i.e. temperature), diet, and emotions.

Stages to the Fatigue Continuum

1. The 'normal' training stress – after a hard practice.
2. Overstraining –a few hard practices in a row.
3. A training overload – a week of intense practice or a tournament.
4. Overreaching – a couple weeks of high volume.
5. Over-training – continual high volume without enough recovery is a daily challenge.
   Note: both excessive intensity and excessive volume can cause over-training!

Recovery Timelines for the Continuum

Time Frame of Recovery for the 5 Stages of Fatigue

1. Training Stress	< 24 hrs
2. Overstrain	3-5 days*
3. Training Overload	5-7 days
4. Over-reaching	10-14 days
5. Overtraining	> 28 days

*peak soreness ('delayed onset'), 24-48 hrs

Prevention of over-training

If the signs and symptoms of over-training are detected early, then a simple reduction in training volume and intensity may be all that is required to correct the situation and prevent it from becoming worse.

In rare situations where an athlete has developed "full-blown" over-trained state, then complete rest is required for a period of 6 to 12 weeks. Further training is totally counter-productive due to a strong risk of injury and/or development of illness. The return to training should be gradual and involve a slow progression and return to pre-over-training training levels.

Strength Training

Athletes should not develop strength simply to get strong, rather develop strength to serve the specific needs of their sport in order to increase their athletic performance. It takes a little bit of planning and a little bit of brainpower to go about strength training in an appropriate manner.

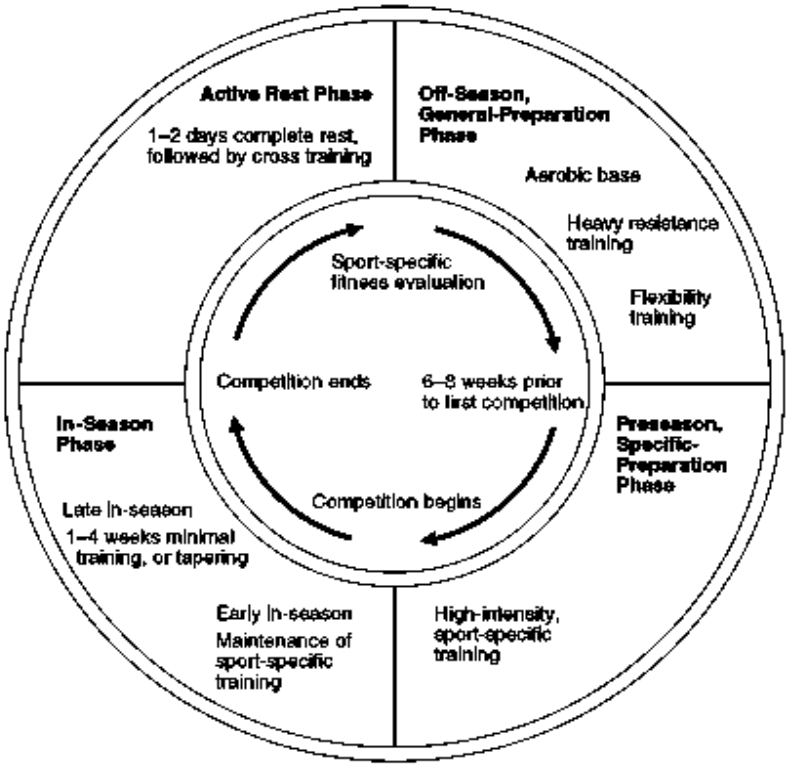
There are four basic laws of strength training (Bompa):

1. Before developing muscles, develop joint flexibility (see stretching page).
2. Before developing muscle strength, develop the muscle's attachments to the bone (anatomical adaptation – see training methods below).
3. Before developing the limbs, develop the core of the body (see core strength page).
4. Before developing the prime movers, develop the stabilizers.

It is important to keep these four points in mind because they will allow you to maximize strength and performance and minimize injuries

Strength training should take place at specified times throughout a periodized training plan. The concept of periodization was developed in order to vary the intensity and volume of training throughout the year. The year is divided into smaller time frames; here they are represented by the off-season, preseason, in-season, and active rest. By following the recommendations for these time frames, the athlete will be more effective in developing muscular size (hypertrophy) and strength.

► **Periodization for Training Athletes**



The following chart specifies how to go about beginning a strength-training program (after, of course, you have worked on flexibility and core stability!).

- The first step is always anatomical adaptation, which develops the muscular attachment to the bone (the tendon), therefore decreasing the risk for injury at this site.
- After this phase has been competed, if muscular endurance is important in your sport, progress on to the recommendations for muscular endurance.
- However, if your goal is muscular strength, mass, and power, proceed to the muscle hypertrophy guidelines, which encourage increased muscle size. This is a necessary step because a hypertrophied muscle has a greater potential for strength and power than a non-hypertrophied muscle. If the guidelines for this phase are followed, you will see bigger strength gains once you progress into the muscle strength step.
- The muscle power guidelines are slightly different than the muscle strength guidelines, because they relate more directly to your sport. If higher velocity movements are important, you will have to learn how to increase the velocity of your movements with weight training, without sacrificing the correct technique.

TRAINING METHODS (Bompa)

	Load	Sets	Repetitions	Rest	Frequency	Length
Anatomical Adaptation (Circuit Training)	30-40% of 1RM	2-3 circuits per session	15 reps per exercise	*90 secs between exercises *2-3 min between circuits	2-3/wk	8-12 weeks (novice); 3-6 weeks (elite)
Muscle Hypertrophy	70-80% of 1RM	4-6 max of 8	6-12	3-5 min	2-4/wk	4-12 weeks
Muscle Strength	85-100% of 1RM	6-10 max of 12	1-4	3-6 min	2-3/wk, max. of 4	4-6 weeks
Muscle Power	Exercise Related	3-5	4-8	2-4 min	1-2/wk	6-8 weeks
Muscle Endurance (short)	50-60% of 1RM	3-6	30-60 sec of activity	60-90 sec	2-3/wk	6-8 weeks
Muscle Endurance (medium)	50-60% of 1RM	2-4	30-60 Progressively increased over time	*2 min between sets *5 min between circuits	2-3/wk	6-8 weeks
Muscle Endurance (long)	30-50% of 1RM	2-4	Progress to 50-60 reps non-stop	*1min between exercises	2-3/wk	6-8 weeks

(Calculation for Rep Max (RM): (Weight Lifted) X (0.03) X (Reps Lifted) + (Weight Lifted) = 1 RM)

Some other important factors to consider:

- Rest Interval: When training the neuromuscular system, fatigue interferes with the muscular recruitment patterns, therefore the muscle contracts less efficiently. A rest period must be introduced between sets in order to allow time for the neuromuscular system to recover. If this rest interval is not respected, you are training your muscle to contract inefficiently.

- Circuit training: If you sat around in the weight room for a three minute rest period between every set, you would be in there all day! In order to speed up the process, it is recommended that you do your strength training in a circuit so that while one part of your body is recovering, other parts are being trained. For example, after completing a set of squats, you could do a set of bench press followed by a set of seated cable rows. By this time, you should be almost ready to go back to the squat. This is a great way to ensure you get a proper rest interval between sets (i.e. you aren't working the same muscle group back to back without a break).

- Stress-Rest Principle: As you lift weights, you are applying stress to the body it normally does not handle. This stress we apply allows the body to adapt, so that it will be able to handle these same stresses easier in the future. This period of stressing the body must be followed by a period of rest to allow the body to recover and adapt. If you do not give the body this rest time, it will not fully recover, you will not see the strength gains you would otherwise, and you are increasing your risk of overuse injuries. The optimal rest period between weight training sessions is 48 hours.

- Sport Specificity: Your body will adapt to the specific demands you place on it. When you train a particular muscle group, this muscle group will show signs of adaptation to work, but other muscle groups not directly involved will show little training effect. For the athlete, this means that the body adapts specifically to the stresses placed on it; therefore training should be as sport specific as possible to ensure specific adaptations to imposed demands**.**

SPORT NUTRITION

What Is Healthy Eating?

- Enjoying a variety of foods each day
- Having enough food each day to meet your body's energy needs for growth and your sport (refer to energy needs chart)
- Choosing whole grain products more often (whole grain breads, cereals, crackers, rice, etc)
- Choosing dark green and orange vegetables and fruits more often (spinach, peppers, oranges, melon, broccoli, tomatoes)
- Choosing low-fat milk and milk products
- Trying to have a serving of milk at each meal- this will help you meet your body's calcium needs.
- Choosing high quality lean meat products, as well as alternatives to meat (beans, lentils, tofu) to ensure you are meeting your body's protein needs (refer to protein chart)

How to meet your body's ENERGY Needs:

Follow Canada's Food Guide to Healthy Eating- find the plan that is right for you.

Plan One:	**Plan Two:**	**Plan Three:**
5-7+ Grain products **5-7+** Vegetables/Fruit **3-4** Milk/Milk Products **2-3** Meats/Alternatives Other Foods - Limit **8-10 cups+** Water *extra during training	**8-10+** Grain Products **8-10+** Vegetables/Fruit **3-4** Milk/Milk Products **2-3** Meats/Alternatives Other Foods- Moderate **8-10 cups+** Water *extra during training	**12-15+** Grain Products **12-15+** Vegetables/Fruit **4-6** Milk/Milk Products **2-3** Meats/Alternatives Other Foods- Moderate **8-10 cups+** Water *extra during training

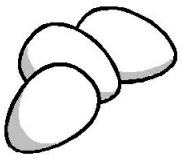
Examples:

Plan One – Divers, Gymnastics, Synchronized swimmers
Plan Two – Most athletes, Team sports, Speed swimmers
Plan Three – Endurance athletes (road cycling, cross-country running, triathlon)

What Is One Serving?

Grain Products

- 1 slice of bread (whole-wheat, white, rye)
- 2 bread stick
- 1 slice raisin bread, unfrosted
- ½ bagel
- ½ hamburger or hotdog bun
- ½ English muffin
- 1 small roll, biscuit or muffin
- ½ pita
- 1 corn or flour tortilla (6 inch)
- 1 waffle, reduced fat
- 30g ready-to-eat breakfast cereal
- ¼ cup muesli
- 3 Melba toast
- 3 cups popcorn (no fat added)
- ¾ oz pretzels
- 24 Oyster crackers
- 2-5 whole-wheat crackers
- 8 Animal crackers
- 3 graham crackers
- 3 tbsp flour (dry)
- 3 tbsp dry cornmeal
- 2 rice cakes
- ½ cup cooked rice or pasta
- ½ cup cooked Oats



Meats and Alternatives

- 1/3 cup tofu
- ½ to 1 cup cooked beans or lentils
- 1-2 eggs
- 2 tbsp peanut butter
- 2 wieners*
- 3 medium sardines
- 7-8 oysters
- 50-100g (2-4oz.) of cooked lean meat,
- 50-100g canned fish (1/3 to 2/3 can)
- ½ cup nuts & seeds*

* These are higher fat choices so add 1 to the *Extra* column

Milk Products

- 1 cup milk (skimmed, 1%, 2%, whole milk)
- 1 cup nonfat or low-fat butter milk
- 1 cup goats milk
- ½ cup evaporated skim milk
- 1/3 cup (dry) nonfat dry milk
- 2 slices processed cheese
- 2 cups cottage cheese
- 50g cheese
- 175 ml nonfat low-fat fruit flavored yogurt
- ¾ cup plain nonfat yogurt

What Is One Serving?

Vegetables & Fruit

- 1 medium sized apple, banana, kiwi, nectarine, peach or orange
- ½ cup cooked, raw, fresh, frozen or canned vegetables
- 1 melon wedge
- ½ cup fruit or vegetable juice
- 1 cup leafy raw vegetables (e.g. spinach or lettuce)
- ½ cup cooked, raw, fresh, frozen or canned fruit
- ¾ cup fresh pineapple
- ½ papaya
- 1¼ cup strawberries
- 2 small plums
- 3 dates or dried prunes
- ½ grapefruit
- 3 tbsp dried fruit
- 1 cup mixed salad
- 2 tbsp raisins
- ¾ cup blackberries or blueberries
- 1 cup raspberries
- 2 fresh apricots

Other Foods in Moderation

Moderation means about 3-6 teaspoons in total added fat per day.

- 2 tsp sour cream
- 1 tsp butter, margarine or oil
- 1 tsp regular mayonnaise
- ¼ cup salsa
- 5 olives
- 40ml soft drink
- 1 tbsp ketchup (catsup)
- 1 hard candy
- 1 tsp jam/jelly
- 1 tsp sugar/honey/syrup
- ½ cookie
- 2 tsp oil salad dressing

Multiple Food Groups

- Pizza (ham & pineapple)

  3 servings of **GRAIN** (8" crust)
  1 serving of **FRUIT** (1/4 cup of pineapple and ¼ cup of tomato sauce)
  1 serving of **MILK** (50g cheese)
  1 serving of **MEAT** (50g ham)

- Chow mein (2 cups)

  1 serving of **GRAIN**
  1-2 servings of **MEAT**
  1 serving of **OTHER**

Carbohydrates
If you are an athlete who is involved in an intensive training program, over 1 hour per day, you need to make sure that you are consuming enough food each day to meet your body's energy needs. The main focus of your diet should be to consume lots of carbohydrates (CHO).

Carbohydrates are your body's main fuel source. If that fuel source is limited your performance will be affected, especially if you are involved in endurance sports or tournaments. Carbohydrates are found mainly in the Grain Products and Vegetables and Fruit food groups. They are also found in the Milk and Milk Products group but in smaller amounts. The number of servings from Canada's Food Guide to Healthy Eating is not meant to be a minimum and maximum amount of food to have each day. It is not uncommon for athletes to have over 15 servings of Grain Products and over 12 servings of Vegetables and Fruit each day. Take a look at the Food Guide to see how big one serving is.

Focus on Grain Products and Vegetables & Fruit for pre and post workout snacks everyday.

Carbohydrate Needs for athletes:

6 to 10 grams/kg body weight /day

Calculate your needs:

Your weight (kg) = _____ X 6 = _____ grams (CHO needs for off or light training days)

Your weight (kg) = _____ x 10 = _____ grams (CHO needs leading up to a competition or during a training camp)

Your best source of Carbohydrates is from the Grain Products and Vegetables and Fruit food groups.

List your favorite Carbohydrates snacks:

_____ _____
_____ _____
_____ _____
_____ _____

Protein

As an athlete your protein needs are a bit higher than the rest of the population. This increased need for protein can easily be met by consuming 3-4 servings of Milk Products and 2-3 servings of Meat and Alternatives everyday (refer to the Food Guide for serving sizes). Athletes need the additional protein to build, repair and maintain muscle and body tissue.

Protein is not used as a major source of energy during sport. If you are consuming a lot of protein in your diet it cannot be stored as muscle, it will be stored in excess as fat or burned for energy when carbohydrate stored are depleted. A high protein diet will not enhance your performance. A high protein intake may also lead to dehydration due to additional fluid needs for protein breakdown.

Focus on having lean meats and alternatives, such as: lean meat, fish, chicken, turkey, beans, tofu, natural peanut butter, and eggs. For the Milk Products try to include a serving with each meal, again focusing on low fat products, such as: 1% or skim milk, low fat yogurt, cheese with less than 20% milk fat (M.F.).

Protein Needs for Athletes

** higher than for the general population*

Endurance Athletes:	1.4 – 1.6 gram/ kg body weight/ day
Strength training Athletes:	1.4 – 1.8 grams/ kg body weight/ day
Active Adults (18+):	1.0-1.2 grams /kg body weight /day

<u>Calculate your body's protein needs:</u>

1. What type of sport are you involved in? Endurance Sport or a Strength Training Sport.

2. Your body weight (kg) = _____ x protein requirement (g/kg/day) = _____ grams

Your best source of high quality protein is from foods found in the Milk Products group and the Meats and Alternatives group.

Hydration
Water is the most important nutrient…..
It has a DIRECT impact on your ATHLETIC PERFORMANCE.

Your body is approximately 65-70% water (muscle being 70% water. As soon as you become dehydrated your physical health becomes compromised. Water's most important role during training and competition is to regulate your body temperature. Active muscles generate heat- that heat needs to be removed. You cool down your body by sweating. Work on a drinking schedule rather than waiting until you feel thirsty or tired. You cannot rely on your sense of thirst to determine your water intake, you only feel thirsty when your body is already dehydrated.

Adequate fluid intake before, during and following exercise is critical in preventing dehydration. Dehydration occurs when fluid losses exceed 1% of body weight. Dehydration can lead to: headache, irritability, fatigue, loss of concentration and a decrease in performance. Your body needs 8 to 10 cups of fluid during the day to stay hydrated, this is not including the extra fluid needed during your sport (refer to chart). Carry a water bottle with you at all times, this will help you meet your daily fluid needs.

Fluid Intake Guidelines

Before event - drink **500 ml** (2 cups) water

During the event - drink **150 to 300 ml** every 15-20 minutes

** for events lasting less than 1 hour WATER is good
** for events lasting longer than 1 hour a source of carbohydrates helps to delay fatigue.

Choose a beverage with 4 - 8% carbohydrates (i.e. 4-8g carbohydrates/100 ml)

After the event or multiple runs - re-hydrate quickly as part of your recovery plan. Consume enough fluid to replace all losses.

To determine your fluid losses during a workout weigh yourself before and after:

Pre workout weight: _____

Post workout weight: _____

Adequate fluid intake means keeping this number (weight lost) less than 1 kg

You need to consume 1500 ml per kg of body weight lost

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

CANADA'S

Food Guide

TO HEALTHY EATING

FOR PEOPLE FOUR YEARS AND OVER

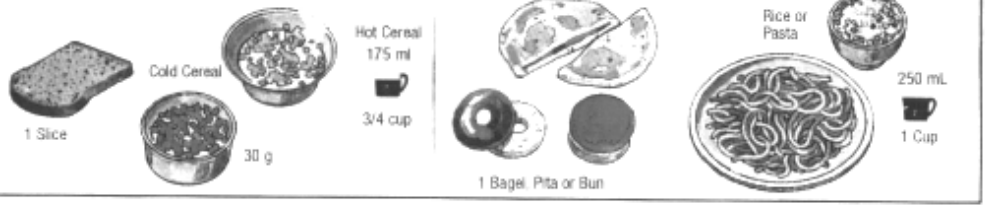
Different People Need Different Amounts of Food

The amount of food you need everyday from the four food groups and other foods depends on your age, body size, activity level, whethter you are male or female and if you are pregnant or breastfeeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.

Grain Products

5-12

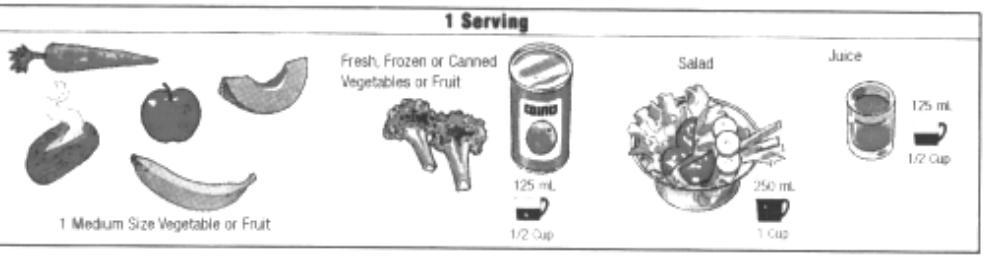
SERVINGS PER DAY



Vegetables & Fruit

5-10

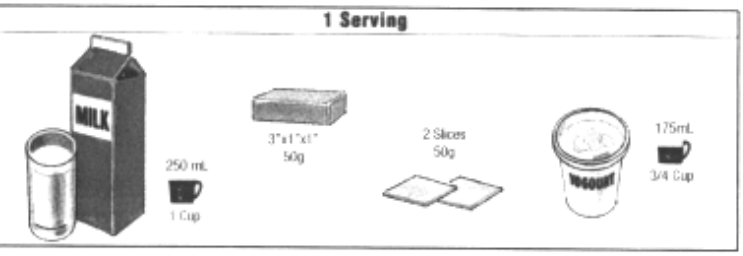
SERVINGS PER DAY



Milk Products

SERVINGS PER DAY

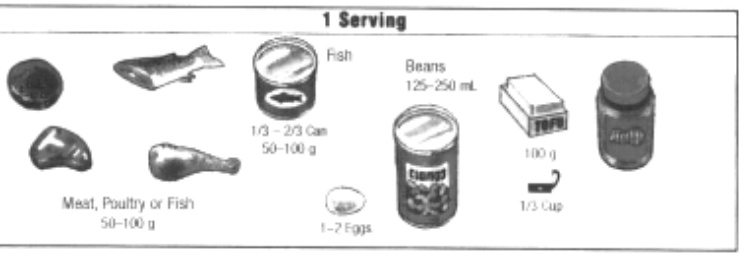
Children 4–9 years: 2–3
Youth 10–16 years: 3–4
Adults: 2–4
Pregnant & Breast-feeding Women: 3–4



Meat & Alternatives

2-3

SERVINGS PER DAY



Other Foods

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories, so use these foods in moderation.

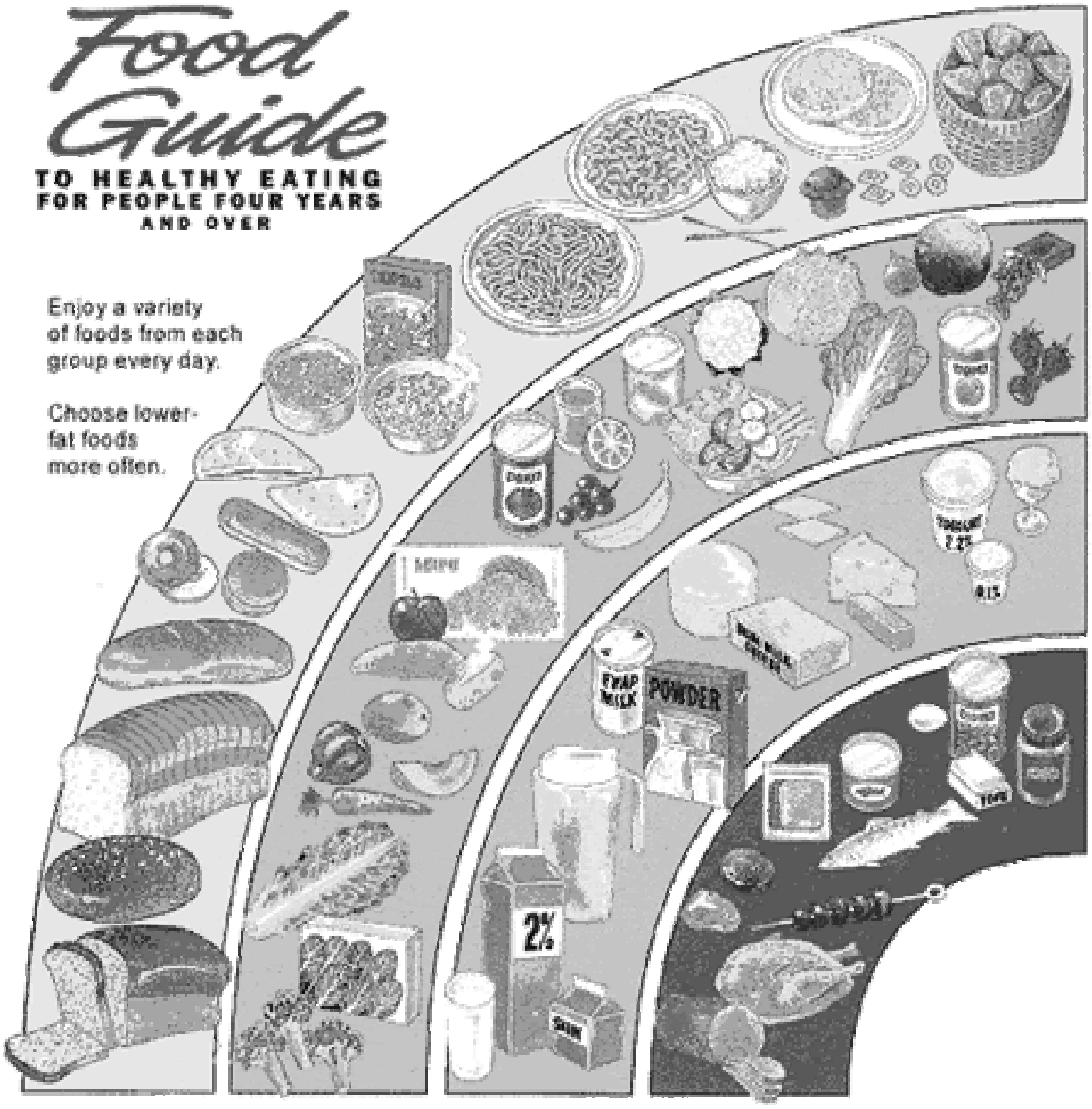
Enjoy eating well, being active and feeling good about yourself. That's VITALITE.

Health Canada Santé Canada

CANADA'S

Food Guide

TO HEALTHY EATING FOR PEOPLE FOUR YEARS AND OVER



Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives
Choose whole grain and enriched products more often.	Choose dark green and orange vegetables and orange fruit more often.	Choose lower-fat milk products more often.	Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

ONE-DAY FOOD RECORD

List below all the food you ate and drank yesterday. For each item record the number of servings from the appropriate food group.

FOODS EATEN	 Milk Products	 Meat & Alternatives	 Vegetables & Fruit	 Grain Products	 Extras	 Water
BREAKFAST						
SNACK						
LUNCH						
SNACK						
DINNER						
SNACK						
TOTAL NUMBER OF FOODS EATEN FROM EACH GROUP						

Prepared by: Brenda Comfort M.Sc., P.Dt.

BIOMECHANICS

Incorporating Biomechanics Into Your Sport

Biomechanics is an essential component of sport. As such, an understanding of biomechanics is a key feather in the cap for every athlete and coach. This section will focus on incorporating biomechanics into your practice techniques.

Perhaps the most useful way to apply biomechanics is through video.

- Video provides invaluable feedback.
- Video analysis allows the opportunity to evaluate the technique, or compare the video to that of an expert.

Video Feedback: Feel is Different than Real

Often you do not know your body positioning while performing a skill because you do not have the benefit of viewing your body from a clear perspective. Athletes rely on kinesthetic sense to determine the relative location of body parts during a movement. This kinesthetic sense is an educated guess as to where body parts are located during the skill. Your kinesthetic sense will remain a guess unless it can be calibrated by your coach describing your position, or by using the use of a video.

An example is the simple task of touching your index fingers together while your eyes are closed. If you open your eyes for one attempt, the following attempts become much easier because you can associate the feeling of the location of your fingers with an actual position.

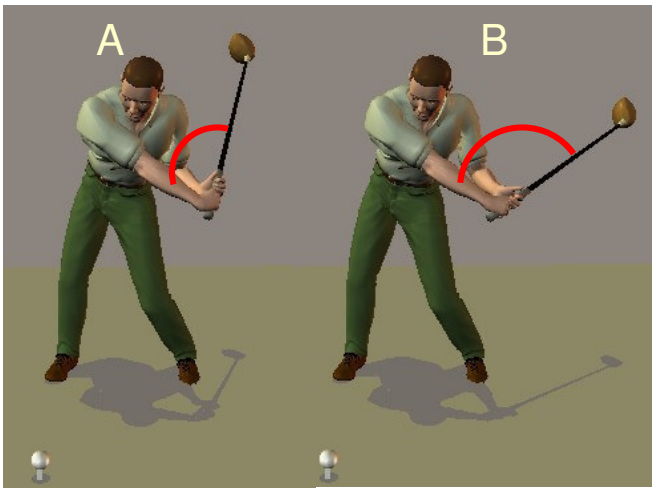
When you receive video feedback, the coach is removed as the middleman who usually attempts to describe your position, but now the video clearly conveys the message. The coach can now focus his or her time and effort on improving your motion, and not on describing a current incorrect position. Also, video will remove any doubt from your mind as to the movement you are actually performing.

The hurdler in A might actually feel like his trail leg is getting into the horizontal position of the hurdler in B. He may not believe his coach, but the evidence provided by the video will leave no doubt that he is not moving efficiently over the hurdle.

Video Analysis: Evaluating the Skill

In many sporting skills, the movements occur too fast to be evaluated by the naked eye in real time. For example, the downswing in golf takes approximately 0.2 seconds, and the contact time of the jumping foot during a long jump is approximately 0.1 seconds.

Within the execution of these skills there are many movements of individual body parts that must be correct, and in the proper sequence to optimize the movement. For example, delaying the opening of the angle between the leading forearm and club during the downswing in golf is essential for attaining a high club head speed at impact. The use of video analysis allows the coach to accurately determine when the wrist angle begins to open.

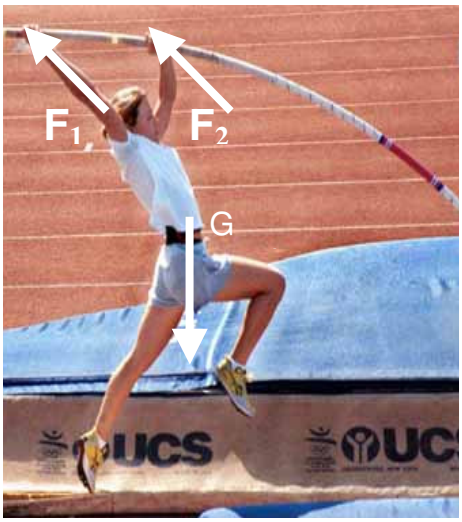


This subtle difference in the timing of wrist release might not be noticed by the naked eye due to the high club speeds at this point in the swing. However, the golfer in B would have a much reduced clubhead speed at impact compared to the golfer in A. The software DartTrainer allows you to view up to 4 individuals simultaneously, synchronize their movements and compare the execution of the same skill frame by frame.

Two Essential Biomechanical Concepts

1. Understanding Motion

Forces are the cause of all movements. The first step in a biomechanical analysis is determining all the external forces. Except for gravity, external forces act where there is physical contact between you and your environment. The force of gravity is constant, equal to the your weight, and is always directed straight down. A net force acting on you will change the velocity of you in the direction of the net force, and with a magnitude that is proportional to the net force. Thus your location in space will change based on your velocity.



2. Understanding Power

Power is perhaps the most misused term in sport. A main objective of many athletic skills from shot put to figure skating is to move an implement or athlete with the greatest velocity possible. The faster the shot is moving at release, the further it travels. The greater the vertical velocity at take-off, the higher the skater will jump yielding more time for rotation. In sport, it is the forces generated by the muscles of the body that cause the above changes in velocity. Power is the product of force and velocity and is thus a balance of both strength and speed.

The power you possess is specific to your sport. For example, a volleyball player spiking a ball might generate the same peak power with their shoulder muscles as a shot putter putting a shot. However, since the volleyball player has a greater velocity component and the shot putter a greater force component, each would not be able to generate the same peak powers if they switched sports. The volleyball player would not have enough strength, and the shot putter would not be able to attain a high enough velocity of muscular contraction.

It is through the application of biomechanics that you can determine what training methods should be utilized to increase the power of yourself for a particular sport.

Different methods should be used to maintain the correct balance of speed and strength for yourself as an athlete.

MONTHLY PLAN & SUMMARY

Name: _____ **Month_____ Year____**

Goals

✓ ---------- ✓ ----------

✓ ---------- ✓ ----------

✓ ---------- ✓ ----------

To Do

Sport Technical	Team
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Mental Training	Exercise	Nutrition
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What Worked	What Did Not Work
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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

MONTHLY CALENDAR

Month_____ Year____ **Training/Comp. Focus _____**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Name: _____ **MOTIVATIONAL CALENDAR** **Month_____ Year____**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
Tuesday _____	**Saturday _____**
Wednesday _____	**Sunday _____**
Thursday _____	

"IF A MAN DOES HIS BEST, WHAT ELSE IS THERE?"
GENERAL GEORGE S. PATTON (1885-1945)

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday** _____
Tuesday _____	**Saturday** _____
Wednesday _____	**Sunday** _____
Thursday _____	

BREAKFAST IS FOR CHAMPIONS

- DON'T SKIP BREAKFAST - GIVE YOUR BODY THE ENERGY IT NEEDS BY STARTING THE DAY WITH A HIGH CARBOHYDRATE, MODERATE PROTEIN AND LOW FAT BREAKFAST
- (FOR EXAMPLE: PANCAKES, BAKED HASH BROWNS, HAM, BANANA, LOW FAT MILK, WATER AND JUICE)

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

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Thursday _____	

"FAULTS ARE THE EASIEST THING TO FIND IN OTHERS,
BUT NOT YOURSELF"
ANONYMOUS

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday** _____
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Thursday _____	

RECOVERY

TAKE CARE OF THOSE BUMPS AND BRUISES?

- P – PRESSURE
- I – ICE
- E – ELEVATE
- R – REST
- REST ACTIVE AND PASSIVE
- SLEEP
- MASSAGE
- HOT/COLD SHOWER?

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

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"SPORTS DO NOT BUILD CHARACTER, THEY REVEAL IT"
HEYWOOD HALL BROWN – WRITER

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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SNACK						
LUNCH						
SNACK						
DINNER						
SNACK						
TOTAL NUMBER OF FOODS EATEN FROM EACH GROUP						

Prepared by: Brenda Comfort M.Sc., P.Dt.

MONTHLY PLAN & SUMMARY

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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

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Thursday _____	

"THE WILL TO WIN IS WORTHLESS
IF YOU DO NOT HAVE THE WILL TO PREPARE"
THANE YOST – WRITER

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday** _____
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Thursday _____	

THE COOL-DOWN

- PROMOTES MUSCLE RELAXATION & REDUCES POST-WORKOUT MUSCLE SORENESS
- PROMOTES REMOVAL OF METABOLIC WASTE PRODUCTS
- PROMOTES FASTER RECOVERY
- PROMOTES BLOOD FROM POOLING IN THE EXTREMITIES

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday** _____
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Thursday _____	

"ONLY A MAN WHO KNOWS WHAT IT IS LIKE TO BE DEFEATED
CAN REACH DOWN TO THE BOTTOM OF HIS SOUL
AND COME UP WITH THE EXTRA OUNCE OF POWER IT TAKES TO WIN"
MUHAMMAD ALI

Month_____ Year____

WEEKLY PLAN

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Thursday _____	

SELF TALK

IT CAN BE VERY ENCOURAGING AND SUPPORTIVE:

- "ONLY TWO MORE REPS AND YOU'LL BE DONE,"
- "YOU CAN DO IT, YOU'RE ALMOST THERE,"
- "NICE EFFORT"

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday_____	**Friday _____**
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Thursday _____	

"WINNING ISN'T EVERYTHING, BUT MAKING THE ALL-OUT EFFORT TO WIN IS THE MOST IMPORTANT THING"
VINCE LOMBARDI - FOOTBALL COACH

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

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Thursday _____	

"THE BETTER YOU BECOME, THE MORE PEOPLE WILL TRY TO FIND SOMETHING WRONG WITH YOU"
- ROBERT CANSDROP - TENNIS COACH

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
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Thursday _____	

SPORT DRINKS

- SPORT DRINKS CONTAIN WATER, CARBOHYDRATE, SODIUM, POTASSIUM AND FLAVOURING.
- THESE DRINKS MAY BE BENEFICIAL TO THOSE EXERCISING FOR GREATER THAN 60-90 MINUTES DURING ONE EXERCISE BOUT
- BENEFICIAL IN ENDURANCE ACTIVITIES OR MULTI EVENT SPORTS

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

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Thursday _____	

"WINNING ISN'T EVERYTHING, BUT WANTING TO WIN IS"
ARNOLD PALMER – GOLFER

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

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OPTIMAL PRE-COMPETITIVE STATE

- HOW WE FEEL BEFORE WE COMPETE HAS A LOT TO DO WITH HOW WE COMPETE.

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
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"CONFIDENCE IS A LOT OF THIS GAME OR ANY GAME. I F YOU DON'T THINK YOU CAN, YOU WON'T"
JERRY WEST

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

ONE-DAY FOOD RECORD

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MONTHLY PLAN & SUMMARY

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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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"STRIVE FOR EXCELLENCE, NOT PERFECTION"
- ANONYMOUS

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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YOUR PRE-EVENT MEAL SHOULD BE:

- HIGH IN CARBOHYDRATES
- MODERATE IN PROTEIN
- LOW IN FAT
- LOW IN SIMPLE SUGAR
- LOW IN CAFFEINE
- PLENTY OF FLUIDS

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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"WINNERS DO THE THINGS THAT LOSERS DON'T WANT TO"
ANONYMOUS

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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WEEKLY PLAN

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"MORE THAN 80% OF CANADIANS BETWEEN THE AGES OF 10 AND 24 WHO ARE ACTIVE HAVE NEVER SMOKED"

THE CAMPBELL'S SURVEY, CANADIAN FITNESS AND LIFESTYLE RESEARCH INSTITUTE

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
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"ABILITY MAY GET YOU TO THE TOP,
BUT IT TAKES CHARACTER TO KEEP YOU THERE"
JOHN WOODEN

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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MONTHLY PLAN & SUMMARY

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✓ ---------- ✓ ----------

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SPORT
MEDICINE
SCIENCE COUNCIL
of Saskatchewan

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

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"A GAME IS PLAYED WITH THE HEAD AND HEART"
ANONYMOUS

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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DON'T FORGET TO KEEP STRETCHING

- SPECIFICITY – TO THE JOINT
- WARMTH – OF MUSCLES
- POSITION – ALIGN PROPERLY
- SENSITIVITY – AWARE OF FEELINGS
- DURATION – AT LEAST 30 SECS
- DEGREE – DO NOT FORCE
- CONTROL – DO NOT BOUNCE
- RATE – HOW OFTEN
- EVALUATE – IS IT IMPROVING

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
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"GIRLS WHO ARE ACTIVE IN SPORTS ARE 92% LESS LIKELY TO USE DRUGS AND 80% LESS LIKELY TO HAVE UNWANTED PREGNANCY"

INSTITUTE FOR ATHLETICS AND EDUCATION

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

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"WINNERS NEVER QUIT, AND QUITTERS NEVER WIN"
VINCE LOMBARDI - FOOTBALL COACH

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Month_____ Year____ **Training/Comp. Focus _____**

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Name: _____ **MOTIVATIONAL CALENDAR** **Month_____ Year____**

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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
Tuesday _____	**Saturday _____**
Wednesday _____	**Sunday _____**
Thursday _____	

"ALL ATHLETES ARE CREATED EQUAL,
EXCEPT FOR THE GREAT ONES"
ANONYMOUS

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday** _____
Tuesday _____	**Saturday** _____
Wednesday _____	**Sunday** _____
Thursday _____	

RHYTHMIC BREATHING RELAXATION

- SLOW THE BREATHING RHYTHM DOWN SLIGHTLY & VISUALIZE WAVES OF TENSION DESCENDING THE BODY EACH TIME YOU EXHALE
- VISUALIZE ANY TENSION BEING RELEASED THROUGH THE FINGERS & TOES
- YOU'LL PROBABLY FEEL SENSATIONS OF TENSION LEAVING.

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
Tuesday _____	**Saturday _____**
Wednesday _____	**Sunday _____**
Thursday _____	

"IT'S NOT WHETHER YOU WIN OR LOSE,
BUT HOW YOU PLAY THE GAME"
GRANTLAND RICE – WRITER

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday** _____
Tuesday _____	**Saturday** _____
Wednesday _____	**Sunday** _____
Thursday _____	

"CHILDREN NEED 30 MINUTES OF PHYSICAL ACTIVITY
EVERY DAY TO IMPROVE FITNESS AND HEALTH LEVELS.
90% OF CANADIAN CHILDREN PARTICIPATE LESS THAN THAT."

CANADIAN ASSOCIATION FOR HEALTH,
PHYSICAL EDUCATION, AND RECREATION.

Month_____ Year____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

WEEKLY PLAN

Friday _____

Saturday _____

Sunday _____

"LUCK IS WHAT YOU HAVE LEFT OVER ONCE YOU GIVE 100%"
LANGSTON COLEMAN - FOOTBALL PLAYER

ONE-DAY FOOD RECORD

List below all the food you ate and drank yesterday. For each item record the number of servings from the appropriate food group.

FOODS EATEN	 Milk Products	 Meat & Alternatives	 Vegetables & Fruit	 Grain Products	 Extras	 Water
BREAKFAST						
SNACK						
LUNCH						
SNACK						
DINNER						
SNACK						
TOTAL NUMBER OF FOODS EATEN FROM EACH GROUP						

Prepared by: Brenda Comfort M.Sc., P.Dt.

MONTHLY PLAN & SUMMARY

Name: _____ Month_____ Year____

Goals

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✓ ---------- ✓ ----------

✓ ---------- ✓ ----------

To Do

Sport Technical	Team
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Mental Training	Exercise	Nutrition
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What Worked	What Did Not Work
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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

MONTHLY CALENDAR

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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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WEEKLY PLAN

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Wednesday _____	**Sunday _____**
Thursday _____	

"DO, OR DO NOT. THERE IS NO 'TRY'."
YODA ('THE EMPIRE STRIKES BACK')

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday** _____
Tuesday _____	**Saturday** _____
Wednesday _____	**Sunday** _____
Thursday _____	

EXERCISE & COLD

- KEEP ACTIVE (EVEN ON SIDELINES AND BETWEEN MATCHES
- LAYER YOUR CLOTHING
- WEAR A HAT SINCE MOST HEAT LOSS IS THROUGH YOUR HEAD

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
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Wednesday _____	**Sunday _____**
Thursday _____	

"HALF THIS GAME IS NINETY PERCENT MENTAL."
YOGI BERRA

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
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Wednesday _____	**Sunday _____**
Thursday _____	

TIME OUT FOR WATER

MAKE A CONSCIOUS EFFORT TO STAY HYDRATED.

- CARRY YOUR WATER BOTTLE WITH YOU AT ALL TIMES
- CONSUME (2.0 LITRES) THROUGHOUT THE DAY
  PLUS EXTRA WATER TO REPLACE WHAT YOU SWEAT OUT

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
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SUCCESS IS A JOURNEY, NOT A DESTINATION
ANONYMOUS

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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SNACK						
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SNACK						
TOTAL NUMBER OF FOODS EATEN FROM EACH GROUP						

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MONTHLY PLAN & SUMMARY

Name: _____ Month_____ Year____

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✓ ---------- ✓ ----------

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Sport Technical	Team
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Mental Training	Exercise	Nutrition
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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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WEEKLY PLAN

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Thursday _____	

"THE BIGGER THEY COME, THE HARDER THEY FALL"
BOB FITZSIMMONS – BOXER

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
Tuesday _____	**Saturday _____**
Wednesday _____	**Sunday _____**
Thursday _____	

NUTRITION FOR RECOVERY

- MAKE SURE YOU REFUEL YOUR MUSCLES
- CHOOSE A HIGH CARBOHYDRATE, MODERATE PROTEIN MEAL AS SOON AS POSSIBLE AFTER YOU ARE DONE COMPETING

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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WEEKLY PLAN

Monday _____	**Friday _____**
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Wednesday _____	**Sunday _____**
Thursday _____	

"A MAN MAY MAKE MISTAKES,
BUT HE ISN'T A FAILURE UNTIL HE STARTS BLAMING SOMEONE"
JOHN WOODEN - BASKET BALL COACH

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

Month_____ Year____

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Monday _____	**Friday** _____
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Thursday _____	

GOAL-SETTING

- PLAN HOW YOU ARE GOING TO ACHIEVE YOUR GOALS
- DON'T FOCUS ONLY ON THE GOLD MEDAL, FOCUS ON HOW YOU ARE GOING TO ACHIEVE YOUR GOALS WITHIN THE REALM OF THE THINGS YOU HAVE CONTROL OVER.
- BE SPECIFIC - GIVE SPECIFIC DIRECTION
- USE PERFORMANCE GOALS

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Monday _____	**Friday _____**
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Thursday _____	

"WHEN THE GOING GETS TOUGH, THE TOUGH GET GOING"
PAUL BRYANT - FOOTBALL COACH

ONE-DAY FOOD RECORD

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SNACK						
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SNACK						
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Prepared by: Brenda Comfort M.Sc., P.Dt.

MONTHLY PLAN & SUMMARY

Name: _____ Month_____ Year____

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Mental Training	Exercise	Nutrition
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What Worked	What Did Not Work
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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

MONTHLY CALENDAR

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Thursday _____	

"YOU BUILD A SUCCESSFUL LIFE A DAY AT A TIME"
LOU HOLTZ

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Monday _____	**Friday _____**
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Wednesday _____	**Sunday _____**
Thursday_____	

EXERCISE & HEAT

- DRINK PLENTY OF FLUIDS BEFORE, DURING, AND AFTER EXERCISE
- ACCLIMATIZE IF AT ALL POSSIBLE FOR A WEEK OR TWO PRIOR
- PROTECT YOUR SELF FROM THE SUN
- STOP IF YOU FEEL DIZZY, SICK, OR WEAK

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Thursday _____	

"IT IS HARDER TO STAY ON TOP THAN IT IS TO GET THERE"
DON SHULA

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Thursday _____	

PROGRESSIVE MUSCLE RELAXATION

- INVOLVES MOVING FROM THE TOES TO THE FACE ALTERNATELY TENSING MUSCLES
- THEN RELAX DIFFERENT MUSCLE GROUPS
- TENSE THE MUSCLE GROUP YOU'RE WORKING ON FOR A COUNT OF FIVE, THEN RELAX.

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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WEEKLY PLAN

Monday _____	**Friday 31**
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PARTICIPATION IS THE PRIZE, WINNING IS THE BONUS
ANONYMOUS

ONE-DAY FOOD RECORD

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MONTHLY PLAN & SUMMARY

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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

MONTHLY CALENDAR

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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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WEEKLY PLAN

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Thursday _____	

"IF YOU ARE CRITICIZED, THEN YOU ARE IMPORTANT"
DOYT PERRY - FOOTBALL COACH

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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WEEKLY PLAN

Monday _____	**Friday** _____
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Wednesday _____	**Sunday** _____
Thursday _____	

HEART RATE – WHAT DOES IT MEAN

- CHECK YOUR HEAR RATE AS SOON AS YOU WAKE UP
- USE 2 FINGERS ON YOUR WRIST AT THE BASE OF THE THUMB OR ON EITHER SIDE OF YOUR NECK
- YOUR HEART RATE WILL INCREASE AS YOU EXERCISE
- AS YOUR PHYSICAL FITNESS IMPROVES, YOUR HEART RATE MIGHT BECOME A BIT LOWER

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Monday_____	**Friday _____**
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Wednesday _____	**Sunday _____**
Thursday _____	

"THERE WAS ONLY ONE MAN IN THE WORLD WHO WAS PERFECT
,AND THEY CRUCIFIED HIM"
JACK POWELL – UMPIRE

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday _____**
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Thursday _____	

CARBS FOR ENERGY

- FOCUS ON CONSUMING GRAIN PRODUCTS SUCH AS BREAD, BAGELS, PANCAKES, PASTA, RICE, CEREAL AND CEREAL BARS
- AS WELL, VEGETABLES AND FRUIT SUCH AS POTATOES, BROCCOLI, MIXED VEGGIES, PEAS, TOMATOES, BANANAS, ORANGES, APPLES, FRUIT COCKTAIL, AND JUICE.

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Monday _____	**Friday _____**
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Thursday _____	

WITH PROFESSIONAL SPORTS COMES MONEY, FAME, AND AN EGO
TRAVIS LAYCOCK - HOCKEY PLAYER

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

ONE-DAY FOOD RECORD

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SNACK						
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MONTHLY PLAN & SUMMARY

Name: _____ Month_____ Year____

Goals

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To Do

Sport Technical	Team
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Mental Training	Exercise	Nutrition
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What Worked	What Did Not Work
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Month_____ Year____ **Training/Comp. Focus _____**

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SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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"LEADERS ARE NOT BORN, THEY ARE MADE.
THEY ARE MADE BY EFFORT AND HARD WORK"
VINCE LOMBARDI - FOOTBALL COACH

Month_____ Year____

WEEKLY PLAN

Monday _____	**Friday** _____
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Thursday _____	

MENTAL CHECKS & BALANCES

SCAN YOUR VENUE FOR THINGS THAT MAY INFLUENCE PERFORMANCE:

- WHAT IS THE AIR CIRCULATION LIKE?
- HOW MANY FANS WILL/COULD BE WATCHING?
- WHERE WILL YOU BE LOCATED WHILE COMPETITION OCCURS?
- WHAT IS THE VENUE LIKE?

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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"THE SWEETEST TWO WORDS ARE "NEXT TIME",
THE SOUREST WORD IS "IF"
CHICHI RODRIGUEZ – GOLFER

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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THE WARM-UP

- INCREASE BODY AND MUSCLE TEMPERATURE
- PRIMES THE METABOLIC REACTIONS ASSOCIATED WITH THE ENERGY SYSTEM USED
- INCREASE BLOOD FLOW AND OXYGEN AVAILABILITY.
- DECREASE CONTRACTION AND REFLEX TIME.
- INCREASE VISCOSITY OF JOINT FLUIDS

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THERE IS NO "I" IN THE WORD "TEAM"
ANONYMOUS

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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TOTAL NUMBER OF FOODS EATEN FROM EACH GROUP						

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MONTHLY PLAN & SUMMARY

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"WINNING ISN'T EVERYTHING, BUT WANTING TO WIN IS"
VINCE LOMBARDI - FOOTBALL COACH

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SYMPTOMS OF OVERTRAINING

- SLOW HEALING & SUSCEPTIBLE TO INFECTIONS
- LOSS OF APPETITE & LOSS OF BODY WEIGHT
- CHRONIC MUSCLE SORENESS
- LETHARGY AND UNWILLINGNESS TO TRAIN
- TIREDNESS OR TEMPERAMENTAL

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"SUCCESS IS NEVER FINAL, FAILURE IS NEVER FATAL,
IT'S COURAGE THAT COUNTS"
JOHN WOODEN - BASKETBALL COACH

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WEEKLY PLAN

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SELF RELIANCE

- TAKE INDIVIDUAL RESPONSIBILITY FOR YOUR OWN MENTAL PREPARATION
- SPEND 10-15 MINUTES EARLY IN THE DAY AND REPEAT THE PROCESS A COUPLE OF HOURS BEFORE COMPETITION.
- REHEARSE WHAT YOU HAVE TO DO

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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"IF YOU ACCEPT LOSING, YOU CAN'T WIN"
VINCE LOMBARDI - FOOTBALL COACH

SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

ONE-DAY FOOD RECORD

List below all the food you ate and drank yesterday. For each item record the number of servings from the appropriate food group.

FOODS EATEN	 Milk Products	 Meat & Alternatives	 Vegetables & Fruit	 Grain Products	 Extras	 Water
BREAKFAST						
SNACK						
LUNCH						
SNACK						
DINNER						
SNACK						
TOTAL NUMBER OF FOODS EATEN FROM EACH GROUP						

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