

Sports & Nutrition in Sports Packet



*Issue #4
June 8, 2020*

Like and Follow us



@CrimFit Programs-Creating Healthier Lives

NOTE TO PARENTS

Dear Family,

We hope this letter finds you and your family well and hope you are managing the challenging times we are currently living in. We want to ensure that each student continues to have access to physical activity and nutrition lessons. This will be the last week for sports packets. Next week we are working with CSD's to get out our CrimFit Active Kits. In the meantime, please continue to support your child to maintain a healthy active lifestyle.

How can you help?

- Encourage your child to be active by participating with them!
- Pick an activity to create a competition within the family. You can have rewards involved such as: Family member who does the most pushups picks dinner for tonight.
- Utilize Youtube videos for demonstrations! We will be launching our videos soon!
- Encourage your child to reach out to us to feature games or activities

We hope your family enjoys this week's issue. Please continue to post pictures or videos of you and your family doing physical activity to social media. Follow our Facebook Page: CrimFit Program-Creating Healthier Lives. Then use this week's hashtag: #ThisIsHowWeMove. Challenge a friend virtually or even a family member!

Stay strong! Stay healthy!

The CrimFit Sports Team



Packet **CONTENTS**



INDOOR ACTIVITIES



OUTDOOR ACTIVITIES



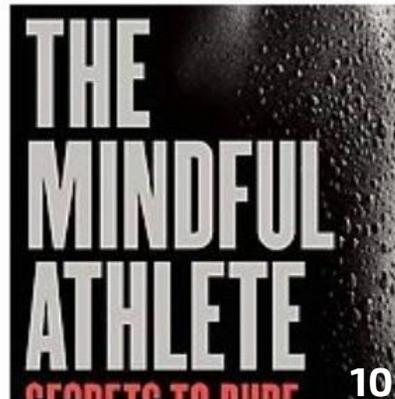
CRIMFIT SPORTS TRAINING



ACTIVITY LOG



NUTRITION IN SPORTS



MINDFULNESS IN SPORTS

SPORTS PROGRAM STAFF

SHARON DAVENPORT

Program Director
Sports & Nutrition

TRACI PIGOTT

Program Manager
Sports & Mindfulness in Sports
tpigott@crim.org
810-201-8505

CHARLES MILLER

Program Manager
Physical Activity & Sports
cmiller@crim.org
810-207-0655

JARED BADOUR

Program Coordinator
Sports & Nutrition
jbadour@crim.org
810-201-8518

PSALM BINGHAM

Up2Us Coach
pbingham@crim.org

EXCLUSIVE!

COMING SOON

Sports Kits -

We are excited to announce that the Crim Sports Department is leading the charge on creating "Sports and Physical Activity Tool Kits" for Flint students to use at home to help stay active and keep working on their sports skills. These Sports Kits will include sports equipment and supplies needed to participate in a wide variety of indoor and outdoor Physical Activities, Sports Skills & Drills and Speed and Agility Training.

CrimFit Sports Playbooks and Videos -

To go along with our Sports Kits and equipment we will be creating a weekly CrimFit Sports Playbook packet and sharing how-to videos for all of the skills, drills, physical activities and training workouts on our website.

The CrimFit Sports Playbooks will be electronic packets containing a variety of different warm-ups, activities/exercises, cool downs, flexibility and mindfulness in sports for your kids to do. We will be posting these videos and CrimFit Sports Playbooks on our website (Crim.org/programs) and via social media on our Facebook page (CrimFit Programs - Creating Healthier Lives).

INDOOR ACTIVITIES

Balance Beam



Try it with different animals and have some fun with it!! Very easily set up! Masking tape is all you really need - make a line on the ground and have fun! Ask your child to walk to the end only on the line. Try more lines at different angles, spirals, and zig-zags.

Variations - See who can walk the line the fastest, walk it heel-to-toe, walk it backwards, with eyes closed (take their socks off so they can feel the line), and jump down the line. If you want, you can certainly lay down and secure 2x4 pieces of wood as real balance beams!

Crab Walk

The crab walk will really get the kids winded. Start by sitting on the ground with your hands and feet flat on the ground. Make sure your fingers are pointing away from your body or else you will put too much pressure on your wrists. Now, raise your torso up towards the sky, about level with your shoulders. Then start to walk with your hands and feet. Let's see how long you and the kids can keep this up!



OUTDOOR ACTIVITIES

Skipping



Skip is the easiest tool that you can have at home and skipping is also one of those good warm up exercises which all the sports coaches recommend irrespective of the sport your kid is playing.

Sponge Race

Each participant in this race needs a sponge and two buckets, one filled with water, and the other empty. Participants run from the empty bucket to the full bucket across the yard, filling the sponge and returning to the empty bucket to squeeze the water into it. The first person to fill the empty bucket to the designated line wins.



CRIMFIT SPORTS TRAINING

"Bigger-Faster-Stronger"

Think about the sports that you like playing.
What if you were bigger, faster and stronger?
Would this help you become a better athlete?

The good news is, you can get bigger, faster and stronger to help you be the best athlete you can be. Getting faster and stronger will help you in any sport. Just like practice, you can train yourself to get faster and stronger everyday through exercise and proper nutrition.

Skills and Drills

Sport specific skills and drills will help you get better in a specific sport or position.

Training

Speed and Agility & Strength and Conditioning Training helps you get faster and stronger.

When competing in sports, we use our physical traits (speed, strength, agility, weight etc.) to help us perform the best we can. Being faster and stronger than your opponent gives you an advantage. Certain sports and different positions require using different physical traits and abilities. For example, an Offensive Lineman in Football has a strong upper body (chest and arms) to block defenders. A Track Sprinter or Cross Country Runner has strong legs and good conditioning to be able to run fast and do long runs.

Here are some exercises you can do at home to get **Bigger - Faster - Stronger**:

Warm Up First!

- It is very important to always warm your body up before exercise or activity
 - Warming up helps prevent injury and gets your body ready for exercise
- The best way to warm up is to go on a light jog and then do dynamic warm-up exercises like high knees, butt-kickers, skips, carrioche, and side shuffles.

Want to get Stronger?

- Push Ups (Chest)
- Pull Ups (Arms and Back)
- Ab Crunches or Planks (Core)
- Lunges (Legs)

Want to run Faster and Jump Higher?

- Squats
- Broad Jumps
- Sprints
- Footwork Drills



CRIMFIT SPORTS TRAINING

"Bigger-Faster-Stronger"

Want to improve your conditioning?

When improving your conditioning, you need to exercise or train for longer periods of time

- Jog/Run
- Jump Rope
- Swim

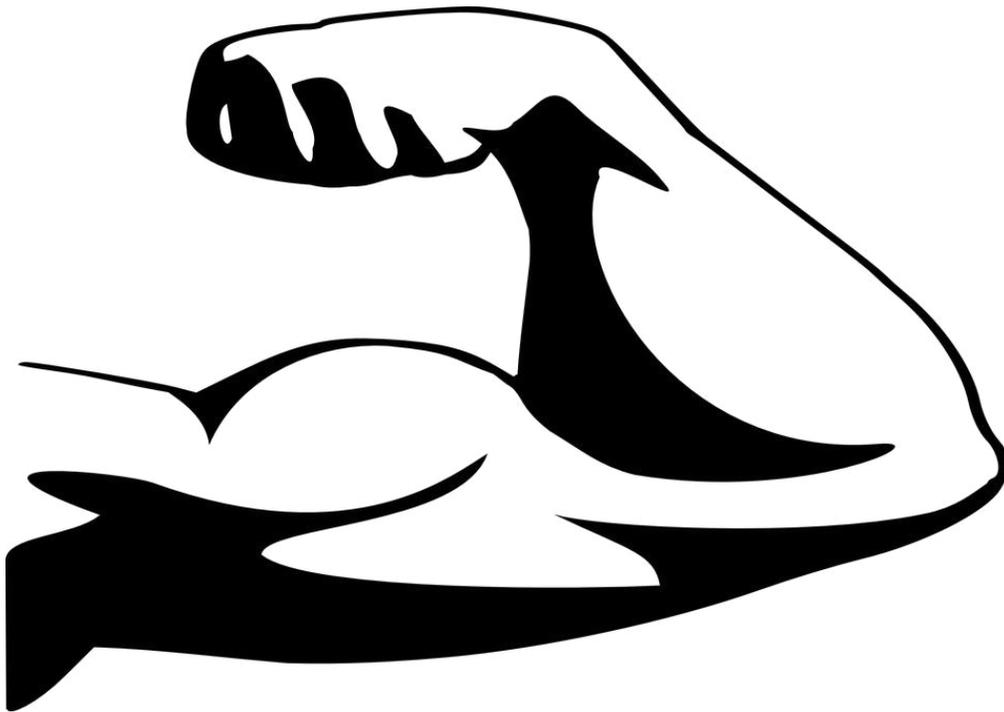


Don't forget to do a Cool Down after Exercise!

- Just like warming up, we also need to cool our bodies down after exercise. This is done by doing light exercise (ex: walking fast) to let your heart rate and breathing slowly settle down.

Flexibility is Key!

- Flexibility helps reduce the chance of injury and also helps you perform better
- Stretching increases your body's range of motion, or how far your legs can be spread apart during running, how far you twist your body around to catch a football, or how close you can stretch yourself to home plate when pitching.
 - Try to stretch when your body is already warmed up



ACTIVITY LOG



Name: _____

Goal: 60 minutes a day, 5+ days a week

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Monday Date:				
Tuesday Date:				
Wednesday Date:				
Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				
Example: Thursday Date: 4/23/20	Basketball Drills 25 mins	Dancing 15 mins	Walking 20 mins	60 mins



NUTRITION IN SPORTS

DRINK HEALTHY



When talking about a healthy diet it is not only important to look at the food we eat but it is very important to look at what and how much we drink as well. Just like eating food, drinking also fuels the body. So with that said, let's discuss healthy beverages(drinks).

First off, let's talk about water. Did you know 80% of our body is made up of water? With that said water is very important! Think about hot summer months when there isn't rain for days and plants start to shrivel up and start to die. Well we don't let our bodies get to that point, but even when we go for hours without water it has a bad impact on our body. When your body isn't getting enough water that is called dehydration, so when you are drinking enough water you are staying hydrated. Kids should be trying to get at least 8 cups of water a day, and can't be replaced by other drinks like sodas. To be safe try to drink water regularly throughout the day, carry a water bottle around with you when possible. Now for athletes more water needs to be consumed due to the body sweating more, this is how your body regulates its temperature so this also is important on hot days. Not only do you need to drink more water during physical activity, you need to drink plenty of water days before. You can't just play catch up during exercise, so play it safe and drink water throughout the day.

Other drinks that are good are milk and juice. Milk not only helps hydrate you but provides nutrients like calcium for your bones and protein for your muscles. For juice check the label to see if there is added sugar, you should try to get 100% juice instead. Just like eating fruit you can get lots of vitamins and minerals by drinking 100% fruit juice. For exercise sports drinks are good, but there are commonly large amounts of added sugar so limit these drinks for mostly when doing physical activity as well as just before and after. When drinking sports drinks it's a good idea to drink water also.

As for drinks you want to avoid consuming a lot of, again look for added sugar. The most popular beverages consumed with lots of sugar are soda pop and juices with added sugar. Some "fruit" juice has no fruit at all, just artificial flavors and sugar.



So kids, stay hydrated and feel good!!!

MINDFULNESS IN SPORTS

WHAT IS MINDFULNESS?

Mindfulness is the mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique

BENEFITS OF MINDFULNESS IN SPORTS?

Research shows that mindfulness can benefit you in many ways:

- Stress Reduction
- Reduces anxiety
- Improves memory
- Focus
- Cognitive Flexibility
- Reduces Distractions



LeBron James leading Yoga at Nike's Basketball Academy

Michael Jordan, LeBron James, Stephen Curry, Russell Wilson are just a few athletes that have and still practice mindfulness to stay on top of their game.

Are you practicing? We challenge you to!!

Start today while you are stretching before your workout or exercise. Take a couple deep breaths and focus. If during your workout or exercise you get frustrated, tired or want to stop- Take more deep breaths and stay focused on the goal you have set for yourself!