

Sports & Nutrition in Sports Packet



Issue #1

May 11, 2020

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@CrimFit Programs-Creating Healthier Lives

NOTE TO PARENTS

Dear Family,

First, let us say that we hope you and your family are safe and healthy as you read this letter. Thank you so much for your patience and understanding as we have been adjusting, like you, to the drastic changes in life that have occurred in these past months. We are extremely appreciative of our students, parents, teachers, staff, and administrators for their positivity, flexibility and resilience during these trying times. A huge debt of gratitude also goes to all of our doctors, nurses, hospital employees, first responders, state leaders and essential employees for all they are doing to keep us safe and healthy.

We are thrilled to share that the lessons provided in this Sports Packet include: Nutrition in Sports, CrimFit Sports Training Camp (Bigger, Faster, Stronger) and Indoor/Outdoor Activities. All activities listed in the packet this week do not require any equipment. Although we are not able to have sports practices and outings, we are still cheering you on! Post pictures or videos of you and your family physical activity to social media. Follow our Facebook Page: CrimFit Program-Creating Healthier Lives. Then use this week's hashtag: #StayHomeStayActive. Challenge a friend virtually or even a family member! We can't wait to cheer everyone on!

Our goal is to provide continuous opportunities and practice for students to create and maintain a healthy lifestyle. We encourage you to participate with your child in these activities. Your child will not only be stronger physically, but mentally as well while building a growth mindset. This will be the key that will unlock your child's ability to learn and grow, especially during challenging times. More importantly, you will be able guide your child in interpreting experiences and future possibilities. A fixed mindset is: This is too hard, I give up. A growth mindset is: I like to try new things. We hope that these lessons can play a small role in nurturing the mind, and body of you and yours while school is not in session.

Stay strong! Stay healthy!

The CrimFit Sports Team



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NUTRITION IN SPORTS

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EXCLUSIVE!

COMING SOON

SPORTS TOOL 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 Tool 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.

INDOOR ACTIVITIES

Indoor Obstacle Course



Obstacle courses make great physical activity games. Build a course using some of these ideas in any order:

- Crawl under tables.
- Use masking tape to make a balance beam.
- Climb over ottomans.
- Jump/somersaults/crawl/crab walk from one obstacle to another.
- Put down pillows or couch cushions and jump from one to the next or jump over the pillows or cushions.
- Perform various exercises like 20 jumping jacks, squats, push ups, etc.
- Crawling through a tunnel of blankets or sheets (hang them over chairs, etc).
- Toss 3 sock snowballs into a laundry basket. You can also throw stuffed animals.

Variations – This physical activity is obviously for all age groups; go ahead and make it a competition for your older kids! Or start and stop the music, having the kids freeze, to make it a laugh fest!

Dancing

No real explanation needed here. Turn up the music and have a dance party!

Variations – This physical activity is obviously for all age groups; go ahead and make it a competition for your older kids! Or start and stop the music, having the kids freeze, to make it a laugh fest!



OUTDOOR ACTIVITIES

Walking/Running



Run/walk twice a week for the next two weeks for 30 minutes each time. Alternate walking and jogging at a slow pace. Jog for 2-3 minutes, then walk for 1 minute to recover. Repeat for 30 minutes.

Shoebox Relay

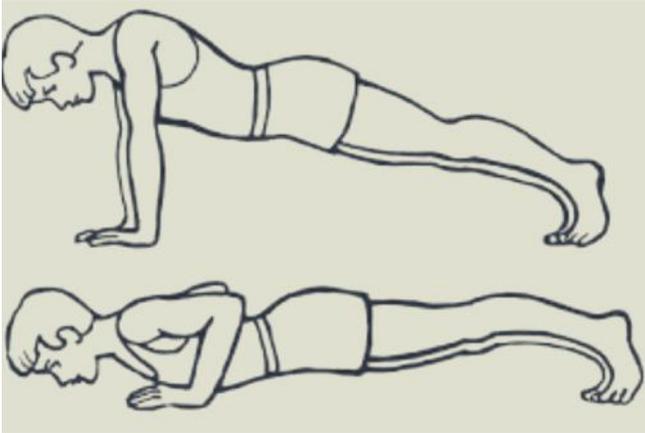


Take two shoe boxes and tape the lids to them. Cut an opening in each lid that's big enough for a child's foot to slip into. The first participant will put on the shoe box shoes and walk as fast as he or she can to the next player, who will then put on the shoes and continue the race. Repeat until all the participants have gotten a turn. Time the group and then tell them to try again to see if they can beat their original time.

CRIMFIT SPORTS TRAINING

"Bigger-Faster-Stronger"

PUSH-UPS



Push Up Goal:

K - 6th Grade
2 sets of 10

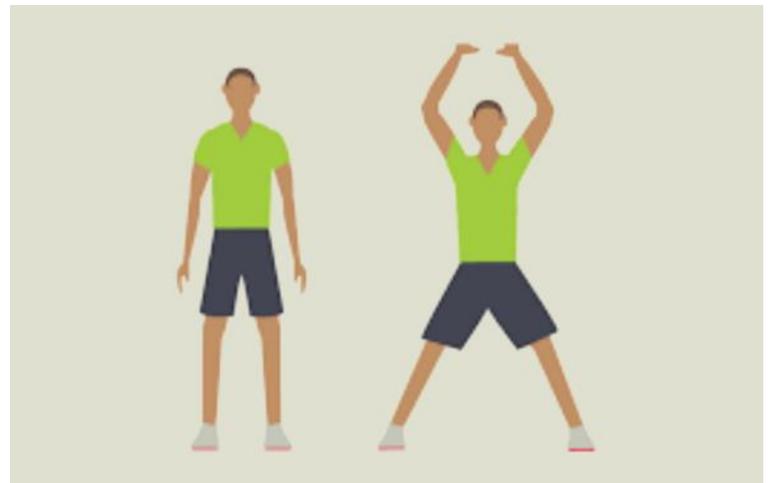
7th - 12th Grade
3 sets of 15

Get yourself into a Face-down position on the floor with your chest on the ground. Put your hands down flat on the floor and shoulder width apart. Make sure your hands are underneath your armpits and only the toes of your feet should be touching the ground. Push yourself all the way up using your arms and then lower yourself to the ground. Make sure to keep your back flat while doing push-ups and your chest should touch the ground each time you go down. Remember to breathe in when you are going down to the ground, and breathe out when you are pushing your body back up.

Fun Fact: Doing push-ups increases our upper body strength. We need upper body strength so that we can shoot a basketball further, throw a Baseball faster or stiff-arm or blocking someone longer in Football.

JUMPING JACKS

Start with both of your hands at your sides and keep your feet shoulder width apart. (Starting Position) From the starting position, jump and move both of your legs to the side - while also raising your arms above your head (you should look like a starfish!). **See Example** After your arms are above your head and your feet are spread out, jump and move your legs back together and bring your hands down to your sides back to the "starting position". Now you have just done one jumping jack!



Jumping Jack Goal:

K - 6th Grade
2 sets of 25

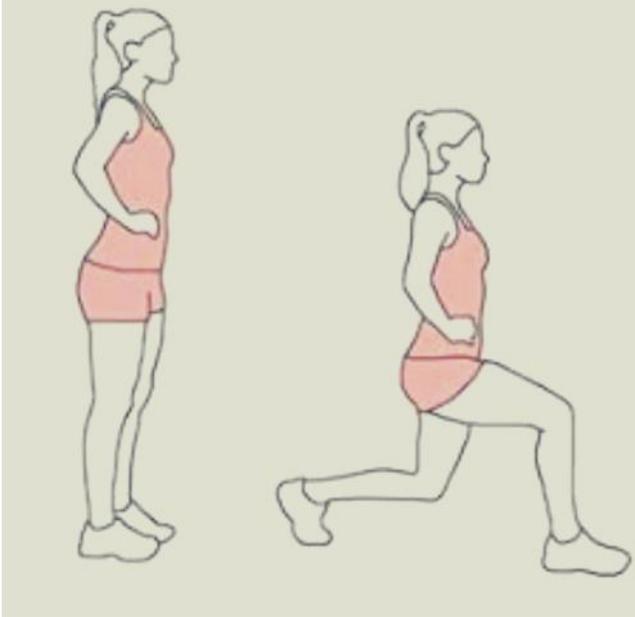
7th - 12th Grade
2 sets of 50

Fun Fact: Jumping Jacks are a great warm-up activity or workout! Many professional athletes use jumping jacks to warm-up before playing sports and they are also used in a lot of different fitness workouts.

CRIMFIT SPORTS TRAINING

"Bigger-Faster-Stronger"

LUNGES



Lunge Goal:

K - 6th Grade

7th - 12th Grade

2 sets of 10

3 sets of 15

(each leg)

To start, let's get in the starting position; feet shoulder width apart and hands at your side. From the starting position, you will step one leg forward, bend both knees and lower your body to tap your back knee to the ground (See Figure). After your knee taps the ground, push back up with your front leg to return back to the starting position. Repeat this with your other leg! Remember to keep your chest up and your hands on your hips while lunging.

Fun Fact: Lunges help build our lower body strength which helps us run faster and jump higher. Think about being able to run faster and jump higher in your sport - could this make you a better athlete?

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

PREPARATION FOR PHYSICAL ACTIVITY

Fueling Your Body

Would you expect to take a car on a road trip if it was running on empty?

Almost everyone would read this and laugh or just roll their eyes because the answer is obvious.

Fueling your body is similar to putting gas in a car. Yet we often look at one difference then the other because it's common for people not to fuel up properly to get the energy they need. People do not expect to pour a gallon of pop in a car's tank and have it run. A car you simply fuel up with gasoline while fueling the body is not as straightforward. The two are very different, so why the common comparison? The outcome is the same for both cars and humans, if you don't fuel up you will stall out. Let's bring our attention to the importance of feeding our bodies what it needs to reach its potential!

Pro Athletes and Nutrition

Think of one of your favorite professional athletes and then ask yourself if you think they practice healthy eating habits? Chances are if you look them up and type in a word like "nutrition" or "diet" with their name, multiple articles will come up and show the importance they put on their diet. Yes, LeBron James is gifted with talent but that alone did not get him to where he is at now. Athletes get to the next level with training AND nutrition.



Professional athletes do not all follow the same diet for many reasons, so as a student athlete you don't need to get caught up on each athlete's exact diet but take note on the importance they put on how they eat. A suggestion to young athletes is start with the basics and grow your knowledge from there. Every person is different and the same can go for what food works for you.

NUTRITION IN SPORTS

PREPARATION FOR PHYSICAL ACTIVITY

Five time WNBA champion Rebekkah Brunson says “What's really worked for me? Learning to listen to my body,” in regards to nutrition. “If you're feeling tired or heavy after eating two servings of pasta or a piece of cake, it may be that you need to work on moderation.” So if your body isn't feeling right, take a look at the food you're eating is a good start and could very well be the answer. Take advice from experienced athletes and see what works for you. Checkout Eight top athletes share their nutrition tricks for a high-performing new year on ESPN.com for some pointers and see how each athlete varies.

https://www.espn.com/espnw/life-style/story/_/id/21937867/eight-top-athletes-share-their-nutrition-tricks-high-performing-new-year

Foods that Fuel

So what are some common foods that are good for fueling up? Maybe some fast food, pop and a candy? No, those foods will give you short term gratification but in the long run are going to give you a crash and slow you down. As stated earlier, let's start with the basics and look at the five food groups: fruits, vegetables, grains, protein and dairy. Think of a basketball team, each player has a role. The center's strength is usually rebounding and point guard needs to pass well. Different food groups benefit you in multiple ways so you always want variety in your meal.

- Fruit and Vegetables-These foods are where you get most of your vitamins and minerals. Eyes, blood, skin, brain, your whole body needs vitamins and minerals.
- Grains- Whole grains are a great source for carbohydrates which give you the fuel. Carbs are humans' version of cars needing gasoline.
- Protein- Protein is what your body builds into muscle. Lifting weights and exercise will not get you far if your body doesn't have what it needs to build muscle.
- Dairy- Broken bones will end and athletes season, build strong bones with dairy which has lots of calcium that your bones need to strengthen and grow.

