

# Sports & Nutrition in Sports Packet



*Issue #2  
May 18, 2020*

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*@CrimFit Programs-Creating Healthier Lives*

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# NOTE TO PARENTS

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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. During this time of social distancing we want to ensure that each of students continue to have access to physical activity and nutrition lessons. Last week, we launched our first issue of Sports and Nutrition in Sports Packet and we need your support to ensure the success of our efforts!

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 also announced that the Crim Sports Department is leading the charge on creating “Sports and Physical Activity Tool Kits” for Flint Students. All in the comfort of your home, your child will be able to stay active and enhance their sports skills with the sports equipment and supplies provided. Your child will participate in indoor and outdoor Physical Activities, Sports Skills & Drills and Speed and Agility Training.

In the meantime, 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

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**EXCLUSIVE!**

## **COMING SOON**

### **CRIMFIT SPORTS YOUTUBE PLAYLIST**

To go along with our equipment and Sports Tool-Kits we will be creating and sharing how-to videos for all of the skills, drills, physical activities and training workouts. We will be posting these videos on our Facebook page, website and the Crim Fitness Foundation YouTube Channel.

Be sure to follow us on all of our social media pages:

**Website:** [Crim.org/programs](http://Crim.org/programs)

**Facebook:** @CrimFit Programs - Creating Healthier Lives

**YouTube Channel:**

[bit.ly/CrimYouTubeChannel](http://bit.ly/CrimYouTubeChannel)

# INDOOR ACTIVITIES

## Indoor Basketball

Easily done by making a few "snowballs" out of some pairs of socks, then get a laundry basket (or something smaller to increase the physical challenges for kids). Have the kids take turns trying to make a basket, and have them try some longer shots worth more points! A child wins when they get a certain amount of points.

Variations - Each child tosses the basketball, and if they make a basket they take one step back. Repeat. Whoever steps the farthest back without missing wins. Find picture to provide



## Yoga

Yoga is a great way to get physical activity in and it has tremendous benefits.

Please use the Crim Mindfulness Facebook page and website as a tool as well as the exercises provided:

**Website:** [Crim.org/mindfulness](http://Crim.org/mindfulness)

**Facebook:** Crim Mindfulness

**YouTubeChannel:**

[bit.ly/CrimYouTubeChannel](http://bit.ly/CrimYouTubeChannel)



# OUTDOOR ACTIVITIES

## Milk Jug Toss



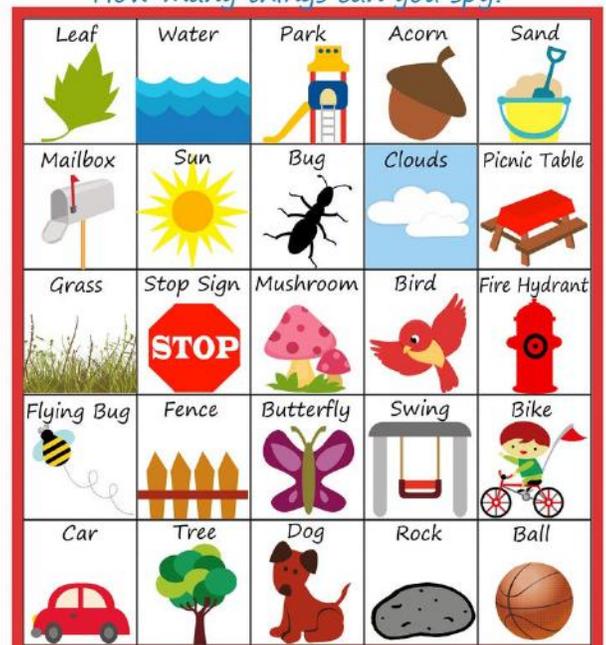
Grab some empty milk cartons and cut off the bottom. If you want to fancy them up, you can use some colored duct tape. To make the ball I wrapped some tape around a wad of newspaper. You can play catch one person to another, or you can throw the ball up and catch it yourself. This is really fun!

## Outdoor Scavenger Hunt

Set a time limit for kids to find all of the objects on a list of items found in nature. Whoever has the most items when the clock runs out wins. Older children can even coordinate the scavenger hunt.

### Neighborhood Scavenger Hunt

*How many things can you spy?*



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# CRIMFIT SPORTS TRAINING

## *"Bigger-Faster-Stronger"*

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### What is Training?

Every athlete wants to get bigger, faster and stronger so they can be the best player they can possibly be. One important way to improve your physical fitness and athleticism is through training and practice. There are many different types of training depending on what your goals are and what you want to get better at in your sport. Athletes who are dedicated and consistently work hard tend to achieve their goals faster.

### Different Types of Training:

- **Sports Skills and Drills** - Good for any athlete in any sport wanting to work on sport specific and position specific skills and drills.
- **Strength and Conditioning** - Good for all athletes in any sport who want to get Stronger and Faster.
- **Speed and Agility** - Good for athletes who want to increase their speed, acceleration and have quick feet  
Example: Wide-Receiver, Track Sprinters, Outfielders
- **Cardio/Endurance** - Good for athletes who want to have elite conditioning and stamina  
Example: Track and Cross Country Distance Runners, Wrestlers, Soccer
- **Flexibility** - Good for every athlete in every sport. Being more flexible can help you become a better athlete and reduces the risk of injury
- **General Fitness** - Good for staying in shape and improving physical fitness

### Mindfulness in Sports:

Imagine being stronger, faster and quicker than your opponents you are playing against. Close your eyes and picture yourself playing your favorite sport. Think about outrunning your opponent, or jumping higher than them. Envision yourself scoring easily. How could this help you be a better athlete in your sport?

# CRIMFIT SPORTS TRAINING

*"Bigger-Faster-Stronger"*



## Dips Goal:

K - 6th Grade  
2 sets of 10

7th - 12th Grade  
3 sets of 12

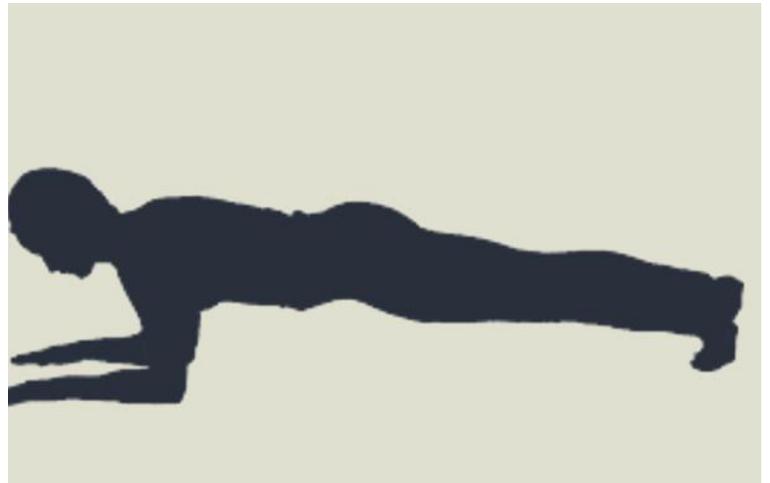
## DIPS

Find a couch/chair, bench or stair at your home. Start with your arms straight, fingers facing your feet on the surface you are using. Place your legs out in front of you straight or slightly bent. Slowly lower your body towards the ground by bending your elbows (make your elbows look like the letter L). Once you reach this position slowly push back up by straightening your arms and return to your starting position. You should feel these in your chest muscles and tricep muscles which are in the back of your arms.

*Fun Fact: Dips are a compound movement which means you are working 2 or more muscle groups at a time!*

## PLANKS

Last week we learned about a push up position. A plank will start in the same position however, for a plank you bend your elbows and rest your forearms on the ground. Make sure to keep a rounded back and bottom down while holding your plank; think about pulling your belly button towards the ceiling. You also want to make sure in a plank that your shoulders are in line with your elbows. You will mainly feel this in your core (stomach area)



## Plank Goal:

K - 6th Grade      7th - 12th Grade  
2 sets of 30 seconds      2 sets of 60 seconds

*Fun Fact: You can challenge yourself and make planks harder by lifting up one leg so you have to balance! Make sure if you try this you try lifting each leg so you get both sides of your body equally strong.*

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# CRIMFIT SPORTS TRAINING

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*"Bigger-Faster-Stronger"*

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## SQUATS

To begin a squat you want to stand with your feet shoulder width apart, feet facing forwards, arms by your side. As you begin to squat you will bend your knees, while sitting your bottom backwards. You want to sit back almost like you are sitting in a chair. It is important to keep your eyes and chest up while squatting, maybe find something on the wall to look at! You have reached the bottom of the squat when your knees are bent making an L with your legs. Be sure your heels are flat on the ground! Once you have reached the bottom you will begin to straighten your knees standing back up to the starting position. You should feel this working your butt and legs.

### **Squat Goal:**

K - 6th Grade  
2 sets of 20

7th - 12th Grade  
3 sets of 20

*Fun Fact: You use squats throughout your day without even trying! You may squat down to pick something up, squat down to look for something, or even squat down to play with your dog or sibling.*

# 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
<b>Monday</b> Date:				
<b>Tuesday</b> Date:				
<b>Wednesday</b> Date:				
<b>Thursday</b> Date:				
<b>Friday</b> Date:				
<b>Saturday</b> Date:				
<b>Sunday</b> Date:				
<b>Example: Thursday</b> Date: 4/23/20	Basketball Drills 25 mins	Dancing 15 mins	Walking 20 mins	60 mins



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# NUTRITION IN SPORTS

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## PREPARATION FOR PHYSICAL ACTIVITY

### Dedication to Preparation

Think about all the work and preparation that goes into competing in a sport each season. Even as a young athlete you'll start to see that athletics teaches you the importance of dedication and that dedication is to the preparation. Participating on a team and becoming a better individual athlete means going to every practice, hustling, exercising, focusing, learning plays, improving skills and that's only to name a few things. All this goes into competing in a game or match. So many more hours go into the preparation for the game than the game itself. Preparing how and what to eat is a huge part of preparing for the game. If you want to run faster, jump higher and reach your peak performance in competition and games - you must include nutrition.

### Keep Up on Carbs

When it comes to nutrition factoring in on your ability to perform your best as an athlete it's important to talk about carbohydrates, commonly shortened and called "carbs". You might've heard your coach mentioning loading up on carbs before a big game and that's for a good reason. Carbohydrates are the body's main source of energy for physical activity.



If you ever hear someone talking about a low carb diet, as a young athlete stay away from this idea because you need all the energy you can get while growing and constantly being physically active. The important thing is to make sure you're getting carbs from a healthy source because carbs come in a variety of foods. Carbohydrates can be found in sugary foods like candy bars, pastries and pop but don't let that fool you. Getting carbs from a source that lacks other important nutrients and contains things that the body does not need, like lots of added sugar, can negatively impact your performance. Food with lots of sugar will provide you a short burst of energy but will give you a much bigger crash leaving you fatigued running up and down the court with plenty of time left in the first quarter.

# NUTRITION IN SPORTS

## PREPARATION FOR PHYSICAL ACTIVITY

Now let's talk about foods we can find carbs that are much more beneficial to physical performance! Three out of the five food groups are rich with carbs, you will find them in grains, fruits and vegetables. Grains are full of carbohydrates. Go with whole grains that are filled with nutrients rather than refined grains that remove much of nutrients that benefit our body like fiber, vitamins and minerals. At the store when looking for whole grains the first ingredient on the food label should say "whole" wheat or grain rather than words like "enriched" or "bleach", that will let you know that the food has been refined. Getting familiar and reading food labels is a good habit to get into so you are more familiar with what you are consuming, like seeing if there is added sugar.

### Fueling Up on Carbs Before and After Games and Practices:

Some excellent grains are bread, pasta, brown rice, cereals and oatmeal just to name a few examples. Load up on grains the night before an athletic event and it is also good to eat a few hours before gametime, but maybe something lighter like a sandwich rather than a whole plate of pasta. You don't want to carb load directly before competition because you want to give your food time to digest and you don't want to be weighed down and cramp up. When it comes to eating closer to competition or in between is when it is a good time to eat your fruits and vegetables. Fruits and veggies are light and good sources for carbs. Not only are these food groups a source for carbs but they give instant energy and are full of vitamins and minerals the body needs while exerting itself.

Sample Label for  
Macaroni and Cheese

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Carbohydrates are a good start to being more knowledgeable about being nutritionally prepared for athletics. As you become more skilled and knowledgeable with sports you will also with your nutrition. Stay dedicated and stay focused!

Quick Guide to % DV

5% or less is low  
20% or more is high