



**LIFE OF AN
ATHLETE**
CHIPPEWA VALLEY SCHOOLS





LIFE OF AN ATHLETE

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- Adapted, with permission, from the *Life of an Athlete New Hampshire*/John Underwood
- Life of an Athlete Chippewa Valley Schools is a Partnership between Chippewa Valleys' Athletic Departments and the Coalition for Youth & Families
- Life of an Athlete Chippewa Valley Schools is intended to promote athletic excellence and to foster leaders among our athletes.



Chippewa Valley
Coalition for
Youth and Families

John Underwood

Life of an Athlete



Lifestyle Choices

Why are lifestyle choices important?

Without making healthy decisions athletic performance can suffer. It can be the difference between:

WINNING & LOSING

**CHAMPIONS &
COMPETITORS**



Impact on Your Athletic Performance

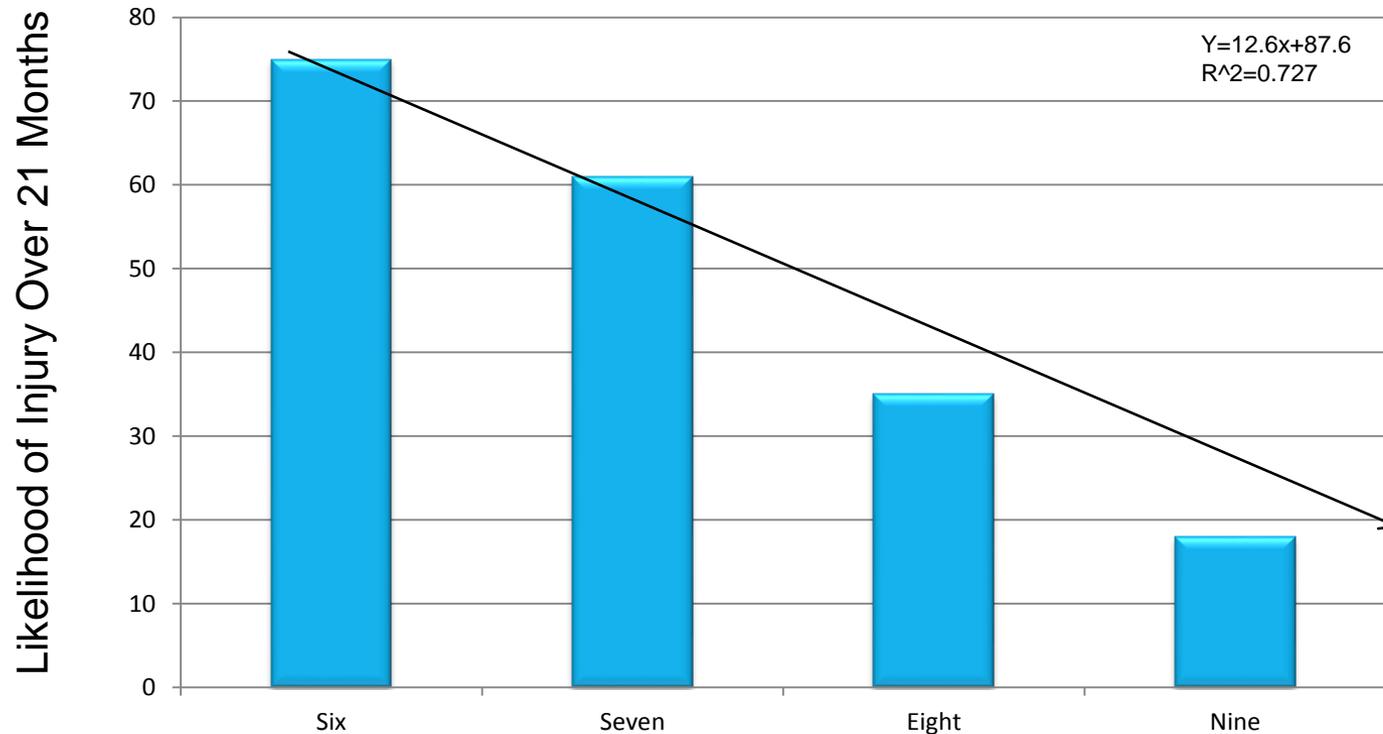
Sleep

- 1. “3 Pillars” of Good Health- Diet, Exercise, Sleep**
- 2. 8-10 Hours of sleep per night**
 - a. 6-7 REM Cycles per night**
 - b. Body replace cells all the time, but not brain cells**
 - c. In order to repair brains cells you must shut system down(spinal fluid flush out toxins, cells distance is greater during sleep)**
- 3. If you don't receive this amount of sleep:**
 - a. Split second decision making decreases**
 - b. Reduce Blood Flow**



Impact on Your Athletic Performance

Likelihood of Injury Based on Hours of Sleep per Night



Overstimulation

Energy Drinks

- Our Central Nervous System (CNS) can only be at maximal intensity level for only 2-3 hours
- Overstimulation causes the CNS to break down and eventually results in chronic fatigue
- Limit ability to maintain a high level of mental & physical performance rather than increase it.
- Red Bull, Monster, Rockstar, Mountain Dew Amp, NOS, Tilt



Impact on Your Athletic Performance

How to fuel your body:

1. Keep your blood sugar **UP**
2. Your body runs on **GLUCOSE**
 - Whole Grain Pasta
 - Fruits
 - Vegetables
3. Your body **DOES NOT** run on **SWEETS**
 - Cake
 - Candy
 - Cookies



 **Power Back Diet**
Diet Nutrition Summary for Athletes

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Impact on Your Athletic Performance

Phase 1: Before Competition or Training:

- **EAT:**
 - Carbohydrate-rich meal or snack 2-4 hours before exercise
 - ½ Turkey Sandwich, Small Salad
 - String Cheese, Crackers and an Apple
 - Cereal, Banana and Peanut Butter

- **DRINK:**
 - Include small amount of fast digesting protein (4-6oz.)



Impact on Your Athletic Performance

Phase 2: During Competition or Training:

- **DRINK:**
-Hydrate with 10+ oz. of sports drink & water mix
- **EAT:**
-Maintain blood sugar levels



Reading Labels

Nutrition labels can be deceiving

1. Pay attention to the serving size
2. Limit the amount of total fat, sugar, and sodium.
3. Get enough of the suggested nutrients such as protein, fiber and vitamins.
4. Ingredients have hidden names for sugar most end in “cose”.

Example:

- Sucralose
- Glucose
- Sucrose
- Cane fructose

Nutrition Facts

1	Serving Size 2/3 cup (55g) Servings Per Container About 8
2	Amount Per Serving Calories 230 Calories from Fat 72
	% Daily Value*
3	Total Fat 8g 12% Saturated Fat 1g 5% Trans Fat 0g
	Cholesterol 0mg 0% Sodium 160mg 7%
4	Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g
	Protein 3g
	Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%
5	* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

Student Leadership



Soda and sugary beverages have no nutritional value and are loaded with sugar.

These beverages are known to have many negative effects on the body, including heart diseases, diabetes, and weight gain.

Soda weakens enamel, which over time leads to bacterial plaque that causes cavities.

Even diet soda contains artificial sweeteners which can increase your cravings for sweets and junk foods.



SUGAR

Natural Sugar

Fructose natural sugar found in:

- fruits and honey

Glucose natural “simple” sugar in starches, such as:

- potatoes and pasta

High Fructose Corn Syrup

- HFCS is made from corn starch that is processed to glucose that turns into fructose
- Links have been made with HFCS to obesity and heart disease

“Artificial Sweeteners”

- Artificial sweeteners are synthetic sugar substitutes
- Some sugar substitutes are natural and some are synthetic. Those that are not natural are called *artificial sweeteners*.



Impact on Your Athletic Performance

Phase 3: Right after Competition or Training:

Single most critical factor in training effect taking place or not...

Step 1 (Directly after):

-Drink 4-6 oz of Gatorade/Powerade & Water mix

Step 2 (10-30 minutes after):

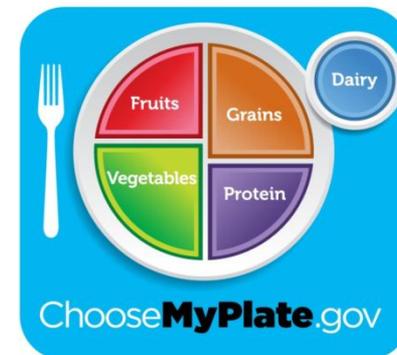
-Drink 12-16 oz of Whey Protein or 20-30 oz of Low-Fat Chocolate Milk
-Eat 75g Carbohydrates(2 Handfuls of raisins or 2-3 fig bars)

Step 3 (1 hour):

-Eat full meal containing approximately: ½ fruits or vegetables ¼ protein ¼ carb

RECOVERY TIME

Hour 1	70%
Hours 2-8	20%
Hours 9-24	10%



Impact on Your Athletic Performance

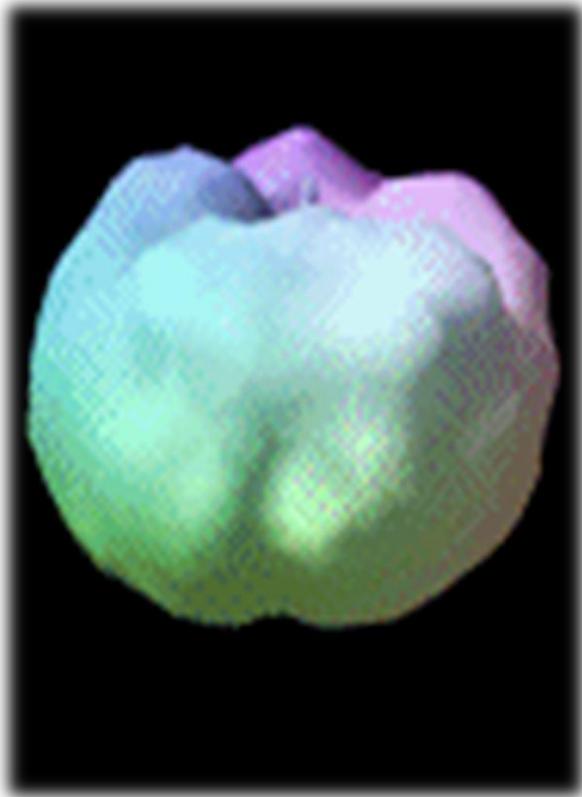
Alcohol, Marijuana, Tobacco, and Other Drugs

- **Interfere with your physical and mental ability.**
 - **Strength/Speed is reduced**
 - **Training-Recovery-Adaptation effect is impeded**
 - **Lung Capacity is diminished**
 - **Reaction time is slowed**
 - **Neuromuscular connection is impacted**
 - **Performance time is decreased**
 - **Thought processes are reduced**

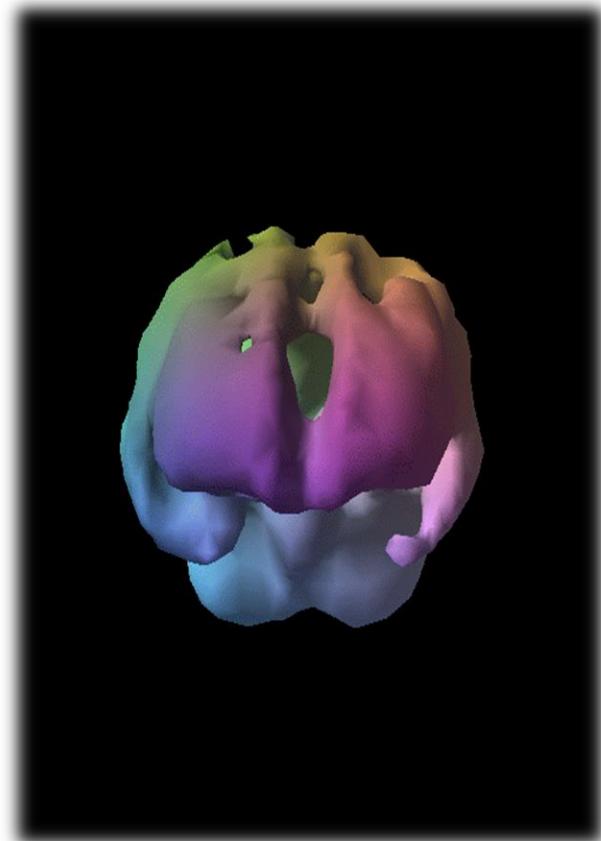


Brain Activity of a Teen Alcohol User

Healthy Teenager

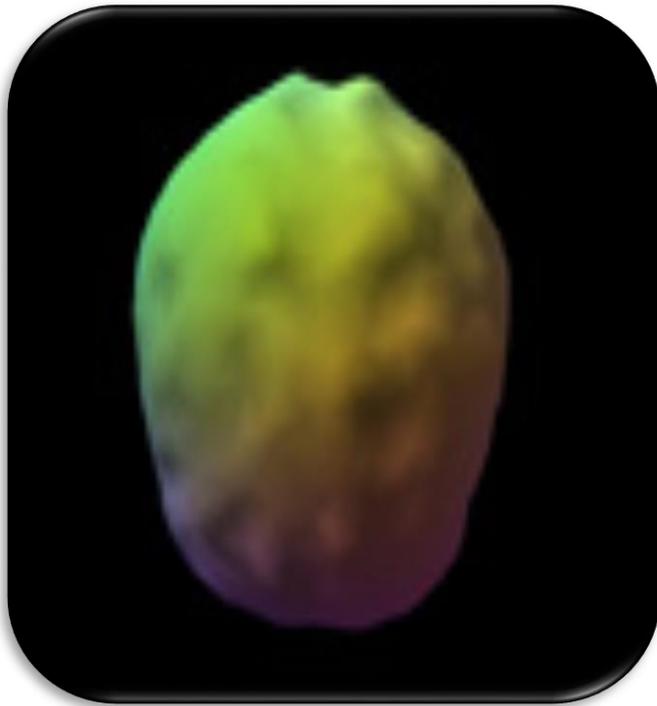


Alcohol User



Brain Activity with Weekend Drug Use

Healthy Teenager

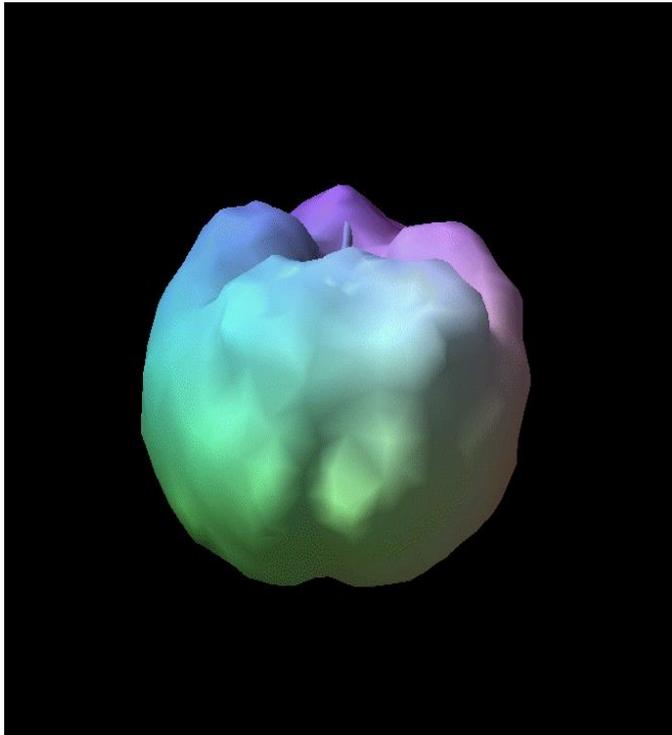


Weekend User

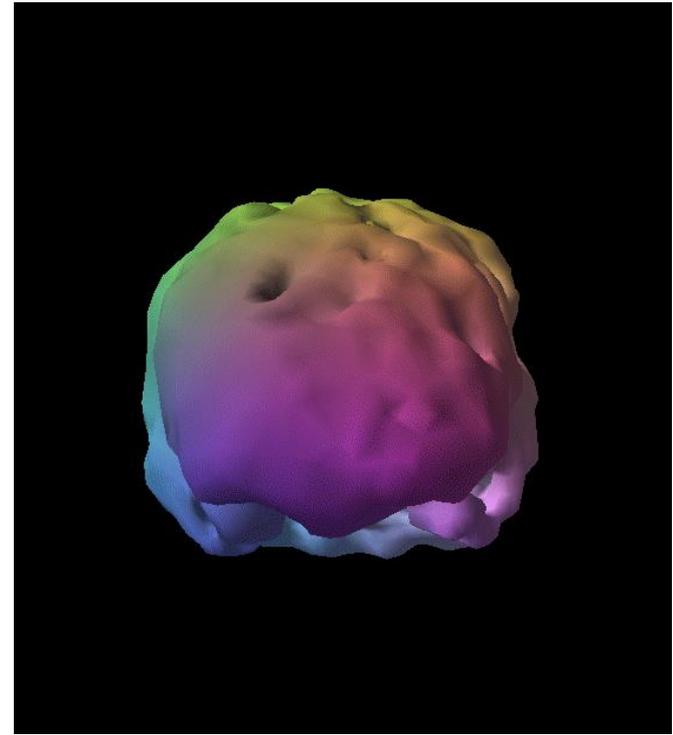


Brain Activity of a Teen Marijuana User

Healthy Teenager

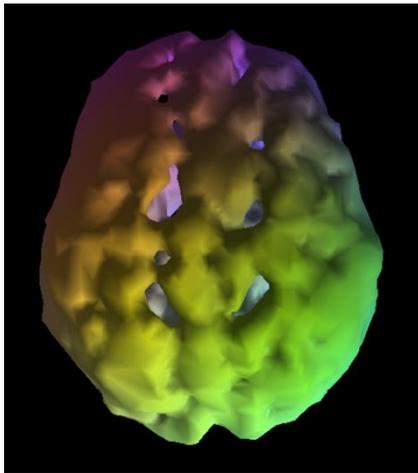


Marijuana User

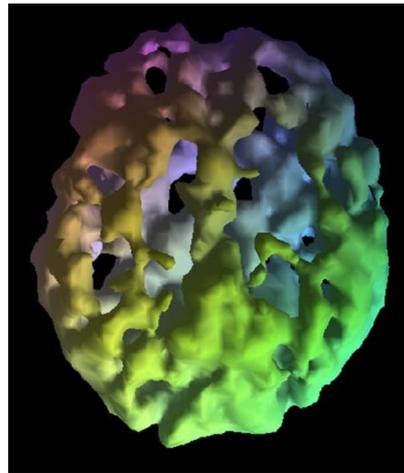


Brain Activity – The Results of Using Other Drugs

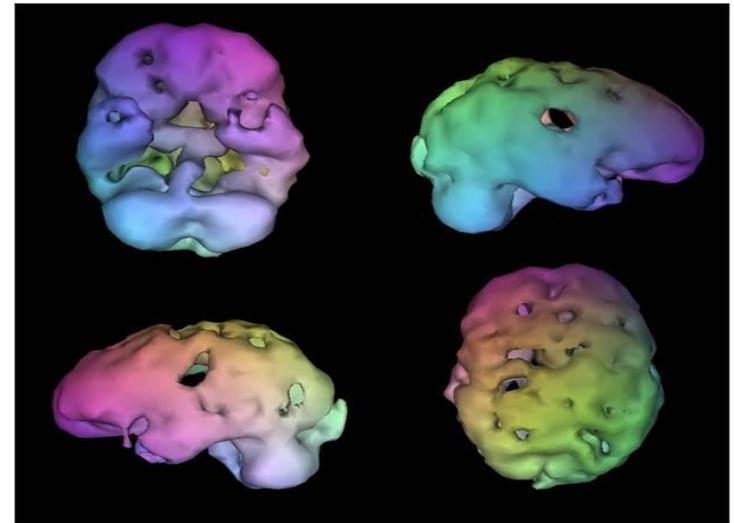
Cocaine User



Heroin User



Meth User



Impact on Athletic Performance

Alcohol - Lost Performance & Injury Rate

- High School Athletes lose between **15% to 30%** from their overall performance when they drink alcohol.
- **ONE NIGHT** of binge drinking **ELMINATES** the impact of **TWO WEEKS** of training.
- Athletes who drink regularly are **TWO TIMES** as likely to be injured as non-drinkers
 - **54% Injury Rate for drinkers.**
 - **24% Injury Rate for non-drinks.**



Impact on Your Athletic Performance

Marijuana

- Contains **4x** the amount of tar found in Tobacco smoke
- Contains **50-70%** More Carcinogens



Response time to visual stimulus

Condition	Msec/response
Well Rested	.186
Without Sleep	.246
Marijuana User	.300-.450



Impact on Your Athletic Performance

Use of Prescription Pain Killers (Opioids)

- Vicodin, Percocet, Oxycontin, etc.
- **ONLY to be used as instructed by a professional**
 - As injury becomes better, the addiction becomes worse
 - Properly secure and dispose of all medication
- **Signs of an addiction:**
 - Physical and Emotional Changes:
 - Clammy skin, tiny pupils, skin rashes, nausea and vomiting, difficulty breathing,, sleepiness, confusion, low energy levels, seizures, low blood pressure, coma
 - Depression, aggravation, violence, change of personality
- Prescription Drug Abuse can easily lead to heroin use/addiction.



The Role of Parents

SUPPORT YOUR ATHLETE!

Parenting Do's:

- Cheer everybody on the team, not just your child
- Model appropriate behavior
- Know what is suitable to discuss with the coach
- Encourage your child to talk to the coach first
- Be a good listener and great encourager
- TALK WITH YOUR ATHLETE ABOUT THE DANGERS OF ALCOHOL, MARIJUANA, AND OTHER DRUGS AND OF PRESCRIPTION DRUG ABUSE.

Parenting Don'ts:

- Overemphasizes sports at the expense of sportsmanship
- Have different goals than your child
- Treat your child differently after a loss
- Undermine the coach
- Live your dream through your child





Chippewa Valley Schools

ATHLETIC CODE OF CONDUCT

We Support Good Sportsmanship and Educational Athletics

**Our Athletic Community is EXPECTED
to be RESPECTFUL and RESPONSIBLE!**

- Cheer positively for your own team – follow the lead of cheerleaders
- No taunting, No disruptive behavior, No distractive cheers
- Accept officials' decisions

Join our SPORTSMANSHIP TEAM:

Teach Good Sportsmanship
Encourage Good Sportsmanship
Advocate Good Sportsmanship
Model Good Sportsmanship



Chippewa Valley Schools

ATHLETIC CODE OF CONDUCT

ADDICTIVE AND ILLEGAL SUBSTANCES AND OTHER MISCONDUCT

Addictive substances – the use, possession, distribution or sale of addictive and illegal substances by student athletes is prohibited.

Other Misconduct: Any conduct that dishonors the athlete, the team and the school will not be tolerated. For any acts of unacceptable conduct such as , but not limited to, theft, extortion, vandalism, assault, sexual misconduct, gross disrespect, hazing, or inappropriate use of the internet, electronic devices or communication systems.



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ATHLETIC CODE OF CONDUCT

Consequences of Use of Addictive and Illegal Substances:

- **First Offense** – 25% of competitions, plus taking the online Life of an Athlete course. Certification on completion is required.
- **Second Offense** – 50% of competitions, plus professional consultation selected by the school district and paid for by the athlete. Verification from the professional agency is required following completion of the consultation.
- **Third Offense** – Suspension from all competitions for the remainder of middle school or high school career.

*An athlete's first tobacco violation – 10% of competitions. For any further tobacco violation, the above consequences will apply.

Important Information

VISIT

Chippewa Valley Schools Life of an Athlete Website

Leadership Guide

Powerback Diet

The Coaches' Playbook

Sleep and Recovery

Code of Conduct

And More!

Questions? Contact Your Coach or Athletic Director