



SEASON 2



ATHLETE
HANDBOOK



CONTACT INFO & CLOSURES

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CEA Calvert

Upcoming Gym Closures

Spring Break	3/22-4/1
Mother's Day	5/12
Memorial Day	5/25-5/27
Father's Day	6/16
Juneteenth	6/19
Summer Break	7/1-7/14



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CORE VALUES

Here at Cheer Extreme Calvert, all decisions we make are guided by our six core values. These values have real-life daily applications for staff, parents, and athletes within our program.

- **All Things Matter** - We will treat all things we do with equal importance. Whether we're conditioning, stretching, working on drills or learning new skills, everything we do helps us achieve our goals and needs to be of equal importance. Every position on our team matters equally as much as another.
- **Character is Key** - Who we are and who we are becoming is important. Fifty years from now, we likely won't have the same physical skills we have today. What will go with us throughout our lives are the character skills learned in our sport. At the end of the day, the character traits we learn through sports are far more important than the physical skills.
- **Have Fun & Be a Little Weird** - Cheerleading is not the stereotype you see on tv. Instead, it's a sport loved by girls and boys of all backgrounds. We will love and appreciate one another's uniqueness and bring fun into every element of our practices and competitions.
- **Constant Improvement** - Usually we aren't going to get new skills the first time, and that's OK. What matters most is that we're focused on small, daily improvements that get us closer toward our goals. When we don't see the end result right away, we'll continue working on our daily goals knowing the hard work will pay off.
- **We Before Me** - We are one big team - from the individual athletes to the coaching staff and the parents. We may need to step back and look at the bigger picture at times and what is best for the collective whole rather than the individual.
- **No Excuses** - We will always work hard to achieve our goals and hold ourselves and one another accountable. We will strive for self-discipline and lean on one another and our coaches to make ourselves better.



SEASON 2



POLICIES & PROCEDURES





ATTENDANCE

1. I understand that practice attendance is mandatory. All efforts will be made to attend team practices. Please notify your coach if you will be absent from practice for any reason.
2. I understand that stunt/pyramid and choreography camps are mandatory. Missing a camp may result in an athlete having to be an alternate.
3. If an injury has incurred, athletes still need to attend team practices (see page 17 for further information on this).
4. I understand that time management is expected. School is the #1 priority for athletes, and they are expected to keep up with schoolwork without it conflicting with practice times.
5. I understand that coaches have the right to remove a member from performing at a competition if they miss a team practice leading up to a competition or if an athlete misses an excessive amount of practices prior to a competition. If this were to happen, the athlete will be put back into the routine at the most convenient time deemed by the coaching staff. Understandably, the athlete may not return to their previous roles/spots/formations. When adding athletes back in a routine, we will do so in such a way that it makes the least impact on other athletes as possible while maintaining the success of the team.
6. Attendance at competitions is crucial to our team's success. Please put all competitions on your calendar as soon as the schedule is released. Please contact coaches immediately in the event of a conflict or competition-day illness. Missing a practice before competition for any reason means the athlete will be benched.

PLEASE DO NOT ATTEND PRACTICE IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:



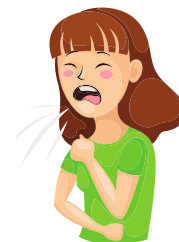
FEVER



VOMITING OR
DIARRHEA



UNDIAGNOSED
RASH



*DIAGNOSED
STREP, FLU OR
COVID-19

**IF YOU HAVE RECEIVED A DOCTOR'S RELEASE TO RETURN TO SCHOOL, YOU MAY RETURN TO PRACTICE.*

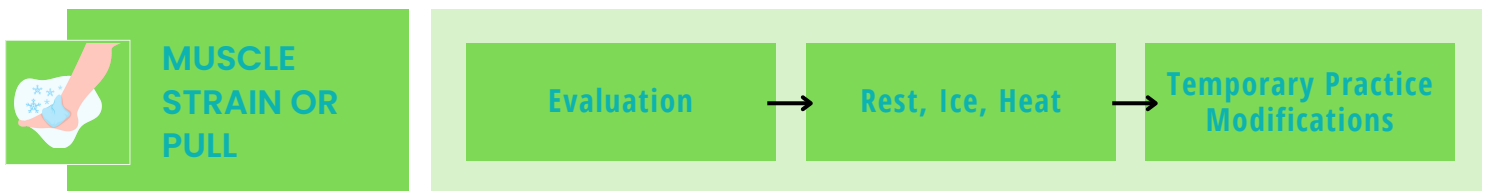


INJURY

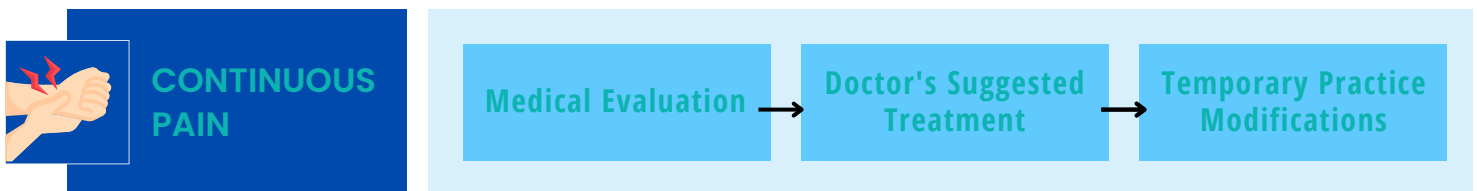
Injury is an unfortunate part of all sports. Though we do many things to avoid and prevent injuries, they do happen from time to time. Preventing injuries should be a top priority for all athletes. This includes taking precautions such as:

- Stretching and proper warm up before practices, classes and open gym
- Building strength through homework and drills at home
- Perfecting skills before progressing onto more difficult skills
- Trusting the coaches that a slower progression may be necessary to prevent injury

When an injury occurs either in or out of the gym, it can be disappointing to the athlete and the team. Here's what our injury procedures at CEA Calvert look like.



A **Muscle Strain or Pull** is common in our sport. While we work hard to prevent this, it can happen when an athlete is still learning form and working on proper muscle memory. These strains can last up to a week. During this time, we ask parents to use their best judgement to determine if this is a simple strain or pull. If that is determined to be the case, we recommend resting the strained muscle and alternating ice and heat for 10 minutes each. During this time, we can temporarily modify portions of the routine such as tumbling or jumps. Athletes may still have to stunt and compete skills as long as it is deemed safe.



Continuous Pain is also uncomfortable. Unlike with adult athletes, children are still growing, which means they are more likely to experience tendonitis and aches in their joints. In this situation, we request that athletes are medically evaluated. KT tape or a brace may be recommended by the physician as well as physical therapy. We will work with the parent in these instances to minimize any pain throughout the routine. This can mean moving athletes in and out of certain spots of the routine. Typically the athlete's new position in the routine becomes their permanent position so as to avoid continuous rechoreography throughout the season.



INJURY



**SHORT-TERM
INJURY**
< 8 WEEKS RECOVERY

Medical Evaluation

Doctor's Suggested
Treatment

Temporary
Rechoreography

Short-term injuries include things like sprains and head injuries. Athletes must get a medical evaluation to return to practice. The physician will provide the appropriate course of action. Because our competitions are often just a few weeks apart, the athlete is usually pulled from the routine temporarily. A substitute is added or the routine is readjusted with the remaining team members. Due to the nature of this injury, there is often a week or two of uncertainty. We try to wait as long as possible to make this decision without negatively impacting the team. However, please understand there are times it's in the team's best interest to plan for a replacement athlete to get through the next competition. The injured athlete is expected to attend all practices to watch and continue to learn choreography. (Exceptions are made for concussion protocol as athletes will need extra time away from the noise and lights.) While watching practices, the athlete is expected to pay attention and memorize changes to the routine. Basic conditioning or stretching may be provided to the athlete if it's possible to do so without impacting the site of the injury (for example, an athlete with a shoulder injury may still do calf raises to maintain fitness levels while healing the shoulder). Athletes who are released within two weeks of a competition may not be able to compete depending on the nature of the routine and increased levels of difficulty. Please be patient as coaches make the best possible decisions for the team during situations like this. Refunds cannot be given for missed competitions or practices as a substitute is often placed to hold the original athlete's spot.



**LONG-TERM
INJURY**
> 8 WEEKS RECOVERY

Medical Evaluation

Permanent
Rechoreography

Long-term injuries, while rare, do happen both in and out of practices. These include broken bones and often take more than eight weeks to heal usually followed by physical therapy. If this occurs after December, it likely will signal the end of the season for the injured athlete. At this time, we do our best to recover any paid competition fees. Tuition is no longer charged. The athlete is welcome to cheer on their teammates at competitions, but if a refund is provided for fees, they will have to pay to enter as a spectator. Refunds cannot be provided for uniforms. Coaches will determine the team's best course of action and if a crossover option is reasonable for the remainder of the season.



SEASON 2



COMPETITIONS & PRACTICES



COMPETITIONS

WHAT YOU'LL NEED FOR COMPETITIONS

UNIFORM TOP

UNIFORM SKIRT/SHORTS

CROSSOVER PIECE

BLACK SPORTS BRA

WHITE ANKLE SOCKS

CHEER SHOES

CHEER BOW(S)

PRACTICE SET (TRAVEL TEAMS)

RED LIP STAIN

SMOKEY EYE SHADOW KIT

CURLING IRON OR STRAIGHTENER

BLACK HAIR TIES

HAIRSPRAY

WATER BOTTLE

HEALTHY SNACKS

DEODERANT

SPIRIT CLOTHES PINS

WARM UPS

CHEER MOM TIP



I have a bag that is dedicated to competitions only. I keep all my cheer make up, uniforms, bows and supplies in it. I also have a checklist with all the items that belong in there so I can check the day after a competition and make sure everything made it back in the bag.

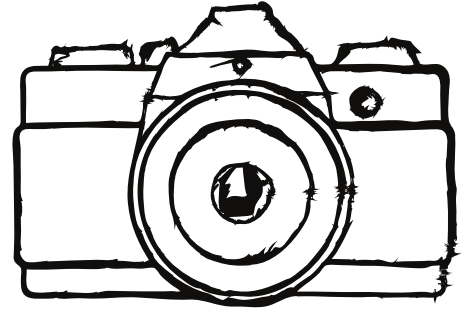
WASHING UNIFORMS

Unless your child sweats a lot, uniforms don't need to be washed every time. We wash 2-3 times the whole year. Please hand-wash uniforms with mild detergent and lay to dry.

SEASON 2 SCAVENGER HUNT FUN

HOW IT WORKS:

Once task has been completed and photo/video has been shared on socials, cross it off! If you complete all tasks by the end of the season gift from coaches.



VIDEO OF YOURSELF CHEERING ON YOUR TEAM	PHOTO ON THE DRIVE TO COMP	PICTURE WITH A COMPETITION EVENT STAFF MEMBER	VIDEO OF YOURSELF & TEAMMATES CHANTING "WE ARE CEA CALVERT"	SELFIE WITH AN ATHLETE FROM ANOTHER GYM	PICTURE WITH CEA GEAR OUT BY A POOL	A VIDEO OF YOUR TEAM DOING THE CHURCH CLAP
VIDEO OF YOURSELF SAYING GOOD LUCK TO OTHER TEAMS	PHOTO WITH ANGIE OR DANIELLE	PHOTO OF YOUR ENTIRE TEAM AT COMP	A STUNT WITH ATHLETES FROM ANOTHER GYM	PHOTO OF YOU PINNING SOMEONE'S BACKPACK	PICTURE OF YOUR PARENTS/ FAMILY WAITING FOR YOUR PERFORMANCE	PHOTO HITTING YOUR FAVORITE FLYER POSE (HEEL STRETCH, SCALE, ETC.)
PICTURE WITH YOUR BIG/LITTLE	YOUR STUNT GROUP WITH A BASE AS THE FLYER	SELFIE IN FRONT OF COMPETITION STAGE		A PHOTO WITH YOUR #1 FAN	MAKE A TIK TOK OR REEL WITH KIDS FROM ANOTHER GYM	PHOTO WITH THE CRAZIEST SPIRIT PARENT OR DECKED OUT SUPER FAN IN THE AUDIENCE
SELFIE WITH YOUR TEAM REP	PHOTO OF YOUR STUNT GROUP	PHOTO BEFORE & AFTER GETTING COMP READY	A PHOTO OF YOUR TEAM ON THE COMP FLOOR	YOU PERFORMING A RANDOM ACT OF KINDNESS	PHOTO AT YOUR HOTEL WITH AN ATHLETE FROM ANOTHER GYM	PHOTO AT YOUR FAVORITE VENDOR TABLE
SELFIE WITH YOUR COACH(ES)	PHOTO WITH AN ATHLETE FROM ANOTHER GYM	PHOTO WITH SOMEONE WHO INSPIRES YOU AND WHY	VIDEO OF A GROUP OF 3 PEOPLE DOING A TOE TOUCH	VIDEO OF YOU PERFORMING	PHOTO OF YOU DOING SOMETHING FUN!	PHOTO WITH A GROUP OF 5 CHEERLEADERS, ALL FROM DIFFERENT GYMS, ALL MAKING THE SAME FACE/POSE.

MAKE SURE YOU USE THE HASHTAGS #CEACHEERBINGO & #CEACALVERTNATION AND TAG YOUR GYM ON FACEBOOK & INSTAGRAM: @CEAMD_CALVERT



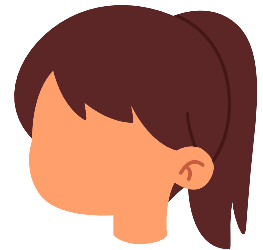
PRACTICES

Please arrive at all practices on time. If you're going to be late, please text the team reps so coaches can plan appropriately. Athletes who are not present at arrival time will receive a call from the front desk/team reps to confirm attendance.



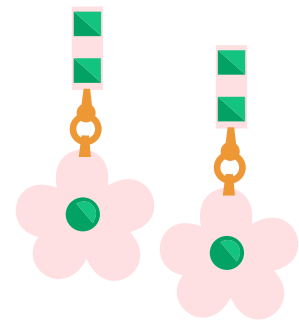
We understand there are times you may have to miss practices for a graded school event such as a band concert or music program. Please notify coaches via email at least 2 weeks in advance. This allows us to readjust our lesson plans to work stunts and full-team skills (such as pyramid) more heavily the weeks prior when we have full team attendance. We do ask that if the conflict only affects a portion of practice that you have your child attend the remainder when possible.

Hair should be securely fastened in a high ponytail or braids with no tendrils in the face. Often, we're working on choreography and athletes are pushing hair out of their faces causing bad habits and missed choreography. We want to practice as closely as possible to what we'll be competing.



For safety, long nails are not permitted. Athletes should not have sharp nails or a length of more than 1/8".

Jewelry of any kind is not allowed at competitions or practices. If you would like to get your child's ears pierced, please do so over the summer so they are healed in time for competitions. They must be taped at practices. To align with competition standards, earrings may not be worn to practices Aug-May. Necklaces, rings, bracelets, watches or ankle bracelets are not allowed during practice.



Jackets with zippers, buttons or metal embellishments are not allowed during practice. Leggings are also not allowed as it's important we can see the athlete's knees to ensure they're straight when they're supposed to be straight and bent when they're supposed to be bent.



SEASON 2



FLEXIBILITY



STRETCHING & CONDITIONING

You will see at our practices that we warm up every practice with cheer jacks followed by dynamic stretching. Cheer jacks help reinforce some of the fundamental cheer motions while also warming up the athlete's body, practicing a jump to clean-motion and building synchronization skills.

Dynamic: Dynamic stretches mimic movements used in the sport or activity. Dynamic warm-ups prepare the body for activity by helping to increase blood flow and muscle temperature. Dynamic warm ups include: Kicks, step lunges, squat jumps, bottom kickers, etc.

Warm Up Routine: Our warm up routines also include drills that will help your child with his/her jumps. You'll see our "bunny hops" teach an athlete to tumble on their toes while also mimicking the landings for cheer jumps. Our kicks stretch the hamstrings and glutes while also mimicking a toe touch on either side. Our plank exercises put pressure on the wrists and ankles while warming them up in a circular motion all while strengthening the core. Our warm ups are specifically designed to do multiple movements and cheer drills at the same time.

Static Stretching: Static stretching is an important part of gaining flexibility. The body must be warm prior to static stretching. In this type of stretching, the muscles cool down while lengthening. Examples include: Splits, straddle, pike, butterfly, etc.

Conditioning: There are times an athlete is incredibly flexible, but isn't strong enough to complete a skill. Tumbling and cheerleading use almost every muscle of the body, including some that wouldn't otherwise be used very often. While much of cheer itself is conditioning, it's necessary to do conditioning throughout our practices as well. You'll see we don't have a heavy focus on it because we only practice 1-2 days per week. Our goal is to teach athletes proper form and challenge them to continue building strength in their daily workout routines at home. Think about it this way. If you work out hard one day a week, you'll just be sore 2-3 days every week and never truly build strength, so our focus is to teach them proper technique and encourage them to continue their strength and flexibility routines at home throughout the week.



SAFE STRETCHING

Stretching is an extremely important aspect of fitness for many reasons. Utilize dynamic stretching with each muscle stretching just 5-10 seconds in consistent movement prior to any workout. Static stretching should be done at the end of the workout once the muscles have been warm for awhile. Static stretches should be held for about 45 seconds per muscle. You are more likely to see results with dynamic and static stretching rather than just passive stretching (sitting in splits).



Rules for Safe Stretching

- Avoid if muscle group is not 100% healthy
- Warm up prior to stretching with light physical activity
- Stretch before and after exercise
- Before exercise helps prevent injury and improve performance
- After exercise aids in repair and recovery from activity. It helps rid body of waste products from muscles. Prevent blood pooling and promotes the delivery of oxygen and nutrients to muscles

Stretching Tips

- Stretch all major muscles and their opposing groups
- Stretch gently and slowly
- Stretch only to the point of tension
- Breathe slowly and deeply during all stretches
- Maintain posture in stretching
- Hold static stretches for 30-45 seconds each



Areas to Stretch

- Neck and Shoulders
- Arms and Chest
- Back and Sides
- Hips and Buttocks
- Quadriceps
- Hamstrings
- Adductors & Abductors
- Calves and Achilles
- Shins, Ankles, Feet and Toes



SEASON 2



SKILLS

TUMBLING, STUNTING, JUMPS, DANCE



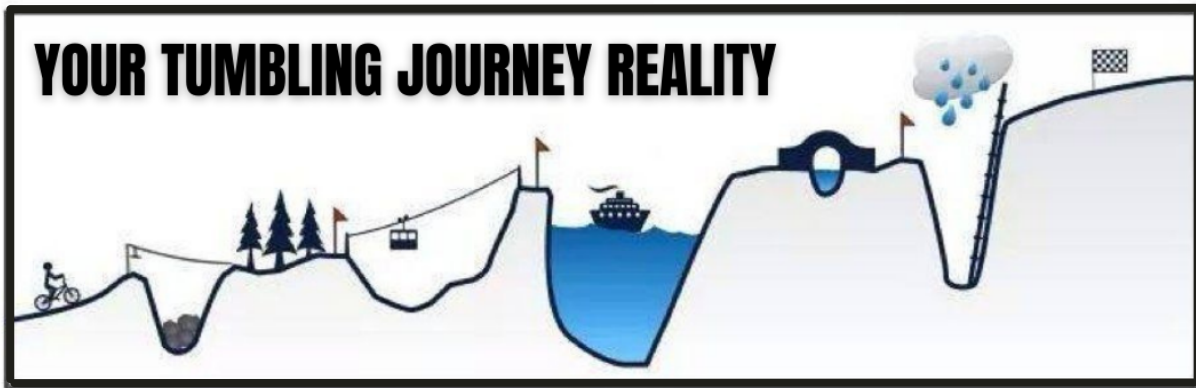
TUMBLING

Tumbling is a journey. We often expect it to be a consistent progression in a single, upward direction. However, children's bodies are still growing and adapting, which adds the extra challenges of inconsistent strength, flexibility and changes. to the center of balance.

YOUR TUMBLING JOURNEY PLAN



YOUR TUMBLING JOURNEY REALITY



**Tumbling Classes based on levels
are held weekly on Wednesdays.
These classes are mandatory and
vital to your continued growth as
an athlete.**



TUMBLING

BEGINNER (LEVEL 1)

Forward Roll
Backward Roll
Back Pike Roll
Dive Rolls Over the Mailbox
Bridge
Handstand
Handstand Roll
Cartwheel
Bad-Side Cartwheel
1-Handed Cartwheel
Roundoff (with rebound)
Standing Backbend

INT/ADV (LEVEL 1)

Backbend Kickover
Back Walkover
Bad-Side Back Walk Over
Handstand Bridge
Handstand Bridge Land on 1 Foot
Front Limber
Front Walkover
Bad-Side Front Walkover
Back Extension Roll
Handstand Pirouette
Power Hurdle
Running Tumbling
Tick Tock

SPRING SKILLS (BASIC LEVEL 2)

Standing BHS
BHS Stepout
BWO BHS
BHS Stepout BWO
Back Extension Roll BHS

Front Handspring
Flyspring
ROBHS
ROBHS Stepout
ROBHS Multiples
FWO ROBHS



TUMBLING

LEVEL 3

Multiple Standing BHS

Side Aerial

RO Tuck

ROBHS Tuck

FWO ROBHS Tuck

RO Multiple BHS Tuck

2 BHS BWO 2 BHS

BHS Stepout BHS

Punch Front

Jump BHS

BHS Jump BHS

LEVEL 4

Standing Tuck

1 & 2 Standing BHS Tuck

Front Aerial

Punch Front Stepout ROBHS Tuck

Onodi

FWO ROBHS Layout

ROBHS Layout Stepout

ROBHS Pike

ROBHS Whip Tuck

Jump BHS Tuck

BWO Tuck

Cartwheel Tuck

Back Extension Roll Tuck

LEVEL 5

Toe Touch Tuck

1 & 2 BHS Layout

BHS Tuck, BHS Tuck

BHS Whip Layout

Jump BHS Series Layout

FWO ROBHS Full

PF Stepout ROBHS Full

RO Arabian Full

RO Whip BHS Full

Front Full

RO Whip BHS Full



JUMPS

Toe Touch - Hurdler - Pike

Required Jumps

Prep and elite athletes have to do two connected jumps and one additional jump. Novice teams must perform jumps, but there are not a required number of jumps.

Only a certain percentage of the team is required to compete jumps. In most cases, coaches would select the top jumpers to meet that number to ensure the highest possible score. Choreography and tumbling requirements can affect who the jumpers are. It's a coaches'/choreographer's dream to have a full team of great jumpers to choose from.

Just because your child may not jump this season doesn't mean you should skip jump training. Our goal is to have full teams of excellent jumpers each year!

Toe Touch - Hurdler - Pike

- Can you put your arms in right positions every time?
- Can you land with ankles together every time?
- Are your legs in the right position?
- What is the height of the jump?
- Do I have control of my head and core when I jump?
- Am I on time every time?

Technique Self-Assessment

- Can you put your arms in right positions every time?
- Can you land with ankles together every time?
- Are your legs in the right position?
- What is the height of the jump?
- Do I have control of my head and core when I jump?
- Am I on time every time?

How to Improve Jumps

At CEA Calvert, we have some great drills that will help athletes focus on the elements of the jump that matter most (landing, approach, arm placement, body control and height.) Athletes tend to focus most on height, when that accounts for just 0.1 on a scoresheet. We tend to focus on the other four drivers as we can gain 0.4 with those alone and continue to work on height over time. Three ways to improve jumps include:

1. Do the drills at home that we're doing in practice at least 2-3 more times per week.
2. Condition! Jumps are 75% strength and 25% flexibility. Use plyometrics and condition the core and legs (squats, calf raises, lunges, planks, etc.)
3. Do the jumps and video yourself. Play it back and note corrections. Many children are visual learners!



STUNTING

Stunting Positions

Every position is equally important in a stunt. Here are the most common positions you'll see at each level.



FLYER

Also sometimes referred to as the "top girl", this person is responsible for completing the tricks in the air. A common phrase you'll hear is "lock out", which means to straighten the knees and stand up tall.

BACKSPOT

The person in the back of the stunt is called a backspot. He/She is responsible for protecting the flyer's head and neck as well as stabilizing the stunt. This person must be good at anticipating errors and correcting. This is also the leader of the stunt group most of the time.

SECONDARY BASE

Also sometimes called the "side base", this person is responsible for stabilizing the ankle and "roll" of the foot in a single-leg skill. She also shares control of the flyer and helps lift in all skills.

MAIN BASE

The main base is typically on this side of the stunt. In two-leg stunts, both bases do similar skills. In single, leg stunts, this is the person who has the most control over the flyer. She is responsible for the heel and toe, which stabilizes the flyer. She must always know counts as she typically is the one to initiate skills and dismounts.

FRONT SPOT

A front spot is responsible for helping the bases control the skills and spotting the safety of the flyer. This person helps ensure proper formations and assists with communication in the stunt group.



DANCE

Dance Scoring

You don't have to be a perfect dancer to have a dance that scores well. The elements most judges are looking for include:

- Partnerwork
- Floorwork
- Footwork
- Level Changes



Every bit of choreography in a routine, including transitions, can be considered dance. Perfecting our formations is also important as most judges are on an elevated platform when judging the routine.

Judges are looking for athletes with high energy who genuinely enjoy their routines. Our dance is also judged by the level of perfection, meaning all athletes are doing exactly the right moves. An athlete who is using the wrong arm or isn't kicking as high as everyone else will create an inconsistency. Throughout the season, coaches have the ability to change dance to ensure it has the visual effect and creativity desired while also ensuring it can be performed cleanly and with perfection by the athletes.

Improving Dance Skills

Many elements of a great dance include basic hip hop skills. Getting a private lesson with your child's coach or one of our hip hop coaches can help improve dance skills and teach the fundamentals of dance. Other ways to improve the skills include:

- Perform your dance in front of a mirror
- Ask to watch another athlete who is doing the same skills to ensure placements are exact
- Always watch back the video after performance to look at formation, personal levels of energy and facial performance as well as athlete synchronization.



SEASON 2



NUTRITION



FOOD GUIDE

**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**



**Choose
whole grain
foods**

EATING HEALTHY GIVES YOU THE ENERGY TO PERFORM!



NUTRITION

The Athlete's Guide to Healthy Eating

Christopher D. Jensen, PhD, MPH, RD, Nutrition and Epidemiology Research

While sports drinks, bars and gels have a proven role in improving athletic performance, their intended use just before, during and after exercise is for hydration, fueling or to help speed up recovery. What you're eating and drinking the rest of the time is just as important, however. Your daily eating pattern is critical because it serves as the foundation from which you train and compete. Your daily diet supplies you with the fuel and nutrients you need to optimize adaptations to your training, recover quickly between workouts, maintain appropriate body weight while you train, and stay in good health so you can train and compete at your best.

The following guidelines will help you eat healthfully every day:

Carbohydrates are a precious fuel source for anyone engaged in a training program. Your daily eating pattern should be mostly made up of foods that are good sources of this important macronutrient. The high-carb food groups are vegetables, fruits, and breads, cereal, rice and pasta group.

A healthy diet includes the following:

- Vegetables Group- 3-5 serving daily. A serving is 1/2 cup cooked vegetables, 1 cup lettuce or spinach, 1/2 baked potato, or 3/4 cup vegetable juice.
- Fruit Group – 2-4 servings daily. A serving is 1 piece of whole fruit like a banana, apple or orange. 1/2 cup of berries, strawberries, or peaches.
- Bread, Cereal, Rice, & Pasta Group – 6-11 servings daily. A serving is 1 slice bread, 1 roll, 1 ounce cold breakfast cereal, 1/2 cup cooked cereal or 1/2 cooked rice or pasta.





NUTRITION

The Athlete's Guide to Healthy Eating (continued)

As your training level increases, so too will your need for calories and carbs. Feel free to get those extra carbs from the three food groups above.

Protein provides the amino acid building blocks you need to repair and build new muscle tissue in response to your training. Food groups particularly rich in protein include nuts, beans, dairy, fish, poultry, meat and eggs.

- Dairy Foods – 2-4 servings per day for those who consume dairy. A serving is 1 cup of milk or yogurt, 1.5 ounces of cheese, 1/2 cup cottage cheese, or 1/2 cup ice cream. Whenever possible, consume low-fat and nonfat dairy items. If you don't or can't consume dairy foods, consider a daily calcium supplement with vitamin D.
- Other Protein Foods – 2-3 servings daily. A serving is 4 tablespoons of peanut butter, 1 cup of cooked beans, peas, or lentils, 3 ounces of tofu, 3 ounces of fish, poultry, or meat, or 2 eggs. If you eat poultry, consume it without the skin. If you eat meat, select leaner cuts or trim the fat before cooking. Baking, grilling, broiling and poaching are preferred over frying.

A few words to the wise about fats, oils, and sauces, as well as snacks and sweets:

- Fats, oils, and sauces can pack a lot of calories, and you need your extra calories to come from carbs. So do not overdo it on butter, margarine, mayonnaise, salad dressing, cream sauces or gravies. Put them on the side and only use as much as you need. Low-fat salad dressing and mayonnaise, ketchup, cocktail sauce, mustard, relish, BBQ sauce, salsa, and vinegar get the green light.
- Sweet snacks and sodas are high in carbs, but don't consume them in place of fresh fruits, vegetables, cereal, grains, and pasta. Jams and fruit preserves get the thumbs up for satisfying a sweet tooth, but minimize your intake of high-fat, sweet desserts like cookies, cakes, pies, and candy bars. Air-popped or microwaved light popcorn is a great high-carb, healthy snack.





NUTRITION

Competition Day Meal Plan Example

Below are examples of what to eat during competition, organized by meet times.

Meet Time	Meals	Snack	Waters
8am-10am	200-400 Calorie Breakfast Yogurt or Fruit (Bananas) by 6-6:30am	Nuts, Oatmeal Bar, Fruit Cup (watch Sugars)	1-2
10am-12pm	200-400 Calorie Breakfast Yogurt or Fruit (Bananas) by 7am	Nuts, Oatmeal Bar, Fruit Cup (watch Sugars)	2
12pm-2pm	High Carb Breakfast - 8-9am or High Carb, Some Protein - Big Brunch around 10am.	Nuts, Oatmeal Bar, Fruit Cup (watch Sugars)	2-3
2pm-8pm	High Carb Breakfast - 9-10am Protein, Lite Carb Lunch (Chicken caesar salad)	Nuts, Oatmeal Bar, Fruit Cup (watch Sugars)	3-4
8pm-10pm	High Carb Breakfast - 9-10am Protein, Lite Carb Lunch Dinner Similar to Lunch at 5pm	Nuts, Oatmeal Bar, Fruit Cup (watch Sugars)	5

***Night before always large meal Carbs and Proteins with 2/3 glasses of water.*

****If its going to be a long weekend make sure you have all 3 meals day before event*



SEASON 2



JOURNAL

PRE-SEASON SELF- EVALUATION



JOURNAL

Date: _____

This season, I'm most excited about:

This season, I'm nervous about:

I know I'll have to work very hard at:

Personal goals:

Team goals:



MID-SEASON SELF-EVALUATION

JOURNAL

Date: _____

The most fun part so far has been:

Something that I thought was hard that I accomplished was:

A teammate I'm proud of is:

Personal goals:

Team goals:



POST-SEASON SELF-EVALUATION

JOURNAL

Date: _____

My favorite memory this year was:

My biggest accomplishment was:

Something I wish I had accomplished is:

Summer goals:

Next season goals:



MY COACH

A GREAT COACH CAN CHANGE A LIFE!

Post a picture with your coach here!



MY BIG/LITTLE

#CEAMDCALVERT

Post a picture with your big/little here!



MY TEAM

YEARBOOK - LET'S REMEMBER. THESEASON!

Put your team photo here!

My team was: _____

My new friends were: _____

My favorite competition was: _____



AFFIRMATIONS

When you're struggling to have a good practice, open to this page and repeat the lines below. Make sure you say them out loud. Science proves that we need to verbally say things and our brains will commit to believing them even when we don't.



I will believe in myself



I will be patient



I will focus on the process



I will stay determined



I will trust my team and my coaches



I will "bring it" every time I compete

