



ATHLETE

COMMITTED

LIVE A LIFE OF EXCELLENCE



STUDENT ATHLETE

TOOLKIT



**PANTHER
COMMITTED**
LIVE A LIFE OF EXCELLENCE

**EVERY TUESDAY AT
LUNCH ROOM: J-218**



Join us in building a foundation for excellence on and off the field with a focus on nutrition, sleep, mental health, sports psychology, chemical health, training and recovery.



Being Panther Committed goes beyond Code Night presentations and following the code of conduct. Athlete Committed is also a lunchtime club on campus where student athletes can come together to connect, learn, and support each other. The club offers education on important topics like nutrition, sleep, mental health, performance anxiety, recovery, the effects of substances on athletic performance, character development, and living a healthy lifestyle on and off the field. Meetings are led by Chico High School student athletes and behavioral health prevention staff who have training in these areas. Students are encouraged to come check it out and see what we're about!

Being *committed* means to hold ourselves and others accountable to:

- Make optimal decisions about health and wellness
- Role model positive behaviors and attitudes
- Be dedicated to the process of establishing a culture of excellence and high living standards

As *students athletes*, we can:

- Challenge ourselves to make healthy decisions to perform our best in academics, extracurricular activities, and athletics
- Strive to understand how our own actions and the actions of our peers shape the culture of our team/community
- Take initiative to lead beyond ordinary expectations by empowering our peers to engage in a positive lifestyle

SPORTS NUTRITION CHECKLIST

Circle all **YES** answers

- DO YOU eat breakfast 7 days a week?
- DO YOU eat 3 balanced meals around the same time each day?
- DO YOU eat a nutritious mid-morning and mid-afternoon snack?
- DO YOU eat at least 3 servings of fruit daily?
- DO YOU eat at least 3 servings of veggies a day?
- DO YOU eat whole grain breads and cereals?
- DO YOU eat a large serving of lean/low-fat protein at each meal?
- DO YOU eat enough to maintain your bodyweight? (unless on a weight loss or weight gain program)
- DO YOU eat a carbohydrate-based snack at least one hour before beginning exercise?
- DO YOU eat a protein-based snack/meal within 30 min of completing exercise?
- DO YOU eat a balanced meal within 2 hours of completing exercise?
- DO YOU drink at least half your body weight in ounces of water each day?
- DO YOU sleep at least 8 hours a night?
- DO YOU go to bed at about the same time each night and get up at about the same time each morning?
- DO YOU avoid alcohol, tobacco, caffeine and drugs?

Score: ____ /15

13-15: Healthy & Performing like a Champion!

9-12: Losing an Edge!

<9: Missing Out Big!



THE ATHLETE'S PLATE

ACTIVITY BASED EATING

The primary theme of the activity-based approach to daily diet is adjusting grain-based carbohydrate intake proportionately with daily activity levels



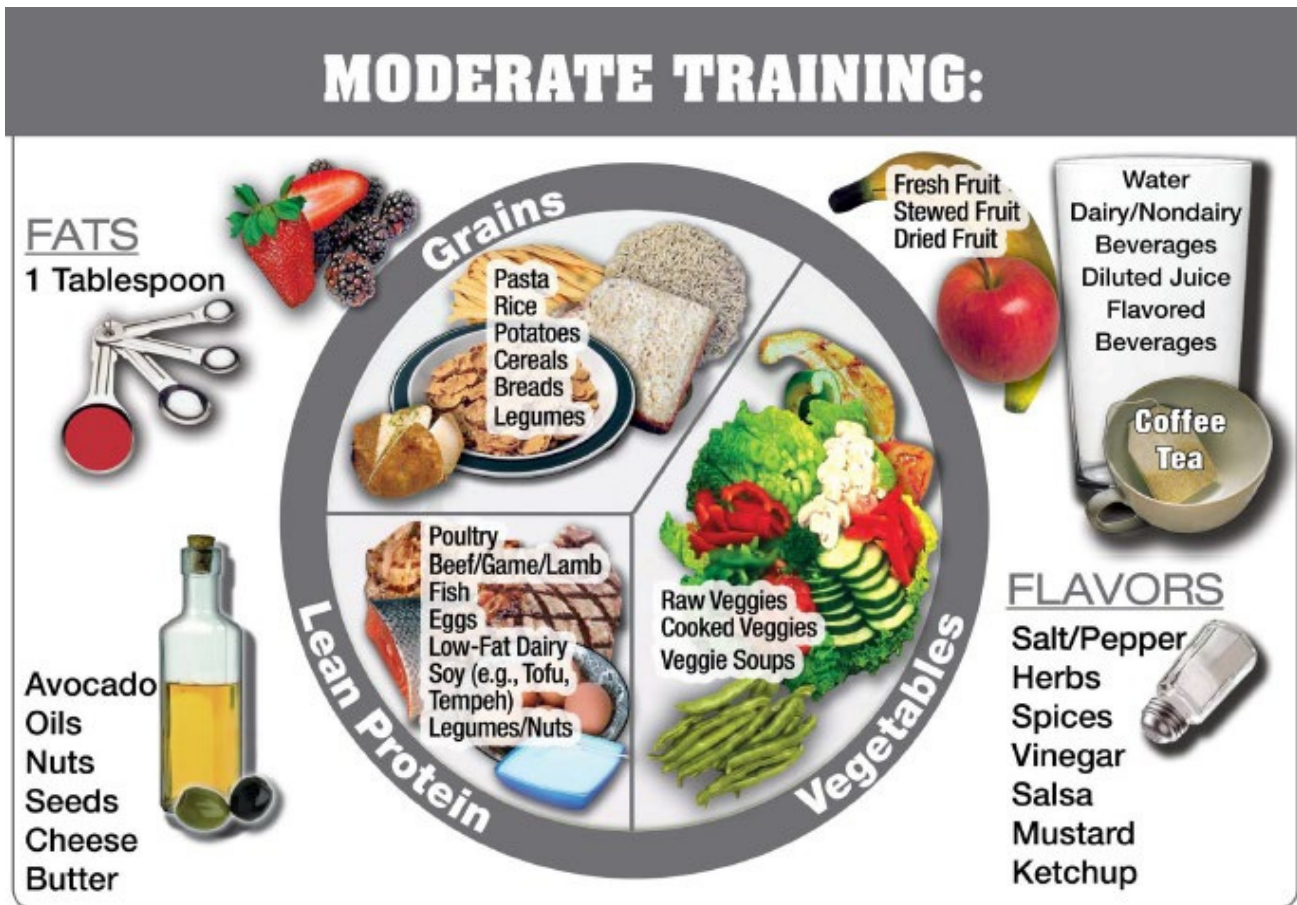
Easy training days, recovery days, and recovering from injuries will require more vegetables, fruits, and lean proteins. Easy training or recovery days require less carbohydrates. You will need to eat fewer total carbs on these days, especially from processed white grains and white/brown/red potatoes.

- Eat more Protein. Think of alternative forms of protein and high protein snacks: Nuts, seeds, beef & turkey jerky, cheese sticks, yogurt, boiled eggs, protein bars and shakes.
- Eat more Veggies. The majority of your dinner plate should be veggies (plus a cut of lean meat).
- Eat more Fruit instead of grain-based carbohydrates (rice, corn, potatoes, breads, cereals, tortillas).
- Avoid Sugar. Easy Training does not require fast digesting carbs/sugar. The easiest approach is to eliminate candy, soda, sports drinks (Gatorade), and fruit juice! A person who gets enough whole fruit in their diet doesn't have a raging sweet tooth.
- Grain-based carbs should be high fiber and less processed versions such as whole grain/whole wheat vs white bread, brown rice vs white, sweet potato vs brown/white.

THE ATHLETE'S PLATE

ACTIVITY BASED EATING

Collegiate Athletes spend most of their days in the “Moderate Training” eating zone



Eating for moderate training is a balanced approach to the food selections in your daily diet.

General daily diet tips apply:

Balance. Eat a balanced diet consisting of equal parts Protein, Carbs, Vegetables. Moderation is another word to describe your proportion size/control.

Eat 3 Meals. Never skip meals. Eat breakfast, lunch, dinner and healthy snacks throughout the day. Eat breakfast to kick start your metabolism within 90 minutes of waking up. Eating meals throughout the day will help stop the tendency to overindulge at dinnertime and provide you with the fuel for performance and recovery.

Don't Buy It. You are an athlete, not a landfill. Limit your intake of candy, saturated fats, deep fried food, alcohol and other calorie filled beverages like soda and energy drinks. These junk food choices will decrease your performance and health, slowing your recovery and increasing inflammation and soreness.

GROCERY GAMEPLAN

PLAN AHEAD

- Classes
- Workouts
- Job / Work
- Travel

MEALS (3 whole meals, 2-3 snacks per day)

- Find time to have snacks between meals
- Choose carb-based snacks on harder training days.
- Protein-based snacks on easier training days.
- Mix of the protein and carbs on your average “moderate” training day.

SHOPPING TIPS

Important Stuff First: Lean Meats, Veggies, Fruits, and Complex Carbs

FIRST STEP: STAY ON OUTSIDE OF STORE

- Fresh Fruits / Vegetables
- Lean Meats, Eggs and Fish - Low Fat Dairy Options
- Whole Grain Bread Options - Nuts & Seeds
- Sandwich Meats

NEXT STEP: FROZEN HEALTHY OPTIONS

- Frozen Vegetables & Fruit
- Frozen Low Fat Meal Options

LAST STEP: INNER ISLES

- Pasta / Rice / Beans
- Peanut Butter / Jelly / Granola Bars / Pretzels / Dried Fruit - Cereal

Sample Moderate Training Day:

8am: Breakfast: 2 Eggs, Toast, Banana & Milk

11am: Snack: Granola Bar, Low-fat Yogurt w/Fruit & Water

12-2pm: Workout: *Pre:* Fruit Juice, *Post:* Protein Shake or Milk

3pm: Lunch: Turkey Sandwich, Pretzels, Apple & Water

5pm: Snack: ½ Peanut Butter & Jelly Sandwich & Water

7pm: Dinner: Chicken, Brown Rice, Broccoli, Water

10pm: Optional Snack: Protein Shake or Milk

SLEEP AND RECOVERY

Injury rates increase by 20-30% for every hour of sleep you miss (under 8 hours)

SLEEP

The most underrated area of performance is sleep! Not getting enough sleep effects the following areas of performance:

- Injury risk: rates increase as inadequate sleep persists. 70% increase after 14 days of 7 hours per night.
- Recovery time
- Reaction time
- Speed
- Fine motor skills
- Endurance

Your body does significant work in the areas of muscle growth and repair while you sleep. If you are not getting enough sleep, you are compromising your recovery and your ability to metabolize nutrients, add muscle mass, recover mentally and emotionally from training, competition, and the stressors of life.

GUIDELINES

- Athletes require a minimum of 8-9 hours of sleep every night.
- Establish a routine by waking and going to bed at the same time each night. Ideally within 30 minutes of the same time every day.
- PUT YOUR PHONE AWAY AT LEAST 30 MIN BEFORE BED: Turn blue light blocker/"night mode" at sundown each day (auto setting in phones).
- Stay away from other screens as well during this period (computer and TV).
- Avoid large, heavy meals, or very spicy foods before bed. They will ramp up your digestive system and may make it difficult to fall asleep.
- Avoid foods and drinks that contain caffeine within 6 hours of bedtime. Avoid alcohol and nicotine.
- Alcohol may initially induce sleep; however, the quality of sleep is poor and fragmented.
- Nicotine is a mild stimulant and will make it more difficult to sleep.

NAPS

Naps may be taken to supplement total sleep quantity or after a night of poor sleep quality. Naps are not a replacement for bad sleep habits at night.

- Keep naps short; 20-45 minutes is ideal
- Nap in the first half of the day, within 8 hours of waking
- Address the issues with your sleep habits at night to avoid reliance on daily naps

S.M.A.R.T. PERSONAL GOAL PLANNING

to keep you accountable and get things done

Specific: the exact behavior you want to change or start

Measurable: how you will track your engagement in the behavior

Attainable/Achievable: it is possible and you can see yourself actually doing it

Relevant: you believe that the behavior will or can lead to desired outcome

Time Specific: when you will start and end behavior

Make sure your SMART goal is a behavior and not an outcome. You have direct control over your behaviors, but not always your outcomes. Behavior is the action you're engaging in and outcome is what you want the behavior to result in.

Example SMART goal: I will eat a balanced snack with protein and carbohydrates within 30 minutes after practice, Monday through Friday, during volleyball season.

Specific: Eat a balanced post-practice snack

Measurable: Within 30 minutes after practice, Monday through Friday

Attainable: I can prepare or pack a snack ahead of time

Relevant: Eating after practice can help will body recover

Time-Specific: Start at the beginning of volleyball season

1. Write a SMART goal for yourself to reduce stress:

2. State how your SMART goal meets the requirements for each component:

SPECIFIC: _____

MEASURABLE: _____

ATTAINABLE: _____

RELEVANT: _____

TIME-SPECIFIC: _____

THE DAILY PRACTICE

1. WHAT I AM GRATEFUL FOR

2. WHAT I WANT/MY GOALS: (WRITE IT AS IF YOU HAVE IT)

3. MAKE A PLAN FOR THE DAY: (WRITE IT DOWN)

4. EVALUATE YOUR DAY

CHEMICAL HEALTH AND PERFORMANCE

Alcohol, Tobacco, and Other Drugs and Athletes

Quick Facts About ATOD and Athletes:

- Athletes who drink are twice as likely (54.8%) to be injured than non-drinkers (24.8%).
- Elite Olympic level athletes lose over 11% from their overall performance when they drink alcohol. For high school and college athletes, it's between 15% and 30% from their overall performance.
- Reaction time can be reduced up to 38% when using ATOD. This translates to how quickly you get off the line or starting blocks, swing a bat, or block a shot.
- The use of ATOD interferes with training, recovery, and adaptation effect. A body trying to rid itself of ATOD cannot heal or recover as quickly because of the reduction of HGH and testosterone.
- Consumption of alcohol reduces blood flow to the brain, which decreases athletic performance by reducing speed, agility, strength, and concentration.

SUBSTANCE REFUSAL SKILLS

Stay Persistent

Be firm in your refusals and convey a sense of confidence when refusing substances.
Repeat your refusal phrase if needed.

Body Language

Look them in the eye, use a firm voice, and appear as confident as possible.
The more confident or firm you are, the less likely someone will try to pressure you.

Explain Your Refusal

Your response may be more openly accepted by others when you communicate your values and reasons for refusing substances, such as having to work early or practice for a big game. Being prepared with your refusal phrase will help you be more confident and ready in the moment.

Leave the Situation

When all else fails, advocating for yourself by leaving the situation sends a powerful message. If people don't understand your values, it's time to exit the situation. Take time to think about who your trusted adult is to reach out to in situations like this.



Follow Athlete Committed
on Instagram



Athlete Committed
Leadership Application



Athlete Committed Program
Butte County Department Behavioral Health
Prevention Unit
(530) 891-2891
www.butteyouthnow.org

