



PERFORMANCE NEWSLETTER

Nutrition Tips

SLEEP!

Sleep provides essential support for the post-exercise recovery process. Lack of sleep reduces the body's ability to produce energy. Sleep is essential for proper tissue repair, and muscle rebuilding. Lack of sleep can diminish the effects of proper nutrition.

Recipe of the Week

Low Calorie Breakfast Shake

1/2 cup low-fat vanilla yogurt

1/4 cup skim milk

2 tablespoon frozen orange juice concentrate

1 tablespoon wheat germ

2 packs of sugar substitute

1/2 teaspoon vanilla extract

* Blend at medium speed, blend all ingredients until smooth and frothy.

Nutrition Facts:

Calories 200

Carbohydrates 42g

Protein 10g

Fat 1g

Announcements

DSD Athlete Signings:

Aaron Mason — Fort Scott

John Lynch — Fort Scott

Joey Zurawik — Texas Tech

DSD Pro Larry Owens reports to training camp with the Washington Wizards

Hydration

All of your hard work, sweat, and blood in the off-season can be a complete waste unless you take care of one of the most basic things: HYDRATION! Drinking water is cheap, simple, and requires minimal effort, yet is often overlooked by athletes. Water is crucial to your performance as an athlete and will do the following things for you:

- Transport nutrients (carbs, protein, etc.) to the muscle
- Cool the body
- Lubricates the joints
- Enhance recovery

An athlete on average will lose 2-5lbs during a training session alone. Failure to keep up with your water will result in decreased performance, slower reaction time, impaired judgment, and an increased risk of muscle pulls. Your muscles and your body need water to perform at a high level.

Learn to monitor your body weight and replace each lb lost during training with at least 20oz of water. As a general rule, aim to consume around 1-1 1/2 gallons of water per day. As an athlete, your body is a high performance machine that requires constant care and hydration is the foundation of overall health and well-being.

Supplement Review

ZMA — is widely used as a sleep aid and a recovery enhancer. It is composed of Zinc, Magnesium, and Vitamin B6, which are commonly depleted from the body through training. If you use this supplement, do not exceed the recommended dosage and use with caution