



Inaugural Newsletter

November 2014

WELCOME TO OUR FIRST EDITION OF THE NEWSLETTER!

It is our intention to create an informative, fun and useful newsletter that provides our athletes and families with bits of information helpful to creating healthy athletes who feel positive and energized, and happy to be part of the Phoenix Team!

The feedback from the surveys has been beneficial, and our goal is to keep this a collaborative effort where input/requests come from athletes, parents and other relevant sources. Your comments, ideas and submissions are always welcome!

Why Do we Warm Up and Cool Down?

We hear it all the time: “warm-up properly” or “don’t forget to cool down”. But *why*? The warm-up is not an obstacle in the way of your workout, but rather an opportunity to prepare yourself for the best possible session, which will prepare you for the best possible performance in competition. The warm-up is also a time when you can monitor your body and how it feels. If something is “off” you can make necessary adjustments or share important info with the coach. The cool-down helps return your body to a state of recovery so you are ready to perform at a high level much sooner.

Reasons for Warm-Up:

- raise internal body temperature, loosening of muscles, joints and tendons
- Lower the electrical resistance of the nervous system, so signals telling muscles to work can be sent faster (this is especially important for sprinters)
- To become engaged in what you are doing, and get mentally prepared for success

Reasons for Cool-Down:

- Allow heart rate to safely, slowly return to resting levels
- Remove waste products from the muscles so that recovery can begin sooner.

*****By making an effort during warm-up & cool-down you are showing that you want to succeed. Only those who want to succeed will get the chance to do so.**

“Reflections from the Track”

Periodically we will include pieces written by our club athletes. Each and every person who straps on their runners each day has something to share. It is our hope that you will share experiences - good and bad. Some experiences are instantly uplifting, some equally instantly crushing, some funny, some worthy of much reflection... this is the stuff worth sharing and this is how we learn about ourselves and about others.

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- 1.... Welcome Back / Surveys
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**Cross Country
2014**

AO XC Champs will be held Saturday November 16th in Niagara Falls. Phoenix will be sending roughly 10 athletes to represent our club. To those going: run hard and have fun!

Congratulations to Chardae Henry who placed 12th at OFSAA in the Senior Girls race, and Ed Hayfron who placed 20th among Senior Boys.



Phoenix Supports Variety Village

On Sunday October 26, 2014 a group of energetic Phoenix members took part in the 8th annual Walk Roll Run 5 km fundraiser in support of Variety Village. It was a beautiful, crisp, sunny morning and fun was had by all.

Phoenix Athletics has been calling Variety Village “home” for many (30+) years. Serving a truly multi-faceted community, Variety Village (VV) is dedicated to serving people of all abilities. Training in such an inclusive atmosphere has many tangible rewards for Phoenix athletes. We are constantly reminded of the value of hard work, regardless of the abilities and challenges we have been given.

Thank you Variety Village for your years of support to Phoenix!

Special congratulations to Coach Geoff who put forth a valiant effort running the first 1.5km before needing to be carried the rest of the way. Coach Geoff continues to be an inspiration for us all!!

Team Phoenix Proud to Support Variety Village at the Walk Roll Run event. Judi, Teresa, Mike, Katrina, Ashley, Geoff. (missing from photo) Rachel, Kim & Toni

General Nutritional Information

To be the best person, student, athlete, etc. you can be you need to be healthy. Nutrition is one of the ways we can lead healthy lifestyles and enjoy the best quality life. Benefits of proper nutrition include increased energy and mental focus/function, better mood, improved athletic performance and a general feeling of well-being. All of these things affect all other areas of your life, meaning that you will have more confidence in yourself, enjoy healthier social interactions and relationships, produce better quality work, get irritated or bothered less often and experience more happiness in life—**everything** is connected!

“Nutrition” is an umbrella term, encompassing a wide variety of topics ranging from foods; supplements; biological needs and processes; recipes; quantity, quality and timing of fuelling (and refuelling) the body; and more. We will seek to provide a great deal of useful hands on nutritional information in the issues to come!

As this is our first edition, we will focus on water and the 3 forms of caloric energy:

CARBOHYDRATES - Carbs are a major source of fuel for energy, so they are very important for active athletes. They are also often a source of protein (build and repair muscle tissue). Examples include: *grains, cereals, vegetables, yams/potatoes, fruits, rice, beans/lentils/legumes.*

PROTEIN - Protein forms the building blocks of muscle, so it is required to grow and repair healthy muscles. This is especially important for young, growing athletes. Examples include: *meat, eggs, dairy, grains, beans & lentils, vegetables.*

FATS - fats make up the wall of all cells in your body and are used to produce hormones as well. Fats also aid in circulation and reduce inflammation (especially omega-3), and are used as an energy source in daily life and for longer-distance runners. Examples include: *dairy, meat, eggs, oils (olive & coconut).*

WATER - other than empty space water comprises the majority of our bodies, so it is vital to proper health. Water regulates body temperature (avoids over-heating), increases energy and mood, improves mental function, helps digest food, allows muscle to function optimally, and promotes removal of waste products from the body. Drink a glass each morning as soon as you get up, and drink enough during the day to avoid yellow-coloured urine (it should be closer to clear in colour). Drink well before, after and during (if it suits you) practice/competition.



Kim, Ashley & Katrina—go girls!

Watch for these topics in upcoming Newsletters:

“Healthy Body / Healthy Mind”

- ◆ Practice – Training Basics
- ◆ Learning to listen to *your* body
- ◆ What to do & where to go when things go wrong... rest, therapy, etc.
- ◆ Importance of Sleep
- ◆ Dealing with stress (on and off the track)

“Ongoing Achievements”

“Upcoming Events”

