CHAPARRAL SOFTBALL
SUMMER PROGRAM
INCOMING ATHLETES

Head Softball Coach Melvin Jenkins
mjenkins@vernoncollege.edu

Referencing Dale Jones, Strength and Conditioning Coach at
the University of Houston
Dear Chap,

This summer strength and conditioning manual is your first step to a great training year. It is important you follow the workouts in this summer manual and come to the college in great shape ready for the challenges that the fall strength and conditioning program will bring you. The fall program will start out very intense and will be intended to take VC Softball to great levels of strength and conditioning.

The 1\textsuperscript{st} thing you will find is a calendar, which outlines all of your summer lifting and conditioning days, with optional days of conditioning or rest left blank for you to choose what you will do. The 2\textsuperscript{nd} thing you will find is the two phases of strength training. It is important to do a full warm-up of both dynamic stretches and static stretches before lifting weights. This warm-up should last about 10-15 minutes and will help prevent any injuries that can occur with any physical activity. Remember dynamic stretches are controlled moving stretches, like walking knee hugs, walking lunges, butt kicks, straight leg march, A-skip, etc. While static stretches, are the common stretches held in one position for 10-20 seconds.

The 3\textsuperscript{rd} thing you will find is the agility and sprint drill section, which will list all the agility workouts from 1 to 3. Following the list of agility workouts are the descriptions for each of the agility and sprint drills you will be asked to perform this summer. The 4\textsuperscript{th} thing you will find is the weightlifting exercise descriptions, including the rotator cuff workouts 1 & 2 and 4 shoulder circuits. The 5\textsuperscript{th} and final section of this manual is a brief outline of nutrition topics for the athlete.

If you have any questions about exercises or nutrition for the summer that this manual does not address you can contact me at 512-439-9448. You can also email me at mjenkins@vernoncollege.edu.

I look forward to the challenges the new training year and season will bring us and I hope you do too. I am proud to be your coach and promise to do my best to help you be your best. Have a great summer and do not hesitate to contact me or come by my office in the King Center for any needs that you may have during the summer. Go Lady Chaps!!!!

Take Care,

Melvin Jenkins

Head Softball Coach

Vernon College
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**Note:** The table above represents the exercise plan for the month of May 2015. Each day includes different types of training exercises focusing on various aspects of fitness.
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D. Jones
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**Exercise Week**

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D. Jones

**Power Day**

SOFTBALL SUMMER PHASE 2
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**Exercise Week**

**Program Notes**: Softball Summer Phase 2
2) Field Drill 1: Start at the start-finish line, run 50 yards, turn and run the 50 yards.

Fitness Conditioning

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<td>75 yard shuttle</td>
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<td>Day 1</td>
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Speed & Agility Workouts

Refer to the calendar for the schedule of when to perform these drills.

This section combines all of the conditioning drills and speed & agility workouts recommended for the summer.

D. Jones
Agility Cone Drills

Exercise: How you would leave first base in a game.

From a cone or a base, practice sprinting 10 yards by standing the sprint

2 sets of 8 reps:
Practise can do this also or simply sprint 10 yards.

5.) 1st Base Lead:

2 sets of 5 reps:
Practise can do this also or simply sprint 20 yards.

4.) 3rd Base Lead:

As quickly as possible and sprint forward 10 yards. 1 set of 5 reps
Lay flat on your stomach until a partner says Go. At this time you get up

3.) Getting Up & Sprint:

and sprint either left or right 10 yards depending on which way your partner
Stand with your back to a partner. When the partner says Go you spin around
about to fall. At this point burst forward into a 10 yard sprint. 2 sets of 5 reps.
Stand erect, keeping body stiff as you turn forward until you feel you are

2.) Turn 360:

Rest between reps of speed work is 25-35 seconds. 2 min between sets.

1st Step & Reaction Speed

School Summer Conditioning Units

L. Jones
1. 2-Cone Drill

1 set of 5 reps left hand lead. Move 1 cone 1 yard to the opposite side.
1 set of 5 reps right hand lead.
1 set of 5 reps left hand lead.
By changing a foot ball to the start line
Lift hand down as you pivot around the cone sprint to the next cone placing the
1st cone up 5 yards apart in length and 1 yard in width for left lead, as
Set 2 cones up 5 yards apart in length and 1 yard in width for right lead, as

2. 5-10-5

Rest and repeat starting to the left. 2 sets 5 reps.
Rest hand. Change directions and sprint through the middle cone to finish.

3. 3-Cone Drill

Sprint forward past the 3rd cone. Repeat going opposite way. 2 sets 5 reps.

School Summer Conditioning Units

U. Jones
can also be used for some leg exercises.

**Swiss Balls/Physio Balls:** The large, various colored and sized balls used for ABS and low back exercises. The Swiss Ball

A group of reps.

**Repetition:** Each individual time you lift the weight.

**1.** Medicine Balls: The weighted leather balls or rubber weighted balls that can bounce. Usually weight between 6 - 20

**2.** Dumbbells: The hand weights.

**3.** Barbells: The long straight bar, weighting 45 lbs. Remember to add 45 to all weights added to this bar for total weight.

As many as possible: Keep doing reps until you physically unable to do another one. Sometimes you will do extra.

**Recovery:** Catches, Side bends, etc. During the summer, these are let up to your knowledge of A B exercises and Abdominal Exercises. The various exercises done for the Abs are; Examples are Sit-ups, V-ups, Crunches.

**Abbreviations Key**

- Swiss
- Med Bll
- Dbl
- Barbells
- AMAP
- ABA

and they will describe them.

The exercises worked your general body part. All medicine ball exercises should be self-explanatory. It not call the strength coaches.

Described in this section are the exercises used in the strength program. The exercises are grouped by general body part so you will learn discriminators and their definitions included. This will help you with any further terminology you may not know. The only exercises that may need to be explained are the strength and conditioning stiff. There is a list of additional descriptions that you may need to be explained by connecting any of the exercises and conditioning stiff. This section will give a brief description of the weightlifting exercises that you will be performing while following this program. Any
CHEST EXERCISES

In front of the chin during the explosive movement:
- Shoulders and arms are retracted. Power pills move exactly the same way as the bench press.
- Reminders: Keep abs and lower back tight. Just like a normal bench press, this exercise stresses the middle: Explosively drive the hips forward, extending the knees, and explosively shrugging the back higher and chest up.

START: Standing with a barbell held just above the knees, with knees slightly bent, abs and low back tight.

FINISH: Return to starting position.

WEIGHT: All power should be from the hips.

COFFEE POT BENCH PRESS:

1. Stand, palms (supinated only)

2. Bench and DB Bench Press

OLYMPIC LIFT (EXPLOSIVE) EXERCISES

J. Jones
BACK EXERCISES

1. Lat Pull-Down

Position: Kneel and face the cable machine with the back resting against a seat or on a bench. Hold the bar using a underhand grip. Begin with the bar at the bottom of the range of motion. Move the bar upward to the starting position, then pull the bar down to the chest. Repeat for desired number of repetitions.

2. Row

Start: Stand on the floor facing the machine. Grasp the bar with an overhand grip. Kneel on one knee, keeping the other knee bent. Pull the bar across the chest, keeping the elbow close to the body. Repeat for desired number of repetitions.

3. Incline Bench Press

Start: Lying on an incline bench, grasp the bar with an overhand grip. Keep the feet flat on the floor, engage the core, and relax the legs. Lower the bar towards the chest, keeping the elbows close to the body. Return the bar to the starting position.

Jones
1. Hammer Row:

This exercise is done using the hammer strength back movements. You can use any of the

2. Hammer Row:

Inverted Pull-Ups:

3. Lifting a barbell, place the same hand and knee on the bench with the back in a near

many as possible every set

and pull your rear below the floor. As you get stronger then strengthen your legs out.

Remember: Always use controlled movements and keep your chest on the chest pad or

them.

Reminders: Keep back flat and your belly button pulled in. Finish the prescribed reps for each
SHOULDER EXERCISES

1. Shoulder Press:
   - Start: Seated on a back-supported bench, hold the dumbbells so that the bottom of the weights is the middle of the shoulders.
   - Middle: Push the dumbbells up over your head and lower
   - Finish: Lower the weights back to the middle of the shoulders.
   - Shoulder Presses:

2. Rear Delt:
   - Start: Typically done seated on the edge of a bench with the upper body laying across the legs.
   - Middle: Keep the dumbbells under the knees. Can be done standing, bent over at the waist, with knees
   - Finish: Lower the weights back to the middle of the shoulders.
   - Rear Delt:

3. Side Delt (Lateral Raise):
   - Start: Either from an upright standing or an upright seated position, hold the dumbbells in your
   - Middle: Using the shoulders only raise the weights to a height even with the shoulders.
   - Finish: Slowly lower the weights back down to your sides.

Reminder: Part of the 2-Way Delt. Keep knees soft, back and stomach high as well as the

Reminder: Front of the 2-Way Delt. Keep knees soft, back and stomach high as well as the

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ARM (BICEPS AND TRICEPS) EXERCISES

1. DB BICEPS CURL

2. TRICEPS PRESS

REMEMBER: Do not swing the upper body. Keep the abs and lower back tight.

FINISH: Bend the elbows all the way, bring the bar to almost chest level, again keeping the elbows locked into the sides.

START: Standing at the Lat Pull or Cable Crossover machine, with a V-bar, small straight bar, or choice.

MIDDLE: Extend your elbows, press the bar or choice downward toward your waistline, keeping your core tight. Lie on an even grip with feet flat on the floor.

JUMP: Stand on the Lat Pull or Cable Crossover machine, with a V-bar, small straight bar, or choice as yours, but in suggested you use variety.

Remember: Do not swing the weights. Keep the abs and lower back tight. There are several steps back down to your sides keeping a slight bend in the elbows. Repeat.
All other leg exercises for this workout program should be pictured in the following pictures.

**Kneel-up:** Always use control with this lift. Keep back and abs tight.

**Reminders:** All the steps are completed and then switch lead feet before bringing the box back down. Repeat with the same foot until finished. Slowly lower the knee in the air back down to where it is straight and the same foot is the foot on the box.

**Middle:** Step up on the box with one whole foot. Once the full foot is on the box, explosive step forward. Staying in front of a box 12-15 inches tall with DBs in your hands.

1. **Leg Squat:**
   - Start: Standing on one leg with the right and chest up tall.
   - Finish: Extend the hip and knee of the leg you are standing on and sprint at low as possible. It is ok to alternate.
   - Reminders: Keep the hips and lower back tight.
   - Lift: Keep all your legs and control for balance.
   - Return: Return hands to your sides when you land back up.

2. **Hip Add & ABD:**
   - Start: Standing in front of a box 12-15 inches tall with DBs in your hands.
   - Finish: Slowly lower the knee in the air back down to where it is straight and the same foot is the foot on the box.
   - Reminders: Slowly lower the knee in the air back down to where it is straight and the same foot is the foot on the box.

**Reminder:** Always use control with this lift. Keep back and abs tight.

**First:** Extend the hips and knees simultaneously to a standing position. Try to remain standing on one leg. Keep your hands out in front of you as you are standing for balance. Once comfortable, try to push your hands out in front of you and sprint at low as possible. It is ok to alternate.

**Middle:** Step up on the box with one whole foot. Once the full foot is on the box, explosive step forward. Staying in front of a box 12-15 inches tall with DBs in your hands.

**Reminder:** Always use control with this lift. Keep back and abs tight.

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THEAPEUTIC BALL - LOWER EXTREMITY - 12

LEGS: GUARDS - 1

LEGS: HAMSTRINGS - 2

Complete 3 repetitions
Do 3 sets/session/day

Reapet - repetitions
Do 3 sets/session

Roll ball toward you by bending knees. Return to start with hands moving on ball and hips/held 45° from floor.

Leg can lie on 45° bridge

LEGS HAMSTRINGS - 1

Complete 3 repetitions
Do 3 sets/session

Keeping feet level, lower knees. Bring heels as close to blocks as possible.

Front leg curl

LEGS HAMSTRINGS - 2

Complete 3 repetitions
Do 3 sets/session

Keeping feet level, lower knees. Bring heels as close to blocks as possible.
Do 10 sets. Complete 10 repetitions.

From sitting position, raise up on toes as high as possible.

Seated: Heel Raise
LEGS: CALVES • 4

Standing: Heel Raise
LEGS: CALVES • 3
If you play a sport like baseball or tennis, where you throw or swing with your arm overhead, you must attend to your shoulder health. If you fail to take precautions against injury, you will put yourself at risk of missing time from your sport.

The shoulder joint has a larger range of motion than any other joint in the body. Its unique structure is supported by muscles and other connective tissue, especially the four rotator cuff muscles. Due to the shoulder’s extreme mobility, it is susceptible to injuries from overuse. (Learn more about the shoulder joint.)

If you fail to warm these muscles up properly, they can fatigue quickly. If a muscle fatigues or lacks strength, unnecessary stress will be placed somewhere else in the body. This exposes the shoulder capsule, and even the elbow, to an increased risk of injury.

So, make a rotator cuff warm-up a regular part of your routine before a workout, practice or game. (Try the Shoulder Y.L.T.W.) Choose one of the following four shoulder circuits. Begin with two sets of 12 to 15 reps each, and progress to four sets of 20 reps.
Perform each exercise with lightweight dumbbells.

**Shoulder Circuit 1**
- Front Raise (thumbs up) - Start with arms in front; raise dumbbells to shoulder height keeping thumbs up.
- Scaption - Standing up, start with your arms at your sides; raise arms straight up at a 45-degree angle with thumbs up; arms should finish above head level.
- Empty Can - Start with thumbs pointing towards thighs; raise dumbbells with pinky fingers pointing up at a 45-degree angle until slightly above shoulder height.
- Posterior With Retraction - Lie with stomach on bench and arms to side; pull shoulder blades back and extend arms to the side until parallel to the ground.
- External Rotation with Towel - Lie with side on bench and a rolled towel between your upper arm and ribs; rotate hand away from body toward the ceiling.

**Shoulder Circuit 2**
- Lateral Raise (thumbs up) - Start with arms to the side; raise dumbbells to the sides to shoulder height, keeping palms down.
- Shrug and Upright Row - Shrug your shoulders up, then raise your elbows as high as possible to pull the dumbbells to chin height.
- Seratus Press - Lie with back on bench holding dumbbells with arms extended in front of chest; keep arms straight and move shoulders straight up while squeezing chest.
- Internal Rotation - Lie with side on bench and arm flat against the surface; rotate hand toward body.
- Reverse Throw - Lie with side on bench and bottom arm touching the ground; hold a dumbbell with top arm bent at 90 degrees pinned to side; raise dumbbell to ceiling to form a T; slowly lower arm diagonally until parallel to ground; pull arm back to starting position.

**Shoulder Circuit 3**
- Full Can - Start with thumbs up; raise dumbbells with arms at a 45-degree angle until slightly above shoulder height.
- Front Raise - pinky fingers up.
- Internal Rotation and Abduction - Lie with side on bench and arm flat against surface; rotate hand towards body.
- Reverse Throw
- Serratus Press

**Shoulder Circuit 4**
- External Rotation and Abduction - Lie with stomach on bench and arms to the side; retract shoulder blades; raise upper arm until parallel with floor with elbow at 90 degrees; rotate shoulder to raise hand until entire arm is parallel to the ground.
- 2 o'clock Shoulder Flexion - Lie with stomach on bench and arms to the side; extend arm with thumb up to a 2 o'clock position slightly below shoulder height.
- Shoulder Extension - Lie with stomach on bench and arms in front of chest; pull shoulder blades back and arms straight back, keeping arm straight.
- Empty Can.
- Front Raise (thumbs up).
**ROTATOR CUFF ROUTINES**

You should keep your weight between 3 and 8 pounds for each of these rotator cuff exercises.

**Routine #1**

- **Arms and Elbows at 90° External/Internal Rotation**: Standing with dumbbells in your hands and arms parallel with the floor with elbows flexed at 90-degree angles so that the dumbbells are just above ear level. Rotate the shoulders so that the dumbbells are lowered to elbow level and then return them to the starting position just above the ears, while maintaining the 90-degree angle at the elbows throughout the entire movement. (At the start your head and arms with resemble a three-prong fork.)

- **Empty Can (Abduction)**: Standing with dumbbells in each hand and palms against your hips. From the shoulders with elbows straight lift the weight to shoulder height at a 45-degree angle with thumbs pointed toward the ground. (This is not a lateral raise or a front raise for the shoulders, when the dumbbells are raised to shoulder height they will be out from the shoulders at a 45-degree angle.)

- **Lying Hitchhiker**: Lie on your left side with a dumbbell in your right hand, with your elbow slightly bent and the dumbbell near the corner of the bench near your head. Lift the dumbbell by extending your shoulder and elbow to the point at which the dumbbell is directly over your shoulder. Do not take the dumbbell past the shoulder. Return to the starting position by lowering the weight slowly back to the corner of the bench.

**Routine #2**

- **Pendulum Circles**: Bend to a 90-degree angle at the waist. Hold the dumbbell in one hand and with the other support yourself. Circle the dumbbell around clockwise in 15 small circles and then change directions of your circles and perform another 15 circles that are slightly larger. Repeat with other arm.

- **Lying External Rotation**: Lie on your left side with a dumbbell in your right hand with your right elbow at 90-degrees and palm against your stomach. Keeping the elbow locked into your side rotate the dumbbell as far upward as possible without the elbow leaving the side. Should be done under control. Repeat on other side.

- **Prone Straight Arm Side Ups**: Lie face down on a bench holding a dumbbell in each hand with your arms extended straight out from your sides (you will look like a T). With a small controlled movement pull your shoulder blades together so that you move the weight toward the ceiling or “up”. Be careful not to force the range of motion, this is a small movement intended for the posterior portion of the rotator cuff.

**FOREARM ROUTINE (F,E,S,P)**

- **DB Wrist Flexion**: Hold dumbbell in hand with palm facing up. Flex the wrist bringing the dumbbell up towards you.
- **DB Wrist Extension**: hold dumbbell in hand with palm facing down. Extend the wrist bringing the dumbbell up towards you.

- **Supination / Pronation (Wrist Twists)**: hold dumbbell in your hand, with your forearm laying across a bench and rotate the palm back and forth between face up and face down positions.

**Abs & Lowback Description**

Most of you have a good grasp of what we look for in good Abs and Lowback work. Remember to do 50 lowback reps for every 100 crunches you perform. It is important to keep the core area (Abs and Lowback) strong and balance not only to be a successful athlete, but really it is important to living a healthy life.

*BASIC ABS (TAKE THESE AND THE ONES YOU KNOW AND TRAIN THE ABS FROM EVERY ANGLE)*.

As general rule you can do 2 sets of 20 reps or more of each of these exercises.

**Regular Crunches**

Start: Lay on your back with your hand placed behind your head. Your feet need to be flat on the ground with your knees bent.

Action: Pull your shoulder off the floor using your Abs and not your hands pulling on your neck. Keep your chin pointed upward to help you prevent from pulling on your neck.

Finish: Simply return to starting position in a controlled manner.

**Side-to-Side Crunches**

Start: Same as regular crunches.

Action: Instead of coming straight up you will tilt your torso toward from one elbow to the opposite knee and then returning to the starting position before repeating motion to with the other elbow.

**Double Crunches**

Start: Hands in same position as regular crunch. Knees are bent with feet lifted off the ground by the hips.
Action: Being careful not to pull on your neck pull your knees and shoulders toward each other meeting in the middle at the knees and elbows.

**Reverse Crunches**

Start: Lying on back with hands under your butt, bent knees with feet off ground.

Action: Using hips pull knees toward chest to the point that your tailbone raises off the ground slightly. Do not pull the lower back off the floor. Only the tailbone.

Finish: Return to start, being careful to use only the hips, the knees stay bent throughout the whole exercise.

**JAB’s (THE AB ROUTINE FOR UPPER-BODY DAY)**

This is the abdominal circuit you did in Florida last spring. Remember there are only three basic movement positions and three basic movements.

Positions: One leg is crossed throughout the entire circuit. Then you have the foot on the ground, foot up, and foot up while pivoting the hip (as in a double crunch.)

Movements: Regular crunch, side crunch and double crunch.

**The JAB’s circuit itself:**

8-15 reps each movement

1. Right leg crossed regular
2. Right leg crossed side
3. Right leg crossed foot up regular
4. Right leg crossed foot up side
5. Right leg crossed double regular
6. Right leg crossed double side
7. Final is Right leg crossed reverse (hands under your butt and only pivoting the hip. Perform double of these that you do for each of the others.)
8. Rest one minute.
9. Repeat everything with the Left leg crossed.

**Basic Lowback Exercises**

As a general rule you want to perform 1 lowback rep for every 2 crunches performed to maintain balance in the core area.
If you have not been doing lowback work start with sets of 10 and build up slowly to sets of 20.

**Supers (a.k.a. Supermans)**

Start: Lay face down on the floor with your arms straight out in front of you.

Action: Lift both hands and feet off the ground at the same time as if flying. Hold for a two count and return to the starting position.

**Lowback Swim**

Start: Same as Supers.

Action: Much the same as the Supers except you will lift one arm and leg at a time and they will be opposites (right arm left leg). You alternate sides until you complete your set.

**Knees to Chest**

Start: Lying flat on your back with arms stretched overhead and legs straight.

Action: Pull knees into chest and hug with arms holding for a 3-5 count before returning to the starting position.
Nutrition

Your ability to become a better athlete is limited if you do not take in the right mix of nutritional substances. These nutritional substances I speak of are fluids, carbohydrates, proteins and fats. Unfortunately proper nutrition is perhaps the most overlooked aspect of a complete athletic strength and conditioning program and this is often even more of a problem during the summer when athletes are often out of sync with their normal training routine.

Water

Water is called the essential non-nutrient, since it contains no nutritional value, but without it we would not be able to survive. Water makes up about 60% of the adult human body and is used to cool the body through perspiration in the heat. In the summer the body uses more water to cool the body then during any other time of the year, because of the increased temperatures and humidity, especially found in the more southern areas of the United States. If water is lost and not replaced you increase your risk of poor performance and more importantly heat injury.

For the normal person it is recommended that you take in 64 ounces of water a day to maintain proper body functions. The athlete needs much more than that, you as a collegiate level athlete need to consume an additional 32 to 48 ounces of water a day. This is equivalent to 12 to 14 eight-ounce glasses of water a day. Sodas, sports drinks, juices and lemonade in the shade do not count for water replenishment. These are all extra liquids you consume in addition to your needed water intake.

Key points for water:

1. Athletes need 12 to 14 eight-ounce glasses of water a day.

2. Water is best at temperatures between 40 and 50 degrees Fahrenheit. The cooler temperature allows for faster absorption by the intestines with less risk of cramping.

3. Two hours before your workouts consume 2.5 cups of water and another 1.5 cups 15 minutes before the workout. This will help prevent dehydration that leads to higher risk of injury and poor performance.

4. Eating plenty of fruits and vegetables can help replenish your fluid, which are loaded with electrolytes and minerals essential to athletic performance and general health, but do not become reliant on this for the prevention of dehydration. **There is no substitute for water.**
Carbohydrates

It is recommended that athletes keep their carbohydrate intake between 60 and 70% of their total daily caloric intake. There are two types of carbohydrates, simple and complex and as a whole carbohydrates are considered the primary fuel for the body. Simple carbohydrates provide a quick, but temporary burst of energy and performance intensity, while complex carbohydrates provide a gradual release of energy over a long period of time.

It is recommended to consume complex carbohydrates found in fruits, root vegetables, beans, pasta, rice, grain breads and cereals over simple carbohydrates found in foods containing high amounts of sugar. Examples of simple carbohydrates are sodas, hard candies, candy bars and other snacks like cake and cookies.

Key points for Carbohydrates:

1. Complex carbohydrates should be consumed over simple carbohydrates.

2. Suggested daily servings include:
   - 4 servings of grain products. (Following are example sources)
     - Multi-grain cereals: Any of the Wheaties, Fiber One, Multi-Grain Cheerios, and Raisin Bran.
     - Whole wheat Bread
     - All Pasta in general (especially whole wheat or spinach)
     - All types of rice
   - 5-7 servings of fruits and vegetables. (Following are example sources)

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Bananas</td>
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<tr>
<td>Apples</td>
<td>Corn</td>
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<tr>
<td>Oranges</td>
<td>Carrots</td>
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<tr>
<td>Grapefruits</td>
<td>Spinach</td>
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<tr>
<td>Strawberries</td>
<td>Leaf Lettuce (not iceberg)</td>
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<td>Black and Red Beans</td>
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<td>Watermelon</td>
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<td>Honeydew</td>
<td>Broccoli</td>
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<td>Grapes</td>
<td>Squash</td>
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<tr>
<td>Cherries</td>
<td>Asparagus</td>
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</tbody>
</table>

3. Approximately 60-70% of your daily calories should come from Carbohydrates.

Protein

Protein is needed for muscle growth and repair, but when consumed in excess of the recommended amount it can lead to dehydration and larger amounts of stored body fat. Protein should account for 12-15% of your daily caloric intake. One easy way to determine your required amount of protein intake is to remember that .8 grams of protein should be consumed for every kilogram of body weight. You can figure this by taking your body weight in pounds and divide it by 2.2 and multiply that by .8.

There are two types of protein, complete and incomplete. A complete protein means that 90-95% of the protein is absorbed by the body and it provides all 8 essential amino acids that the body must consume in order to function properly. Examples of complete protein sources include meats, fish, eggs and dairy products. Incomplete proteins come from all other food sources that contain protein, but do not provide all 8 essential amino acids. Examples of incomplete proteins include nuts, beans, grains and rice.

**Key points for Protein:**

1. Complete proteins must be consumed for proper muscle growth and repair along with proper body functions. (Following are example sources)
   - Meats: lean beef, chicken, turkey, lamb and lean pork
   - Fish: salmon, haddock, cod, tuna, trout, snapper and orange-roughy
   - Dairy Products: low-fat milk, yogurt, any type of cheese and eggs

2. Should eat meat twice a day and take in dairy products three times a day to insure proper protein intake.

3. Recommend intake is 12-15% of total daily calories or .8 grams per kilogram of body weight.
   - Formula for determining daily protein intake:

   \[
   \text{Grams of Protein Required per Day} = (\text{Body Weight in Pounds} / 2.2) \times .8
   \]

   If you are involved in large amounts of strength and conditioning work you may change the .8 grams to 1.0-1.2 grams of protein needed per kilogram of body weight each day to insure proper muscle repair.

4. Over consumption of protein or protein can lead to dehydration or large amounts of stored fats. It can also be hard on your organs if consumed extreme amounts.

5. Try to eat grilled or broiled meat and avoid fried meat whenever possible. Fried meats are very high in fat, while grilled or broiled lose much of the fat in the cooking process.
Fats

Fats receive a lot of bad press, but they are essential to proper body functions and they are an important source of concentrated energy for the athlete. The problem with fat is that people consume more of it than they can use, thus it is stored as extra body fat. Ideally you should keep your daily fat consumption around 15-25% of your daily caloric intake.

There are three types of fats:

1. Saturated Fats, which are solid at room temperature and are found in animal fats, egg yolks and whole milk products. These should be minimized since they are primarily responsible for raising the blood cholesterol level and hardening the arteries.

2. Monounsaturated Fats, which are liquid at room temperature and are found in olive, peanut, canola oils and in many nuts. These have a positive effect on heart disease risk by helping to reduce bad cholesterol (harmful LDLs). Research has also suggested that monounsaturated fats can reduce breast cancer risk.

3. Polyunsaturated Fats, which are liquid at room temperature, are found primarily in vegetable sources and in fish like salmon and trout. Omega-3 fatty acid, which is said to have a positive effect in the risk of heart disease, is a polyunsaturated fatty acid found in fish like salmon and it is recommended that you consume this at least 1 to 2 times a week.

Key points for Fat:

1. Keep your daily intake between 15-25% of total daily caloric intake.

2. You need to consume fat each day for proper body functions, but excess fat consumption leads to poor health.

3. Avoid consuming too many saturated fats.

4. Need to consume mono- and poly- unsaturated fats to insure good health.

5. Drink skim milk not whole milk.

6. Remove the skin from meats and trim off all extra fat before cooking. Broil or grill meats do not fry.

7. Avoid extra butter or creams.

8. Eat more fish or chicken instead of eating to much red meat.
General Nutritional Guidelines

Now that you understand more about the make up of good nutrition here are some general guidelines that will help you put it all together. Some of this reviews what we already discussed by breaking down and describing the four primary elements of a good nutrition plan: Fluids, Carbohydrates, Protein and Fat.

1. Recommended nutrient daily percentages of total daily caloric intake.
   Carbohydrates = 60 - 70%
   Protein = 12 - 15%
   Fat = 15 - 25%

2. Eat breakfast. You should consume one-third of your daily calories at breakfast.

3. Eat extra carbohydrates instead of extra protein.

4. Drink plenty of fluids, especially water during hot weather.

5. Eat four to six small meals a day for better absorption of calories and nutrients. This actually helps you keep your metabolism high helping you prevent excess fat storage along with your active lifestyle as an athlete. This can be accomplished by eating something healthy every three hours.

6. Eat meals 2 to 4 hours before training.

7. Eat within 1 to 1 ½ hours after training. Your body will absorb nutrients and replenish itself better at this time.

8. Try not to eat late at night, because you are less active at this time and many of the calories consumed will be stored as fat and not used.

9. Snacks should be fruits, vegetables, grains or low-fat dairy products. Avoid candy, since it often contains too much sugar and fat.

10. Limit soda intake even if it is diet. Stick to water, juice and low-fat milk.

Follow these simple guidelines and you should have plenty of energy to train hard this summer and recover sufficiently. Nutrition is a key aspect to being a successful athlete.
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