

Tips for Parents 2018 Track - Snowcrest Junior High

1. Go to bed early and get plenty of sleep-even on the weekends.
Athletes who stay on consistent sleep schedules perform better.
2. Eat lots of healthy foods and avoid junk food. When in training season, pack extra snacks to eat during the day at school. *Good calorie replacement = improved recovery and performance.*
3. Always bring a water bottle during the work-out and a good snack for after the work-out. *Athletes who stay hydrated and eat a snack within 30 minutes of the work-out, recover more quickly.*
4. For cold weather days, have warm sweats or running tights, jacket or long sleeve shirt, gloves, and a hat; in your locker ready to use. *Athletes who stay warm reduce their risk of injury.*