



Athlete Check List

The following is a list of items for your consideration in regards to preparation for the upcoming season.

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1. HYDRATE-HYDRATE-HYDRATE... Drink plenty of WATER every day. Hydration begins 24 hours in advance; if you wait to hydrate your athlete until they are thirsty... then it's already too late. Clear or pale urine is the goal! SPORTS DRINKS ARE NOT A SUBSTITUTE FOR WATER...

Avoid or at least cut back on sugary beverages (i.e. kool-aid, fruit punch, etc.) at least one day prior to competition avoid caffeinated drinks (i.e. coffee, soda, etc.) at least two days prior.

2. FEED THE BEAST... Carbohydrates (carbs) are converted by your body into glycogen, and are broken down into two categories: complex (slow-burning) carbs and simple (fast-burning) carbs. Complex carbs (i.e. Oatmeal, Brown Rice, Beans) are high in fiber and breakdown into glycogen slowly leaving you with energy for longer periods of time. Simple carbs (i.e. Most Cereals, White Rice, Starchy Vegetables) work in the opposite manner giving your body short but intense amounts of glycogen.

Protein supplies the foundation for muscle growth and maintenance. Once inside the body protein is broken down into individual amino acids. The amino acids gained through the consumption of protein (i.e. Meat, Poultry, Fish, Eggs, Dairy Products) actively signal your body to build and/or repair muscle(s). Protein is at the core of our diet as it builds and mends the functional muscles that help the body run, while carbohydrates provide the essential energy needed to stay in motion

3. REST... Get plenty of rest throughout the week, but especially the night before!

4. MANDATORY EQUIPMENT AT EVERY PRACTICE: Please come to practice prepared and ready to work; that includes bringing:

- **Water** (it is always best to have your own water readily available)
- **Running Shoes** (Athletically your feet are your number one asset... a good pair of running flats is advisable)
- **Spikes** (Sprinters, Hurdlers, and Jumpers all need at least one pair of track spikes)
- **Sweat Pants or Shorts** (User Preference as to which, but please for the sake of the athlete **NO JEANS**)
- **T-Shirt** (Long or Short Sleeve... User preference)

5. KEYS TO A SUCCESSFUL SEASON AND ATHLETIC GROWTH.

1. Consistent Practice Attendance
2. Attitude
3. Training Discipline
4. Hydration & Nutrition
5. Sleep
6. Focus (Finding Your Zone)

6. TEAM HOTLINE: The Sacramento Speed Factory Hotline is 916-469-7965.

“TO BE NUMBER ONE, YOU HAVE TO TRAIN LIKE YOU'RE NUMBER TWO...”

