

WHAT TO DO LIST



BEFORE YOU WORKOUT

- **Have passing grades.** 2.5 GPA
- **You Need Health Insurance. (ask your folks)**
- **Get a sports physical.**
- **Fill out an Athletic Packet.** Located in the athletic office. They must be purchased.

HOW TO GET IN SHAPE FOR TRYOUTS (Sat Feb 26 @8:30am Heritage Pool)

- **Attend Intramurals – *Dryland workouts, no water.***
- **Get some workout clothes**
 - Example: t-shirt, sweatpants, a sweatshirt, & some tennis shoes
 - NO!! – tank tops, jeans, all shirts **MUST** cover the shoulders (apparel is appropriate)
 - Dryland workouts **WILL** involve jogging and core body workouts.

EAT TO TRAIN

- **Fuel your body.**
- **Eat colorful foods**
- **Eat early and often before practice (snacks)**
- **Dehydration can impair performance. DRINK WATER!**

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