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STAYING HEALTHY THIS WINTER – 2008

Training:

- Train to Race
- Be the best at what you do; don't compromise.
- Be prepared for anything.
- Work closely with your coach and find ways to make the program as challenging as possible then **Go for it!**.
- Include sufficient rest and recovery.
(15 min, more sleep a day = 7 hours more per month; = 96 hours more per year)
- Work with your coach through illness; manage your health.

Environmental Stress:

- Limit exposure to adverse environmental conditions, dress for the weather.
- Stay away from sick people at school...
- Wear warm clothes at all time, cover your head.
- Avoid areas of high pollution
- Arrange alternative training sessions if required due to sickness.
- Be involved in setting a positive environment around you;
- Make one of your teammate better around you every day.

Self-Management and Nutrition:

- Be a student of what you eat; Ferrari only use the best fuel to win!
- Emphasize personal hygiene practices.
- Avoid exposure to large crowds and infected individual; especially closer to the big meets.
- Use sports drinks during high volume and high intensity training.
(Water, Water, Water)
- Consume some carbohydrate, during the workout, to protect the immune system; and replenishes glycogen after but with some -proteins added, helps maintain/build muscle.
(i.e. chocolate milk)
- Review use of vitamins and minerals. (use brand name such as Centrum to be extra sure of the quality.) (Do not trust any supplements if not approved)
- Get a dietary review if necessary.

Psychological stress:

- Be prepared for every workout; understand you weekly preparation, talk to your coach, have fun training to race.
- Set a positive environment by understanding the strengths and challenges of your teammates. Make your team better.
- Implement a weekly, daily mental plan as part of your preparation for your success.
(in the car going to workout etc)
- Always look at the good side of things and control the controllable.
The alternative is not so fun.
- Make the Coach – Athlete tandem the strength of your success.
- Train to **Wow** the world! Make everything a fun challenge. **“Bring it on”**
- You build confidence by doing things you have never done before!
- “Take no prisoners”

Medical considerations:

- Consult a Doctor if you have any questions (***a specialist in the area of concern***).
- Be vigilant with ALL over-the-counter medications.
- Be aware of Sport Canada, CCES and WADA Drugs in Sport policies.
- Get your doctor to check with CCES for prescribed medications.
- Beware of systemic signs of illness (e.g. fever, elevated pulse)