



Respect in Sports

Volume 1 Issue 7

A monthly newsletter providing information for anyone involved in youth sports in Minnesota.

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What is unsportsmanlike conduct these days? Too often we fail to set good examples for our kids and if we're not careful, they might just grow up to follow in our muddy footsteps.

By Mary Lou Kelsey Lebanon Daily News, Pennsylvania

The Sports Alliance of Minnesota is a coalition of sports organizations whose mission is to provide tools for creating a positive sports environment.
www.sportsalliancemn.org

RESPECTING THE GAME; STEPS TO CREATING A POSITIVE ENVIRONMENT FOR YOUNG ATHLETES/THOSE INVOLVED IN YOUTH SPORTS—Dr. Mark C. Dienhart

THANK YOU FOR THE INVITATION TO SHARE SOME THOUGHTS WITH YOU TODAY AND FOR YOUR INVOLVEMENT IN YOUTH SPORTS. THE WORK YOU DO IN THIS ARENA IS VERY, VERY IMPORTANT AND AS A PARENT OF THREE DAUGHTERS WHO HAVE PARTICIPATED IN PROGRAMS SUCH AS THE ONES YOU ARE INVOLVED IN AND AS AN EDUCATOR WHO HAS WORKED WITH STUDENT-ATHLETES IN HIGHER EDUCATION FOR 25 YEARS LET ME THANK YOU FOR YOUR SERVICE.

THE FIRST RULE OF COMPUTERS KINDERGARTEN STUDENTS ARE TOLD IS THAT IF YOU ARE GOING TO SUCK YOUR THUMB OR PICK YOUR NOSE YOU AREN'T SUPPOSED TO PUT YOUR FINGERS BACK ON THE KEYBOARD.

THERE IS A FIRST RULE OF SPORT, TOO, WHICH I HOPE CAN ALSO BE A FIRST STEP IN CREATING A MORE POSITIVE ENVIRONMENT FOR YOUNG ATHLETES IS UNDERSTANDING THAT THE GAMES/THE SPORTS YOU COACH ARE NOT JUST GAMES AND HAVE NEVER BEEN THAT AND TO PRETEND THAT THEY CAN BE OR SHOULD BE DOES NOT ACCORD THEM PROPER RESPECT AND IS A DISSERVICE TO YOU, THE IMPORTANT WORK YOU DO AND THE ATHLETES YOU COACH.

THE GAMES/THE SPORTS YOU UNDERSTAND, APPRECIATE AND ATTEMPT TO TEACH TO YOUNG PEOPLE HAVE TREMENDOUS POWER AND NO SMALL AMOUNT OF MAGIC ASSOCIATED WITH THEM.....THEY, FIRST AND FOREMOST, HAVE THE POWER TO TEACH LIFELONG LESSONS IN DRAMATIC AND MEMORABLE WAYS TO PARTICIPANTS....THAT IS WHY SPORTS BELONGS AS AN INTEGRAL PART OF THE AMERICAN EDUCATIONAL DELIVERY SYSTEM...THE DAY SPORT LOSES THE CAPACITY TO BE EDUCATIONAL AND BECOME JUST FUN, RELAXING OR DIVERSIONARY...THE DAY IT BECOME JUST GAMES....IS THE DAY SPORTS WILL LOSE THEIR POWER AND, PROBABLY, THEIR CAPACITY TO CAPTURE OUR HEARTS, OUR MINDS AND IMAGINATIONS...AND MORE IMPORTANTLY THE HEARTS, MINDS AND IMAGINATIONS OF OUR CHILDREN.....AND THEN THEY....SPORTS..... REALLY LOSE THEIR CLAIM TO BEING AN IMPORTANT OR INTEGRAL TOOL FOR TEACHING OUR CHILDREN....MY GUESS IS THAT, DESPITE GROWING FINANCIAL PRESSURE IN MANY SCHOOL DISTRICTS AROUND THIS STATE AND AROUND THE NATION THAT TIME IS NOT COMING ANY TIME SOON

IT IS NOT COMING SOON BECAUSE VIRTUALLY EVERYONE WHO HAS EVEN PASSING CONTACT WITH SPORTS AND THE YOUNG PEOPLE DRAWN TO SPORTS RECOGNIZES SPORT'S POWER TO TEACH... ASSUMING, THAT IS, THAT TEACHING IS BEING DONE BY A THOUGHTFUL, CARING AND MATURE ADULT INVOLVED IN SPORTS NOT FOR HIS OR HER OWN SAKE BUT INVOLVED BECAUSE OF THE YOUNG PEOPLE WHO JUST MIGHT HAVE THEIR LIVES DRAMATICALLY AFFECTED OR EVEN COMPLETELY TURNED AROUND BY WHAT THE COMPELLING COMBINATION OF A SPORT/A GAME AND THAT SKILLFUL, CARING COACH/TEACHER CAN OFFER.

IT IS UNFORTUNATE, BUT HOW MANY YOUNG PEOPLE INVEST AS MUCH OF THEMSELVES AND THEIR SENSE OF PERSONAL SELF-WORTH IN SCHOOL, GRADES OR ACADEMIC ACHIEVEMENT AS THEY DO IN ATHLETIC ACCOMPLISHMENT? MY EXPERIENCE IS ALL TOO FEW.

ALTHOUGH IT MIGHT NOT BE IDEAL, OR THE WAY IT WAS INTENDED, OFTEN SPORTS SERVES AS A COMPELLING PART OF A CHILD'S EDUCATIONAL EXPERIENCE IN THAT IT DICTATES AT LEAST SOME MEASURE OF ACADEMIC ATTENTION AND SUCCESS AS A PRECONDITION FOR PARTICIPATING....., WITH LUCK AND THE RIGHT SET OF INFLUENCES (INCLUDING THE RIGHT COACHES) SOMEWHERE ALONG THE LINE THE LIGHT GOES ON, SOME TRANSFERENCE OCCURS, AND THE GENUINE DESIRE FOR LEARNING IN A CLASSROOM AS WELL AS ON A COURT OR PLAYING FIELD EMERGES.....THAT, A CHILD'S REAL INTRODUCTION TO A PASSION FOR LEARNING, IS THEN A DIRECT OR INDIRECT RESULT OF THE GAMES OUR CHILDREN PLAY.

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Founding Members

Hennepin County Human
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Minnesota Recreation and
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Minnesota Sports
Federation

Minnesota State High
School League

Minnesota Youth Athletic
Services

Minnesota Youth Soccer
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North Country Region USA
Volleyball

Tobacco Free Youth
Recreation

Respect Sports

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Respecting the Game.....Continued from page 1

MOST KNOWLEDGEABLE PEOPLE ALSO AGREE THAT SPORT PROVIDES PARENTS, COACHES, AND EDUCATORS WITH A UNIQUELY FERTILE GROUND WHERE IMPORTANT SEEDS LEADING TO A MEANINGFUL LIFE CAN BE PURPOSEFULLY PLANTED, SOWN AND CULTIVATED ...THAT IS REAL POWER....WHETHER THE PLANTING PROCESS EVOKES A POTENTIAL THAT IS ALREADY THERE BUT UNDEVELOPED OR HIDDEN (LIKE THE WIZARD OF OZ) OR ACTUALLY CREATES SOMETHING THAT WASN'T THERE BEFORE ISN'T REALLY IMPORTANT.....WHAT IS IMPORTANT IS THAT SPORTS CAN TRANSFORM YOUNG PERSONALITIES AND LIVES.....IT CAN, YOU SEE, BECAUSE THE CHILDREN WE ALL SERVE COME TO KNOW VERY EARLY IN THEIR LIVES THAT, AS A RESULT OF OUR CULTURE, SPORT IS A SOURCE OF STATUS....IT IS THE COIN OF THE REALM FOR A YOUNG PERSON SEEKING ACCEPTANCE, FRIENDSHIP AND RESPECT FROM PEERS....WHILE THE EXCEPTIONAL STUDENT GETS AS FOR HIM OR HERSELF, THE EXCEPTIONAL ATHLETE REPRESENTS EVERYONE ON THE TEAM, IN THE SCHOOL OR MAYBE THE COMMUNITY WHEN HE OR SHE HITS THE GAME-WINNING SHOT OR SCORES THE GAME-WINNING GOAL....SPORTS IS SOMETHING INTO WHICH CHILDREN ARE WILLING TO INVEST A DISPROPORTIONATE AMOUNT OF THEMSELVES BECAUSE THE PERCEIVED REWARD IS SO SUBSTANTIAL AND REAL AND IMPORTANT ON THE GROUND ON A DAY TO DAY BASIS IN THEIR YOUNG LIVES.

BUT THOSE OF YOU WHO TRULY UNDERSTAND SPORTS AND REALIZE ITS POWER ALSO UNDERSTAND ITS MAGIC....THAT MAGIC CERTAINLY IS NOT IN DELIVERING POPULARITY OR ACCEPTANCE OR IN TEACHING AN ATHLETE TO SHOOT OR SKATE OR PLAY DEFENSE....THE MAGIC COMES IN TEACHING THOSE PROFOUNDLY IMPORTANT LIFE LESSONS TO KIDS WHO REALLY CARE ABOUT WHAT THEY ARE DOING AND, FINALLY, ARE PAYING ATTENTION. ALL OF YOU MUST ALREADY UNDERSTAND THAT SPORTS IS LIFE WITH THE VOLUME TURNED WAY UP.... THE SAME CHALLENGES WE FACE IN THE PROCESS OF LIVING OUR ADULT LIVES ARE CHALLENGES OUR KIDS FACE IN MICROCOSM ON AN ATHLETIC STAGE THAT MANY TIMES BECOMES VERY IMMEDIATE, INTENSE AND PUBLIC....ALL AT A VERY EARLY AGE.

MOST OF US ARE DRAWN TO ATHLETICS, WHETHER WE KNOW IT OR NOT, BECAUSE OF THIS TYPE OF REAL-LIFE DRAMA. THERE IS SOMETHING REJUVENATING AND FULFILLING AND INSPIRATIONAL IN WATCHING YOUNG ATHLETES LEARN ABOUT THEMSELVES THRU CHALLENGES.... IN LEARNING TO DREAM BIG DREAMS....IN EXPERIENCING THINGS FOR THE FIRST TIME....IN PUTTING THEIR ENTIRE HEART AND SOUL INTO EVERYTHING THEY TRY BECAUSE NOTHING IS TIRED OR BORING OR OLD HAT....IN DISCOVERING THEIR OWN CHARACTER....WHO THEY REALLY ARE.

IF SPORTS AND THOSE OF US IN IT USE THE MAGIC IT POSSESSES PROPERLY WE KNOW WE CAN HELP BUSY YOUNG PEOPLE SEE THAT NO MATTER HOW MUCH IS ASKED OF THEM..... OR THEY HAVE GOING ON.... OR HOW GIFTED THEY ARETHEY CAN ONLY DO ONE THING AT A TIME AND THAT WHATEVER THAT IS, IT SHOULD BE FOR THAT MOMENT THEIR TOP PRIORITY IN THE WORLD...WE CAN TEACH THEM TO FOCUS AND LIVE IN THE MOMENT AND GET THE MOST OUT OF THEIR LIVES....IF WE USE THE MAGIC OF SPORT THE WAY IT CAN AND SHOULD BE USED, WE'LL SEE YOUNGSTERS RAPIDLY LEARN THAT THEY ARE ACCOUNTABLE IN LIFE BUT THAT ACCOUNTABILITY EXTENDS ONLY TO THINGS THEY CAN CONTROL...THEIR EFFORTS AND NOT THE OUTCOMES, SO, IF WE DO IT RIGHT, THEY ARE NOT LAUNCHED INTO LIVES OF DISAPPOINTMENT AND FRUSTRATION AND OVERREACHING. WE CAN TEACH THEM THAT RISK AND REWARD GO HAND IN HAND AND THAT FIGHTING TO GET BACK TO YOUR FEET AGAIN AND AGAIN TO ANSWER THE BELL IS FAR MORE IMPORTANT THAN FUTILE EFFORTS TO NEVER FALL AND THAT FAIRNESS IS A FRAIL HUMAN CONSTRUCT THAT DOESN'T EXIST IN NATURE THAT SHOULD NOT BE ANTICIPATED OR MOURNED WHEN IT IS NOT FOUND.....WE CAN TEACH THEM THAT TALENT IS A SPECIAL, SPECIAL GIFT NOT TO BE WASTED BUT THE REAL TREASURES IN LIFE ARE NOT GIVEN BUT FOUND AND THEY ARE CALLED COURAGE, PERSEVERANCE AND TOUGHNESS.....WE CAN HELP THEM COME TO KNOW THE DIFFERENCE BETWEEN BEING HAPPY, WHICH MOST PEOPLE WANT, AND BEING PROUD, WHICH ONLY THE VERY BEST PEOPLE SEEM TO WANT....THAT'S NOT PROUD IN A VAIN OR SELFISH WAY, BUT PROUD IN THE EXTENT TO WHICH YOU HAVE USED THE GIFTS YOU'VE BEEN GIFT TO THEIR VERY FULLEST WHICH AND HAVE NOTHING LEFT TO GIVE....WE CAN TEACH THEM THAT GOOD THINGS CAN AND DO COME FROM LOSING BUT THAT YOU SHOULD NEVER PLAN TO LOSE BECAUSE IT'LL HAPPEN OFTEN ENOUGH ANYWAY...THOSE THINGS WE CAN TEACH DURING THE HARDEST OF TIMES INCLUDE THE FACT THAT BAD THINGS UNFORTUNATELY CAN HAPPEN TO GOOD PEOPLE WITH GOOD AND WELL-MADE PLANS.... WE CAN HELP ASSURE THAT LOSING REPLACES AN UNHEALTHY AND MISPLACED SENSE OF INVINCIBILITY WITH CAPACITY FOR GRACEFULNESS AND UNDERSTANDING.....WE CAN HELP REPLACE ARROGANCE WITH HUMILITY....WE CAN HELP REPLACE SELF-ABSORPTION WITH EMPATHY....AND, IMPORTANTLY WE CAN HELP OUR KIDS FORGE STEEL IN THEIR SOULS AND THEIR BACKBONES.....THE MAGIC WE CAN UNLOCK IN SPORT CAN CREATE IN YOUNG PEOPLE THE PASSION TO DREAM AND THE RESOLVE TO LIVE OUT THOSE DREAMS AND TO NEVER EVER STOP TRYING....THIS IS THE GIFT OF A TRULY INSPIRED AND MEANINGFUL EXISTENCEWHAT GREATER GIFT COULD AN ADULT GIVE TO A CHILD.

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Making Ethical Decisions
(soft cover booklet)

A comprehensive primer on moral questions and how to make choices that withstand ethical scrutiny.
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RESPECT SPORTS

Throughout his respected career in recreation and athletics management, **Frank White has seen the power that sports can have in a young person's life.** He knows firsthand of the lessons a child can learn from involvement in sports: lessons about teamwork, confidence, physical fitness, sportsmanship, competition, leadership, respect, humility and many more.

With a firm respect for sports and their potential to enrich a young person's life, **White founded Respect Sports** with a two-part mission. First, he aims to **raise people's awareness** about the violence and abuse that occur in sports in each community. White reminds his audiences how vitally important it is "to examine the values that we are teaching." The second part of the Respect Sports mission is to **provide a model** for leaders, administrators, parents and participants to create a new direction for youth sports that is safer, healthier and more positive.

White has given his presentation, **Violence In Sports: It's Not A Game Anymore**, to coaches, athletic directors, parents, teachers, recreation professionals, sports officials, and kids. The program **emphasizes the importance of the involvement** of all people. "Good citizenship can be demonstrated anywhere," White says. "It has a place in classrooms, hallways, homes, workplaces, when you're with friends...anywhere." This kind of respectful behavior in youth athletics will result in the establishment of standards that foster a healthy and safe environment.

White's session, however, does more than just stress the importance of promoting a respectful environment. **The sessions provide an established and useful model** for reducing negative behavior by participants, coaches and spectators.

www.respectsports.com



Respecting the Game.....Continued from page 3

LET ME CONCLUDE WITH A FINAL BUT IMPORTANT THOUGHT. THE POWER AND THE MAGIC I JUST TALKED ABOUT PRESUMES GOOD AND EFFECTIVE LEADERS. THAT'S WHAT COACHES AND PROGRAM DIRECTORS ARE...LEADERS. MOST IMPORTANT THINGS IN LIFE ARE DONE IN GROUPS, ORGANIZATIONS OR TEAMS...FEW ARE DONE ALONE. THAT IS ANOTHER LIFE LESSON SPORT TEACHES TO THE YOUNG ATHLETE....WORKING EFFECTIVELY WITH OTHERS. BUT, AS WE ALL KNOW, THERE ARE MORE FACTORS AT WORK DRIVING PEOPLE APART THAN PULLING THEM TOGETHER IN SOME COORDINATED, PRODUCTIVE WAY. ENTER THE LEADER AND THE MODELING OF EFFECTIVE LEADERSHIP TO YOUNG PEOPLE. WHAT MAKES AN EFFECTIVE LEADER? EFFECTIVE LEADERS CERTAINLY NEED TO BE ABLE TO ORGANIZE, ESTABLISH GOALS AND OBJECTIVES OR GAME PLANS, EXPLAIN RESPONSIBILITIES, AND CREATE STRATEGIES BUT THEY ALSO NEED TO BE ABLE TO UNDERSTAND PEOPLE AND THEIR NEEDS AND EMOTIONS, WHAT MAKES THEM TICK...BUT THEN THEY ALSO HAVE TO UNDERSTAND THE POLITICS OF ANY GIVEN SITUATION, THAT FOR EVERY WINNER THERE IS A LOSER, FOR EVERY STARTERS A NON-STARTER, AND FOR EVERY CHILD A PARENT WITH ISSUES OF HIS OR HER OWN...AND, FINALLY AND PERHAPS MOST IMPORTANTLY, LEADERS NEED TO BE ABLE TO MOVE OUR SPIRIT, CAPTURE OUR IMAGINATION, TO INTERPRET REALITY, BUILD MEANINGFUL COMMUNITIES/ORGANIZATIONS/TEAMS AND CREATE CULTURES IN THEM WITH VALUES, WAYS OF CELEBRATING SUCCESS AND WAYS OF MOURNING AND MOVING BEYOND FAILURE. IN SHORT, EFFECTIVE LEADERS NEED TO BE ABLE TO INSPIRE US....THEY NEED TO BE ABLE TO ELEVATE THEIR MESSAGE AND OUR PERFORMANCES FROM OUT OF THE HUM DRUM BACKGROUND NOISE OF EVERYDAY LIFE...

YOU HAVE A GREAT CHALLENGE IN FRONT OF YOU AS YOU WORK TO IMPROVE THE COMPETITIVE ENVIRONMENT IN WHICH ALL OF THIS POWER AND MAGIC SPORTS HAS CAN COMBINE TO HELP YOU TEACH THE MOST VALUABLE RESOURCE ANY COMMUNITY HAS...OUR CHILDREN....DO ME A FAVOR AND DON'T GIVE UP OR GIVE IN....BE TRULY INSPIRING LEADERS, TEACH, AND SHOW THE KIDS YOU WORK WITH HOW TO LEAD THEMSELVES WHEN THE OPPORTUNITY PRESENTS ITSELF....IF YOU DO, YOU JUST MIGHT RECEIVE ON OF LIFE'S GREATEST REWARDS OUT OF YOUR EFFORTS...THOSE KIDS JUST MIGHT WANT TO GROW UP TO BE LIKE YOU .

This is the Keynote Speech presented by Dr. Dienhart at the 2nd Annual Sports Alliance of Minnesota Summit on November 11, 2006.

Fitness – by Murray Harber, Health Specialist

Improving health, fitness, and performance can be done by being physically active, recreating, performing exercises, and following workouts for athletic enhancement. Workouts are routines which are designed for a desired result related to the individuals' health issues, desires and goals.

Workouts should follow a basic plan including a warm-up, the routine, and the warm-down. Many people fail to follow this simple strategy and either skips the warm-up and/or the warm-down due to perceived time constraints. These oversights increase the risk of injuries; reduce the performance potential of the body as well as lessening the effect of the recovery process. Over time continued oversight will cause and injury and keep you from reaching your goals.

Each sport has its own training cycle and multi-sport athletes need to balance their training elements to optimize performance.

Let's talk Warm-up: The warm-up prepares the body for the upcoming demands of the program. Activating the appropriate core musculature, getting the blood flow to increase to the muscles, and allowing the cardiovascular system to adjust to the increasing demand will allow the body to perform at a higher level and sustain that level for a longer period of time. Skipping this vital part of the workout can increase your risk of musculoskeletal injuries and cardiovascular events. The recommendation is to do some light level of activity for 5-10 minutes followed by some dynamic flexibility exercises followed by some static stretching if tightness is still present.

Now the Workout: The workout is the specific activities matched to your sport and individual development goals and can include exercises for cardiovascular improvements, balance, spinal stability, muscular strength and endurance, as well as other activities such as yoga, group exercise, etc. Some workouts combine some or all of these activities and can be considered a circuit. A strength circuit is where the routine is based on resistance training using weight machines, free weights, tubing, and water. A cardio circuit can include a variety of aerobic exercises such as walking, biking, and stair climbing. Combined circuit includes both resistance exercises combined with aerobic activities. Other resistance training routines can be designed for two days per week, three days, four days, five days, and six days depending upon your desired goals. Sport specific training sessions (practice) are also included.

At last the Warm-down: The warm-down is a critical part of the workout and is required

IN THE CREASE

IN THE CREASE is the inspiring and dramatic true story of a real life teenage hockey team and their pursuit of a national championship. In an unusual twist for hockey, the diverse team hails from Southern California, an unlikely new hotbed for the sport, and their coach Mike Lewis is the first African American to win a national title. The feature length documentary film also includes 15 of the NHL's biggest stars such as Brendan Shanahan, Scott Gomez, Joe Thornton, Scott Niedermayer, Jeremy Roenick and many more sharing their own childhood experiences for the first time.

For hockey families everywhere, the film speaks to the commitment and passion they all share for the sport. However, this is not just a "hockey story." It is a story that transcends the game itself, showing how sports in general can have an incredibly positive impact on kids -- keeping them out of trouble, teaching them the value of dedication and hard work, and bringing their families closer together.

The film is produced and co-directed by Matt Gannon (co-producer of the Oscar nominated "Girl with a Pearl Earring" starring Scarlett Johansson) and Mike Sarner (marketing manager for the Oscar nominated "Hotel Rwanda.")

It's the film one reviewer recently called "The Hoop Dreams of Hockey!"

"Reprinted with permission by USA Hockey Magazine."

**Thinking good thoughts
is not enough, doing good
deeds is not enough,
seeing others follow your
good examples is enough.**
-- Doug Horton

A Different Kind of Super Bowl

Brittany McFadden, Tobacco Free Youth Recreation

Every day, Minnesota is becoming more and more diverse. As our human landscape changes, one of the things that keeps every culture speaking a common language is sports. On a world stage, the Olympic Games reminds us of that every two years. But have you stopped to think about how we all share sports as a common theme here in Minnesota?

An example of this in Minnesota is the Hmong people. According to the 2000 U.S. Census, nearly 42,000 Hmong live in Minnesota, mainly in the St. Paul area. Recent community estimates suggest that the actual population is closer to 70,000. A generation ago, Hmong refugees emigrated to the United States—many to Minnesota—from their war-torn homelands of South East Asia. Once settled here in Minnesota, Hmong leaders established a July Fourth festival of sports to bring together Hmong immigrants to socialize and recreate. Now termed the "Hmong Soccer Tournament" and in its 20th year, this festival has grown so large that the Hmong consider it to be the Super Bowl of sports in the Hmong culture. Each July, over 10,000 Hmong from all over the United States gather in St. Paul's Como Park to compete in soccer, tennis, volleyball, and flag football tournaments. Many also compete in the culture-specific sports of top-spin—a game of strategy involving spinning tops—and kato, which is a sport that is a cross between soccer and volleyball.

As youth sports professionals, we are very familiar with all the positive aspects that competing in sports can provide for a child: physical activity, teamwork, and looking up to positive role models are just a few. But let's not forget that the commonality of sports among cultures also provides us with opportunities to teach youth to see beyond physical differences and embrace diversity in sports as a way to learn more about everyone who shares their same love of the game.

Fitness, continued from page 3

for safety and recovery reasons. Doing some easy activities such as light biking or walking will suffice to assist the body in slowing down and redistributing the blood from the working muscles to the internal organs. If you do not allow this process to occur, you put yourself at risk for fainting and a potential cardiovascular event. If you do not warm-down after filling your large muscle groups with blood, the heart must pump the blood back to its normal distribution which taxes the heart. Following the light level activity it is recommended to perform some static (slow) stretching to release the tension built up in the muscular system. This also allows for greater flexibility and improved recovery for the following day.

Recommendations: The following are some example of warm-up and warm-downs to consider when you begin your workout program.

Warm-up

1. 5-10 minutes of walking or biking at a slow pace.
2. 5 minutes of core activation exercises
3. Dynamic activity include arm swings, leg swings, body squats and active-isolated stretching
4. Static stretching as needed per your pre-existing condition

Warm-down

5. 5-10 minutes of walking or biking at a slow pace.
6. 10 minutes of static stretching and relaxation such as a visualization exercises

Hydrate and within 30 minutes eat something with a carbohydrate and protein mixture .

Following these recommendations will assist you in reaching goals faster, improve the quality and quantity of your performance, and assist in reducing your risk of injury.

Murray Harber is the Manager of the U Plan Wellness Program at the University of Minnesota.