

## The Movement

### Quote of the Season

“The man who wants to lead the orchestra must turn his back on the crowd.” - James Crook

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### Nutrition Note

#### Is Breakfast Really Necessary?

You hear it all the time; ‘Breakfast is the most important meal of the day’. Is it true? Do we really need breakfast in order for our day to begin better than without it?



So let’s think about it. Say you ate dinner and maybe a snack before bedtime at 10 or 11pm. You got your full 8 hours of sleep, hit snooze a few times, got out of bed, took a shower, or at least threw some

cold water on your face and stumble downstairs to the kitchen. Your body has been digesting and using your last meal for somewhere between 8-10 hours. Even though you were asleep, you did burn calories, and sometimes a lot of calories depending on how active you were during your day. So your body and brain are probably in need of some energy to begin waking up and functioning correctly.

Breakfast can provide those calories that your body needs to continue functioning at a high level and for your brain to begin processing information, thinking, and analyzing life

around you. All of those things are very important for the average American adult, but even more so, for young athletes who need a lot of energy to learn in school all day then step on a playing field to play or train afterward.

So, yes breakfast is very important to get your day started. It begins to fuel your body and give your brain energy to function along with preparing you to attack the challenges that the day will hold. It also allows your body to continue to repair from any training and damages sustained the previous day.

So, ‘most important meal’? Maybe. Beneficial? Definitely!

### Pro Tip for Parents

Foam Rolling and stretching **after** practice or games helps the muscles relax, lengthen, and be ready for the next event.



## Connect with Us!

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## Athlete Highlight

### Landon Lackner

Loyola Blakefield Class of 2023

4.16 GPA in Honors and AP Curriculum

### Varsity Soccer

2019—Freshman— Midfielder— 17 of 20 games

2020— Sophomore—started all games at holding midfielder

### Pipeline Soccer Club 2005 ECNL

2019/2020—Captain and starting central midfielder

2020/2021—Starting at holding midfielder



Landon is the first athlete I began working with when I created AthletEdge. Man, did I get lucky for AthletEdges' start! First and foremost, Landon is a great guy. He would do anything for you, but from an athletic view, he's a gift to train. He's focused, coachable, driven, goal-oriented, and self-motivated. Can't ask for more. It's been a pleasure for the past 2+ years!

## Mental Preparation

### Your Inner Voice

Motivation...what gets you out of bed, off the sofa, to leave your house, to walk or run on a hot summer day or cold, damp November morning, to go train downstairs or in the garage, or to the sweaty gym? What little voice inside your head talks to you? What does it say? How does it 'sell' you?

Almost everyone has the inner voice. Some people listen to it,

others choose not to; but the voice is still there. We all have an innate sense of what is right or good for us. We all have that inner need for survival. Many of us have the desire to be better than we think we can be or better than what we perceive others think we can be; to prove ourselves and others wrong.

Sometimes that's all it takes to get us up and moving. To push ourselves to find out what we are real-

ly capable of. To drive ourselves to do what other people in similar life situations are not doing. As athletes we hear it all the time—'someone else is out there outworking you'; as a middle-aged husband and father—you're too old to do that'.

We need to use those things to fuel our fire, to challenge ourselves and what others believe about us and themselves.

We only get one go around at this thing and I don't want to leave anything on the table. I want to give myself every fighting chance. Shouldn't we do our best to listen to that inner voice when it says something?

