

The Movement

Quote of the Season

“I am building a fire, and every day I train, I add more fuel.”

- Mia Hamm

Check our YouTube Channel for the Latest Training Tips and Movements!



Just click on the above logo or search 'AthletEdge' on YouTube!

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Using the BridgeAthletic App, we can customize a personal program for you to perform anywhere! On your time!

Pro Tip for Parents

Lack of fitness or playing while fatigued is a major precursor to injury. Playing and practicing do not always maintain your fitness level. Athletes must perform proper In-Season conditioning specific to their sport and position to maintain and improve fitness level!

Nutrition Note

What Should You Eat Before a Game or Practice?

Growing up playing sports we always heard pasta gave you carbs and carbs were good for energy. That's true, but I ate a lot of pasta before football tryouts my senior year and all those carbs ended up in the trash can after I ran the 300-yard shuttle test as hard as I could. I was dragging the rest of that tryout.

Parents and coaches are always asking 'what should we have our athletes eat before a game or practice and when should they eat it?'

Great questions because both make a difference in the energy levels of our athletes.

Every athlete, and human as well, needs carbs, fats, proteins, vitamins, minerals, and water for their body to operate at optimal capacities. If you are short on any, your body

will struggle to get to peak performance. It will also be a challenge to recover following exertion.

The key is eating the appropriate foods at the appropriate times to get the most out of your energy supply. Pre-Game food should be eaten in stages.

About 3 hours before competition or training, the athlete should eat a larger meal with carbs and protein like pasta and veggies



with chicken, or meat sauce; a baked potato with chicken and veggies on it, fajitas.

2 hours before, the meal should be more like a bagel, or waffles, or pancakes in order to get a few more carbs that will be ready to use by game time. An hour beforehand is when they should be eating a few pretzels, half a bagel, a few orange slices, etc. Something

smaller and lighter but with decent energy.

Hydration should begin, at minimum, the day before with water as the primary source. 16 oz of water before bed and upon waking are a good 'day of plan. If the game is later in the day, have another 16 oz about 2 hours before, with 6-8 oz 15 minutes beforehand, and 4-8 oz every 15 minutes during activity while alternating between water and sports drink here to replace some sugar and electrolytes lost. A good rule to follow is Always Stay Hydrated with Water.

Good overall food choices are whole grains, eggs, lean meats, some fruits and **lots of different vegetables!**

Avoiding greasy foods, heavy fatty food and anything that usually upsets the individual athlete's stomach is good idea.

Post-Game meals are important too, especially on tournament weekends. We'll cover those next issue.

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Athlete Highlight

Jake Arentz

Eastern Technical HS - Class of 2024

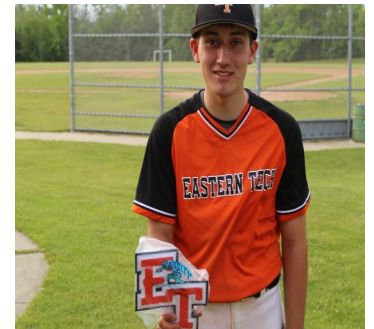
Interactive Media/GT and AP Classes

GPA—3.0

Varsity Baseball

2024—Senior— Starter

Summer/Fall Ball for the Putty Hill Panthers



Jake has trained with AthletEdge for 3 years. He works his butt off at each session and has progressed tremendously in his speed and quickness, as well as improving his strength and stamina to be able to catch each game.

It's always fun to train Jake because, with the work he puts in, it is great just to watch him develop and learn to control his body from week to week. I know the effort he's going to give me and it's awesome to see the results.

Purpose of Training

Why Do You Train?

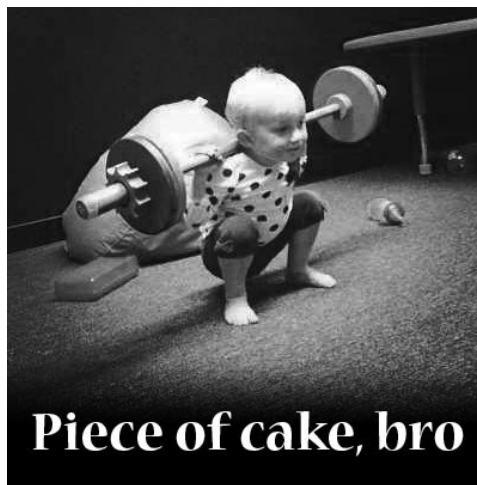
Each of us that train, do it for different reasons. To look better is a common one, to feel better, for more stamina, more strength or power, to relieve stress. Whatever the reason, they are all positive. Even 'to look better' although a little self-centered, is a good reason to train. But no matter what type of training you do or why you may do it, the main reason we should all train is to move better.

If you train to lose weight, yes, you may look better, but you will move better too with less stress on your joints. Say you train to increase your strength; that extra strength will allow muscles to pull your bones and joints through their motions easier. If you train to in-

crease stamina, you will be able to move more efficiently for a longer time. If training decreases stress, you will relax the tension that comes with stress and that will allow improved movement.

One thing we need to keep in mind though is that training by itself will not improve already poor movement. Sometimes muscles that are short from holding positions for too long, like sitting, or

muscles that are extremely tight from being used over and over, but never stretched, will not allow our joints to go through the proper ranges of motion. This is where more training can lead to injury. **Make sure you know how to include some mobility and stability training into your routine, so the training you are doing to improve doesn't lead to aches or pains.**



Piece of cake, bro

Remember, the body is made to move, but move correctly!

To find out how, contact us!