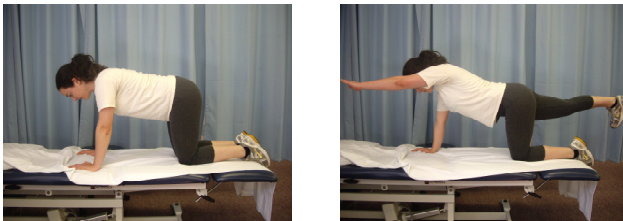


Exercise of the Month: Bird-Dog



Purpose: Strengthens your core, hamstrings, glutes and shoulders. Also improves your balance.

Instructions:

- Start on your hands and knees.
- Raise your left arm forward so that it is in line with your back
- At the same time, extend your right leg straight out.
- Your right leg, back and left arm should all be in one straight line.
- Make sure to keep your hips level.
- Keep your head aligned with your body.
- Hold for 5 seconds and switch sides. Repeat 10 times.

This is for general educational and informational purposes only. It is not medical advice and is not intended to replace consultation with qualified medical professional(s) regarding your specific circumstances.

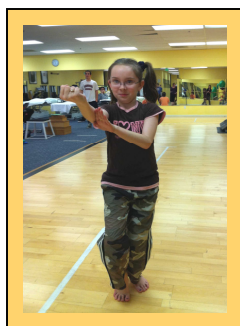
Athletes of the Month

Oakland



Erin Angell
Prospect Sierra School
Gymnastics

Walnut Creek



Courtneylee Conroy
St. Patricks School
Martial Arts

Fun Fact: *Who was the first ever wildcard team to win a Super Bowl?* Oakland Raiders. Super Bowl XV: Oakland vs. Philadelphia.

SPORTS DRINKS

My coach says that Gatorade is too high in sugar and doesn't want us to drink it during practice. What do you think?

Sports drinks such as Gatorade and Powerade have been formulated to help athletes stay hydrated and keep their muscles fueled. Your coach is right - Gatorade is high in sugar. And that's a good thing. During practices and competitions that last 90 minutes or longer, you need to eat or drink some carbohydrates (sugars) in order to keep your muscles energized and your brain focused. These sport drinks have the right type and concentration of sugars to accomplish this, enabling the athlete to have better endurance, strength and mental focus throughout each practice.

These are general guidelines for fueling your body for sports. Maximize your performance by contacting **Jill Daniels, MS, RD, CSSD, Nutrition Coach, Certified Specialist in Sports Dietetics**. For more info, go to: www.jilldanielsrd.com

Athletic Trainer's Corner

Keep on Rolling, Injury Free Mikel Jackson, ATC

Tight muscles can hinder performance. After stretching, try rolling muscles like your calves, quads, thighs or glutes on a softball or tennis ball. Progress to smaller objects like a baseball or golf ball for a more targeted massage.

Get Your Head in the Game

Got Aggressiveness? Erika Carlson, MA
Sport Psychology Consultant

A lack of aggressiveness is a very common issue with youth athletes. Here are my top 5 quick tips for getting more aggressive.

- **DECIDE** you *want* to be aggressive.
- **SIMPLIFY** your self-talk -- too much thinking slows down your reaction time.
- **FOCUS** on the game around you-the ball, teammates, getting in position. Anticipate the action, get there first.
- **PLAY** movies in your head of you making very aggressive and successful plays.
- **INTENSIFY** with feelings of passion for physically aggressive play. Don't rely on anger.

Upcoming Events

•Saturday, February 12, 2011 at Oakland, 8:30-11:30am, **Runner's Clinic**- For Runners who want to take the next step! \$20. Reservation required. Please call Oakland clinic.

•March 21, 2011 at Oakland, 7:00-8:00pm, Free Lecture: **Getting to the CORE of Running: Exercises for Runners.**