

Exercise of the Month: Scaption



Purpose: Scaption is the plane of motion that the shoulder blade moves in. This exercise is used to increase the strength of the supraspinatus muscle, which is part of the rotator cuff.

Instructions:

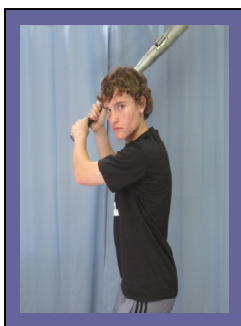
1. Start with your arms by your side with your thumbs facing up, at a 30-degree angle to your body (so that they form a "Y")
2. Raise arms up to shoulder height, without shrugging your shoulders to your ears.
3. Pause for two seconds, then take two seconds to the lower the weight back to the starting position in a controlled manner.

Repeat 8-10 times for 3 sets

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.

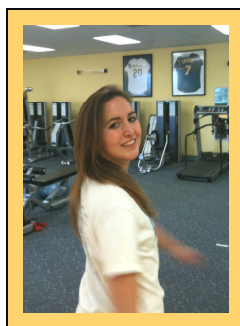
Athletes of the Month

Oakland



Nicholas Shebek
El Cerrito High School
Baseball

Walnut Creek



Eva Erickson
Campolindo High School
Swim

Fun Fact: Wilt Chamberlain holds the record for points scored in a game at 100 points. He did that against New York on March 2, 1962.

Best Brown Bag Lunches

Lunchtime is a crucial place for athletes to eat well. It is a recovery meal if you had a morning workout, or will be the fuel and fluids your body needs for a great afternoon or evening practice. Bring your lunch from home to ensure you eat a balanced meal that energizes your muscles, keeps you focused, and nourishes your body. Here are some tips:

- Pack items from at least three different food groups
- Include a good source of protein from the meat/bean group or the dairy group (such as Greek yogurt or cottage cheese)
- Team it up with energy-rich carbohydrates like whole grain breads, tortillas or crackers
- Add some color and lots of nutrients with fruits and veggies
- Top it off with something fun such as homemade oatmeal cookies, chocolate milk, graham crackers, or a peanut-raisin-M&M mix

Maximize your athletic performance by working with Nutrition Coach Jill Daniels, MS, RD, CSSD. www.JillDanielsRD.com

Athletic Trainer's Corner

Thumbs Up!

Mikel Jackson, ATC

A jammed finger joint is a common sports injury. When custom, padded splints are unavailable, utilize a popsicle stick, tongue depressor or buddy tape job to a neighboring finger. Splinting is a way to protect a joint from further injury or re-injury.

Get Your Head in the Game

Injury Recovery Tips

Erika Carlson, MA
Sport Psychology Consultant

Have you suddenly found yourself sidelined with an injury? Here are a few top tips for successfully navigating injury recovery and returning to sport stronger than ever.

- Stay positive- No doubt, this is a challenging time for you, but stay focused on what you CAN do, and just do it.
- Create a detailed goal plan with your doc and PT. Accomplishing these goals can help increase determination, improve confidence and produce the best outcome.
- Get a (social) life- Finding other injured athletes to talk to is one of the best ways to stay motivated and get back to your sport strong and confident ASAP!

Upcoming Events

•Saturday, March 12, 2011 at Walnut Creek, 8:30-10:30am, **Jump Clinic-** For Jumpers who want to take the next leap! \$40. Reservation required. Please call Walnut Creek clinic.

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