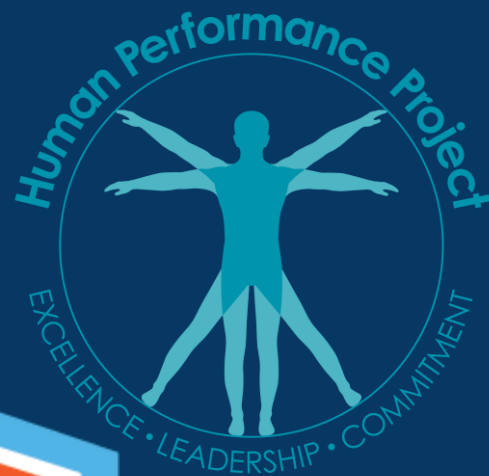




**LIFE OF AN
ATHLETE**



ELEVATE

BUFFALO GROVE  HIGH SCHOOL

LINK  TOGETHER

Supporting Drug & Alcohol-Free Youth



214
HIGH SCHOOL DISTRICT

OUR GOAL FOR STUDENTS OPTIMAL PERFORMANCE

WHAT CAN ATHLETES CONTROL IN THEIR OWN LIVES?

37 Years

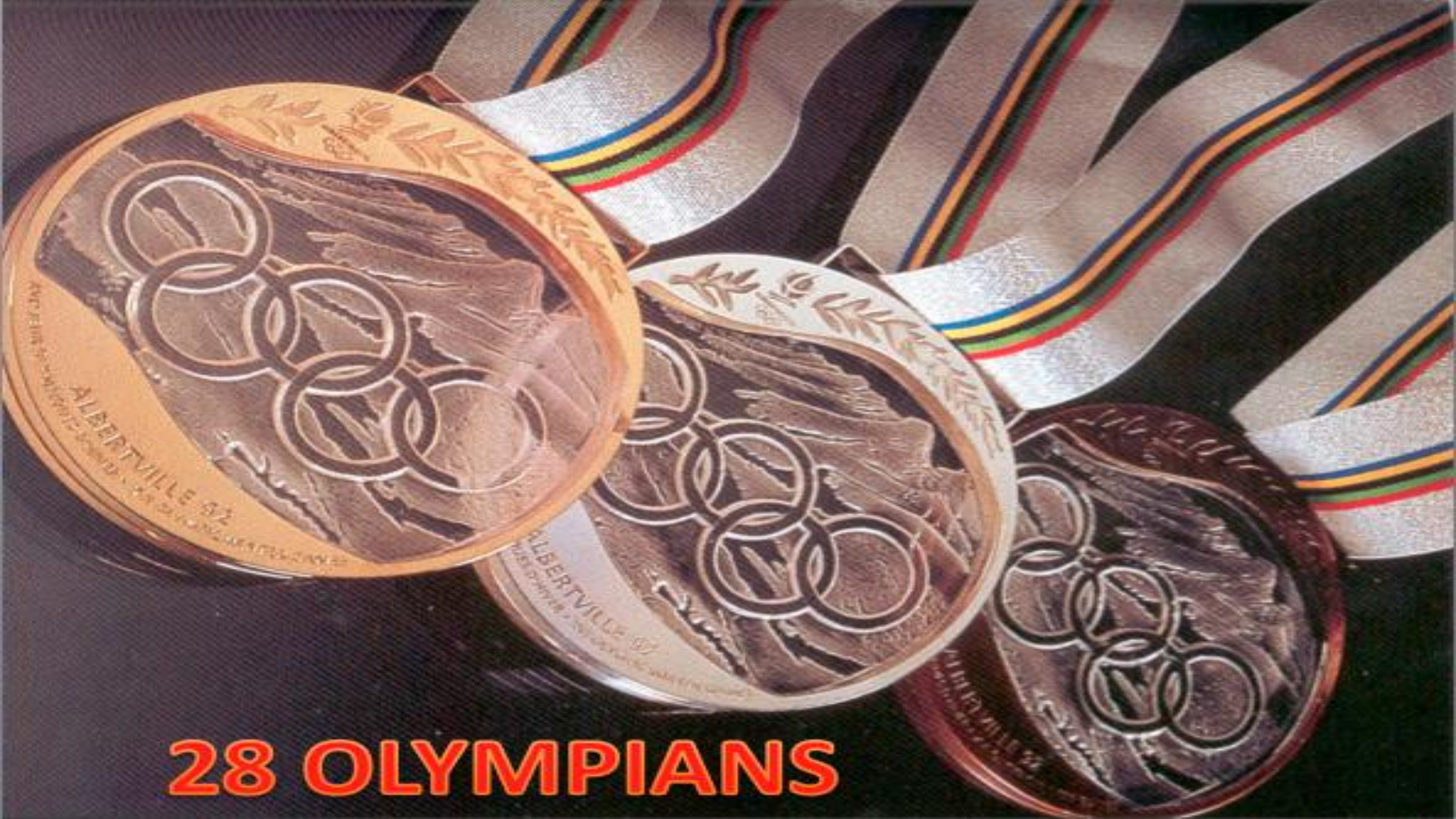


JOHN UNDERWOOD
HUMAN PERFORMANCE
CONSULTANT FOR
THE U.S. NAVY SEALS

Director Founder of the American Athletic Institute – Human Performance Project. A former NCAA All-American, International-level distance runner and World Masters Champion, John has coached or advised more than two dozen Olympians including many World and Olympic Champions. He holds three International Olympic Solidarity diplomas for coaching and has been a crusader for drug-free sport at all levels. John is an internationally recognized human performance expert, specializing in recovery, peaking training and lifestyle impact on mental and physical performance. John's innovative program "Life of an Athlete", has gained international prominence. John has worked with nearly all sport federations including the National Federation of High School Athletics, NCAA, NHL, NFL, NBA, the U.S. Olympic Committee, Sport Canada and the International Olympic Committee. John Underwood is Human Performance Consultant for the U.S. Navy SEALS.

**Human Performance Stress Sleep
Recovery Nutrition Hydration
Training Peaking Social Drugs**





28 OLYMPIANS

NSWG2 Laboratory





“LIFE OF AN ATHLETE”

Modules

Nutrition / Training
Sleep / Recovery
Drugs / Alcohol
Mindset / Culture

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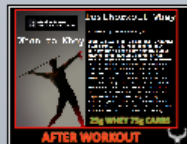
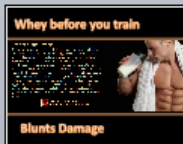
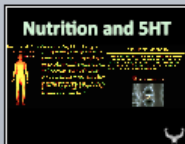
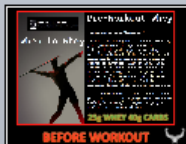
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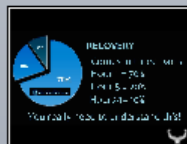
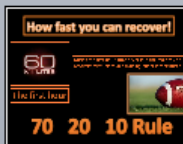
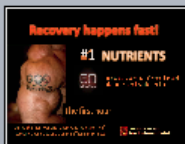
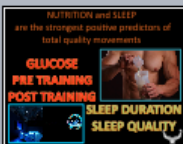
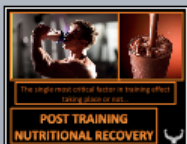
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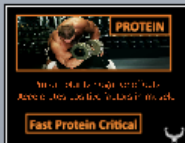
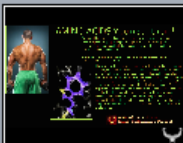
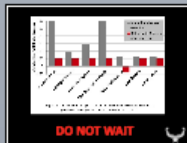
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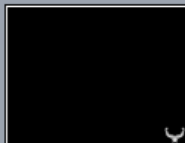
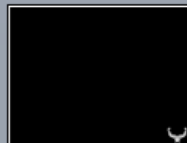
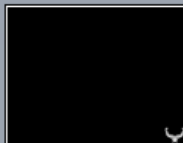
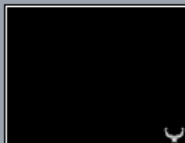
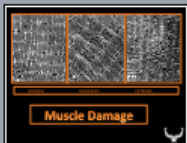
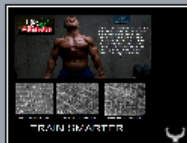
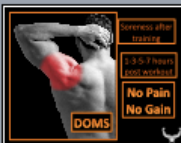
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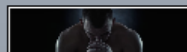
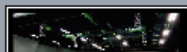
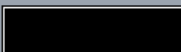
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NUTRITION / TRAINING



These are given suggestions for nutrition that can help you have more energy and be a better athlete...

The rest is mostly up to you! Unlock your potential with POWER BACK DIET NUTRITION.

**eat
right.**

Life *of an*
Athlete
NEW HAMPSHIRE
HUMAN PERFORMANCE PROJECT



Power Back Diet

Diet Nutrition Summary
for Athletes

*John Underwood Life of an Athlete
Human Performance Project*



Life of an Athlete
Human Performance Project

EAT BETTER PLAY BETTER



Life of an Athlete
Human Performance Project

Wouldn't it make sense To help kids eat right?



Fruits and Veggies give you power!



Life of an Athlete
Human Performance Project

Running makes you lose mass!



DOES RUNNING MAKE YOU LOSE MUSCLE MASS?

Excessive repetitive endurance cardiovascular exercise uses energy the body requires to build muscle mass. Running is a cardiovascular exercise, which explains why bodybuilders spend little time on the treadmill. You will lose muscle if you run too much, too often and if you do so right before eating. Running every day depletes the calorie levels needed to sustain muscle mass, so program your running for two or three times a week rather than daily. We also suggest sessions be kept to a maximum of 45 minutes, beyond which time, necessary muscle-building calories are burned off. There is natural muscle loss during sleep, so a morning run on an empty stomach is a recipe for losing more muscle.

This is why most sports where mass is a priority utilize minimal cardio-endurance training!



Life of an Athlete
Human Performance Project

Want Mass?
2-3X per week 45 mins. or less!



SLEEP / RECOVERY





REACT

Twenty four elite athletes reaction
time to visual stimulus rested:

.186 Sec.

Twenty four elite athletes reaction
time no sleep overnight:



.246 Sec.



60
MINUTES



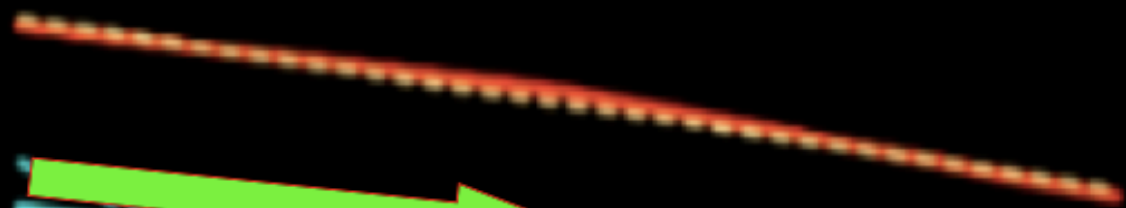
The first hour

During the first hour after a workout the majority of recovery takes place and training effect is maximized.

MORNING

NOON

NIGHT



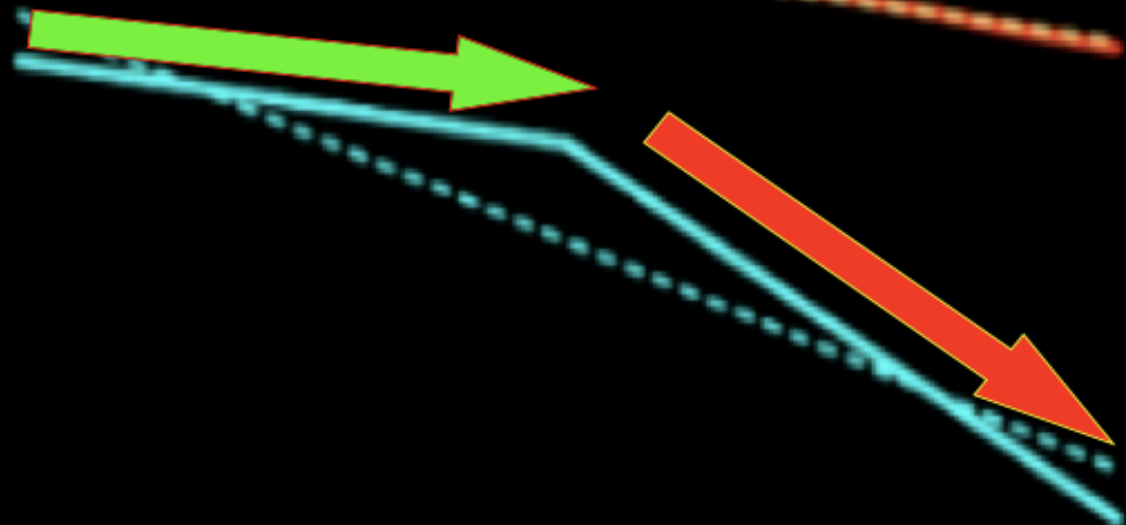
8 HOURS SLEEP

**GRADUAL
ENERGY
DECREASE**

MORNING

NOON

NIGHT



6 HOURS SLEEP

**RAPID
ENERGY
DECREASE**

DRUGS & ALCOHOL



ALCOHOL = HIGHER LEVELS OF STRESS

HIGHER LEVELS OF THE STRESS HORMONE
CORTISOL ARE RELEASED AND STAY IN THE
SYSTEM FOR **24 HOURS** AFTER ONE DRINK,
INHIBITS THE PRODUCTION OF **TESTOSTERONE**

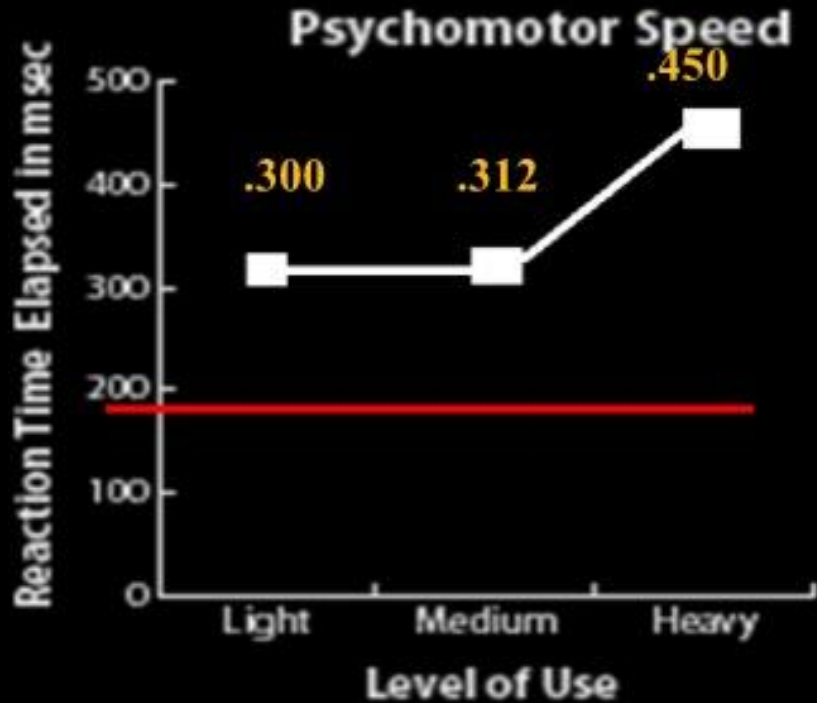




1 NIGHT OF BINGE DRINKING WIPES OUT
14 DAYS OF TRAINING



WEED AND REACTION TIME



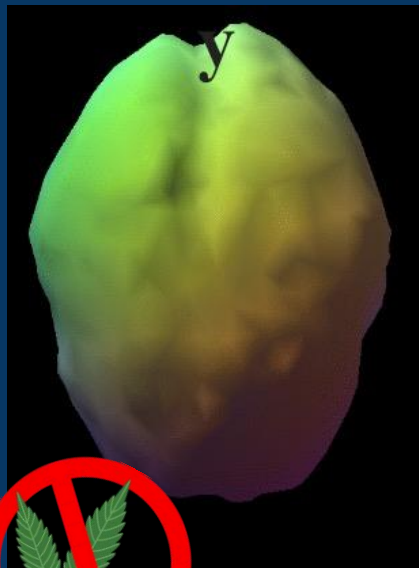
REACTION TIME OF...

ELITE ATHLETES- .186 SEC.

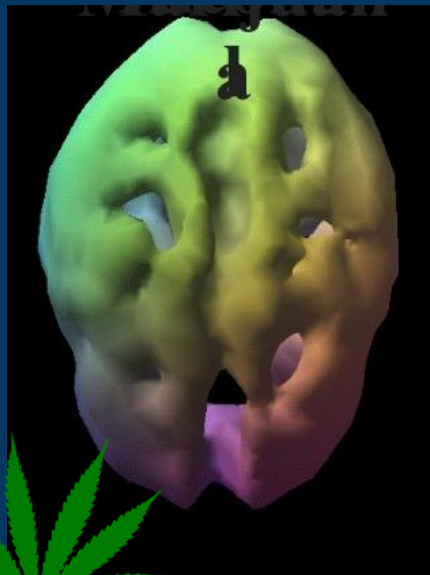
AVERAGE HUMAN- .215-.362 SEC.

USER- UP TO ALMOST HALF A SECOND- .450 SEC.

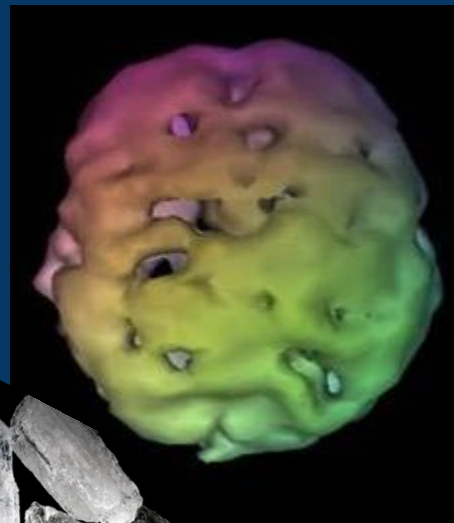




VS



VS



HEALTHY BRAIN

BRAIN OF MARIJUANA USER

BRAIN OF METH USER



MINDSET / CULTURE



Bring your MOOD to training!

Only one works.



Moods have only two dimension ; i.e., Positive effect or Negative Effect.

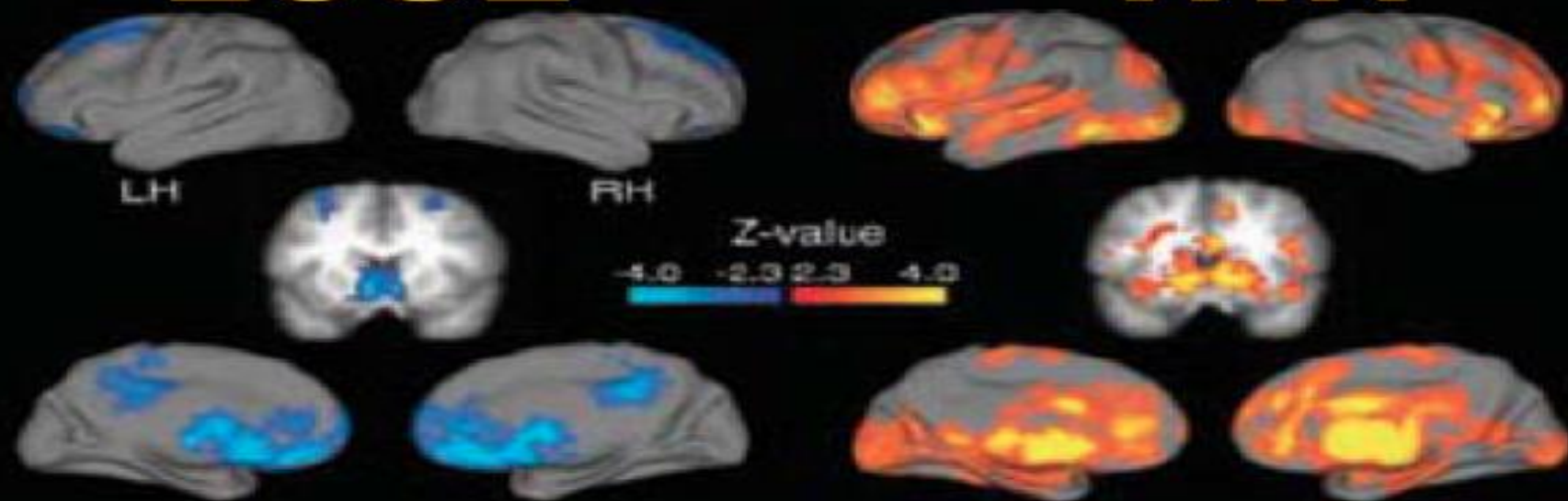


Life of an Athlete
Human Performance Project

man will never fly the
summit of mt. everest
will never be conquered
the sound barrier will

LOSE

WIN



negative thoughts

Girls 2015 NYSPHSAA Champions



- Utilized Sociogram that was part of presentation by SEALS to coaches

ATHLETE
COMMITTED

TO STOPPING UNDERAGE DRINKING

XX



Butte County

CALIFORNIA



Our Goals for Implementation at Buffalo Grove

- Supports an educational-based athletic program
- Purpose is to provide leadership opportunities to students
- Promote the quality work done by our coaches and staff to support the needs of student athletes to our community
- Encourage our student-athletes to be the best version of themselves in athletics and in the classroom

THE INFORMATION AND OUR PROGRAM ARE CREATING
SYSTEMIC CHANGES IN OUR BUILDING BEYOND
ATHLETICS

The students of Elevate...

...are committed to making choices that will allow them and their teams to perform at optimal levels

...are influencing our athletic programs and school culture in a positive manner

...encourage their peers to understand the value of participation in our Elevate program

In July nine BGHS students were fortunate enough to travel to Lake Placid, NY and attend one of John Underwood's summer conferences.

Presentations were given by:

John Underwood on human performance

Two Navy Seals on developing a positive team culture

Former NFL player, Brandon Bair, on overcoming life's adversities

Other high schools who have already adopted similar programs





Upon Returning Home...

The students presented topics to:

- BGHS Coaches
- BGHS Faculty
- Incoming Freshmen
- Parents of Student-Athletes
- All Sports Teams
- Link Together Coalition
- District Food Services
- Feeder Middle Schools
- District 214 Schools
- District 214 Human Performance Project Conference (75 District Participants)
- D214 School Board

Elevate Pledges

Must be signed by the individual, a parent, and a sponsor (coach or existing Elevate member)

Currently have
125 student-
athletes
committed to
the Elevate
lifestyle

The pledges discuss the ideas of **team > teammate > self**, creating positive team cultures, living a drug and alcohol free life, and making healthy choices concerning sleep and nutrition.

Thomas Middle School



23 Elevate members were asked to introduce the Elevate program to the incoming freshmen



Cooper Middle School

10 Elevate members were asked
to introduce Elevate to the
incoming freshmen



Fifth Quarter Events

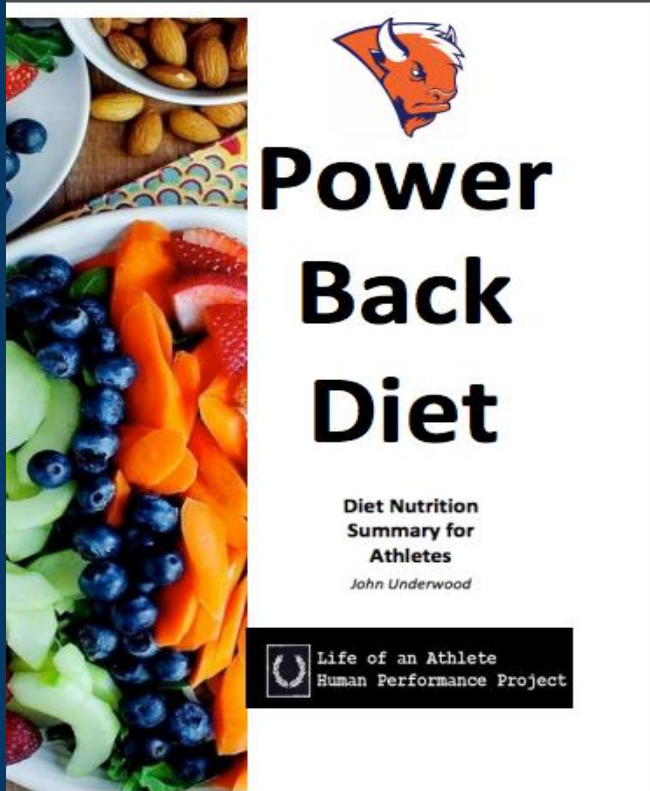


BG ELEVATE

NUTRITION / TRAINING



Power Back Diet



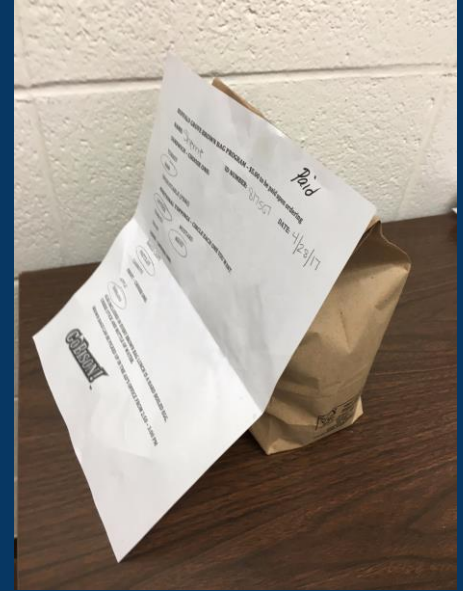
<http://bghs.d214.org/assets/3/6/BGPowerBackDiet.pdf>

Healthy Options Available in the Cafeteria



Brown Bag Program

This is a program designed to provide a healthy after-school snack for athletes and students for only \$5 and serves as an alternative to the fast food around BG



Training

- According to John Underwood's research, training is maximized in the morning
- BG offers six Athletic PE Sections
- Two Zero-Hour Sections
 - Many football, baseball, and wrestling athletes
- Four others offered before noon
- Opportunity to refuel and recover at lunch before practice or game

BG ELEVATE
SLEEP / RECOVERY



Sleep/Recovery Steps at BG

- Health/Athletic PE classes specifically discuss the role of nutrition and recovery
- Preliminary discussions in place to set up a “sleep room” during lunch periods which will be staffed to allow students to take a short nap if needed
 - Based on science provided by John Underwood

BG ELEVATE

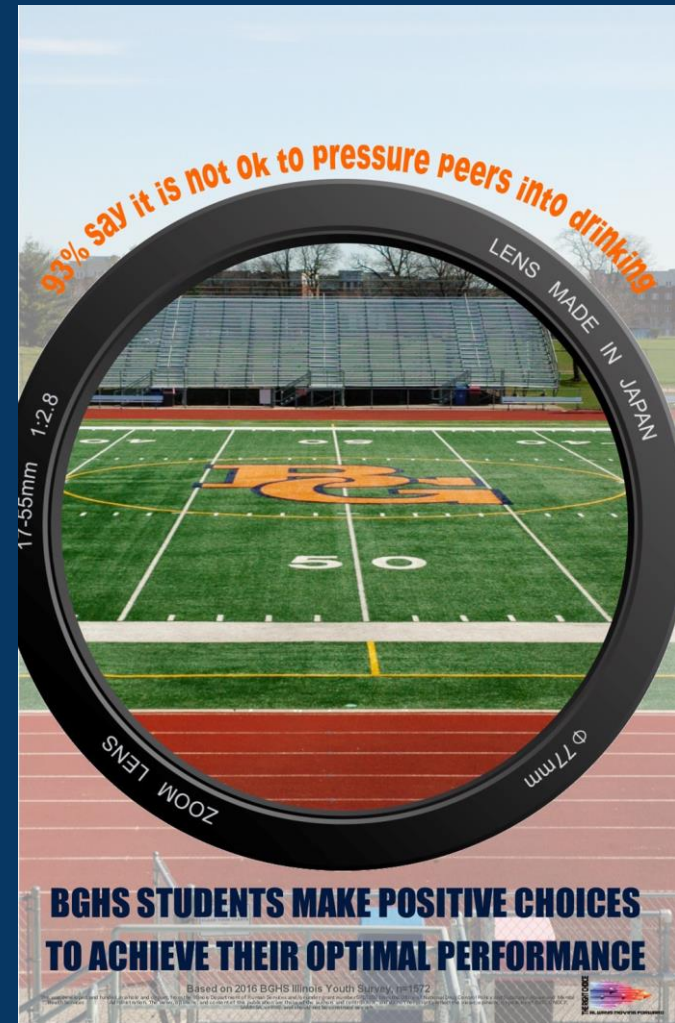
DRUGS & ALCOHOL



Social Norms Committee

- Group coordinates dispersal of statistics regarding student use and perception of drugs and alcohol
- Use a social media campaign to distribute information
- “Stall Street Journal”
- Various posters placed throughout the building

Link Together Coalition



BG ELEVATE

MINDSET / CULTURE



TOGETHER

We will

Thrive on and off the field

Dig deep to build high

Do our part in order to succeed

Focus on the process and not the product

Hold our teammates accountable

Stay united through blood sweat and tears

Be better than we ever have been before

TEAM TEAMMATE SELF



STATE OF ARIZONA
FALLS



Violation Of The ELEVATE Pledge - Restorative

- Athlete is given a code as is designated by district policy
- If pledged to Elevate, will address coach, team, and the Athletic Director
- Also required to have a meeting with their counselor and/or a social worker who works specifically with drug and alcohol prevention

Athlete Responsibility/Leadership/Accountability

- There have been situations where athletes have monitored and held each other accountable
 - Social Media Issues
 - Teammate Behavior/Discontent
 - Restorative process for students who have been coded

ELEVATE IMPACT ON COACHES



Code of Conduct

Elevate Student Leaders created a Code of Conduct in August for our Parents and Coaches

This has been a powerful tool to help us frame the purpose of our athletic program

There has been a significant drop in issues that have come to the athletic office this past year

Moving forward, we will be having coaches craft an Athlete Code of Conduct

Moving Forward...

- Continue to reach out to feeder schools to build program
- Creating more opportunities for students to engage with one another in a positive environment
- Interaction with existing groups here at BG
 - Activities
 - Orchesis
 - Fine Arts
- Consistent opportunities to meet with our pledged members

Questions?

- Kip North
 - christopher.nor@d214.org
- Matt Myers
 - matt.myers@d214.org
- @ElevateBison