

E Athlete Performance Newsletter

PowerStrength Message

We have been emphasizing the importance of attention to detail in both our Off-Season and In-Season programs this past month. Our Off-Season programs contained more tempo-based exercises to reinforce proper fundamental movement patterns under an appropriate and safe load. Details in proper weight selection, technique, and flowing efficiently through the workout all dramatically improved throughout the training cycle preparing us for the next strength phase. As well as upcoming performance progress testing.

The attention to detail emphasis surrounding our In-Season programs was centered around warm-up periods. Not just in the weight room, but before practice and games as well. These details during the warm-up period prepare both the body and mind for competition, as well as contributes to the health and performance throughout the season. We want to be strong and durable at the end of the season when it matters most!

The energy and consistency in the weight room has been awesome through the winter months. We'll keep working towards the big goals we have as a program!

Team of the Month

The Men's Basketball team has EARNED the EGR Team of the Month! Their dedication and focus shows true throughout the entire program and this is due to the leadership within the program. As soon as the team steps foot into the weight room they are locked-in and it is showing up in their results. Even through adversity this special group of guys stayed focus and continued to push forward together. They have worked hard together and created a strong bond as "1" team. We are proud of all these young men!



If you're interested in learning more about our partners from PowerStrength, scan the QR code! @PowerStrengthTS



Athlete Spotlight



Name: Allison Alguire
Sport: Swimming & Track
Grade: 11
Allison Alguire crushes her workout every time she is in the weight room! She brings intensity, energy, and positivity to each session that helps push her team to the next level. She has been consistently training since the summer, and made it a point to train 2 sessions per week during her swim season! Allison now makes it in to train 3-4 days per week in the off-season! Allison has incredible dedication to her development as an athlete and is a terrific example to all EGR athletes!



Name: Liam O'Malley
Sport: Football & Baseball
Grade: 11
Liam O'Malley is one of the best when it comes to consistency with his training! He has not missed an opportunity to get in the weight room - and with this consistency comes fantastic results. In the last 2-months, Liam has increased his bench press by 10 pounds and his squat by 15 pounds. We are all proud of Liam as his work ethic is contagious!

Tip of the Month-Prepare for Success

We are constantly preparing for success in our performance. Athletes are on the go and have many demands on their schedule. Sustaining a proper nutrition schedule will keep your energy, focus, and recovery on track for optimal performance. The athletes who plan their structure for their nutrition (fuel) ahead of time typically experience the best results "What" you eat will be more individualized, but "when" you eat is a general principle athletes can adhere to ensure they're staying well-fueled throughout the day. We first want to identify the windows athletes can aim to consume their meals and snacks. The goal is to not miss one of these windows whenever possible. Below is a sample structure based on the daily schedules of most athletes.

- Wake/Breakfast - 5:30am-7:30am
- Morning Snack - 9:00-10:30am
- Lunch - 11:00am-1:00pm
- Afternoon Snack - 2:45-3:15pm
- Dinner/Post-practice - 5:30-7:30pm
- Evening Snack - 7:30-9:00pm



- Step 1- Assess your schedule to confirm you are consuming fuel during these windows
- Step 2 - Plan 'what' to eat during these windows for your preference and goals