

E ATHLETE PERFORMANCE NEWSLETTER

JANUARY
2023



Team Of The Month:

Women's Varsity Field Hockey

East Grand Rapids Field Hockey had a strong finish for the 2022 season. The EGR Pioneers put in the hard work necessary over the summer with their strength training to gear them up for a successful season. Two teammates that hit the weight room consistently played an integral role in the team's success. Senior Makena Gessner made a goal to tie the playoff game and Senior Anna Loos got it done in overtime to win the game that advanced them to the Quarter Finals! This team doesn't quit! This seasoned team of six graduating seniors will leave room for growth and leadership-building amongst next year's team. Congratulations Lady Pioneers! Your hard work and commitment to excellence paid off and we look forward to seeing next year's team in action.

Athlete Spotlights:



Viola Verduzio

Field Hockey

Junior

Viola Verduzio consistently makes the most out of her strength training both pre-season and off-season. Her positive attitude makes an impact on those around her. Viola was a part of six other teammates that chose to dedicate their summer to building their strength and conditioning so they would hit the ground running come the start of the season. Viola leads by example and her attitude and work ethic will continue to serve her well. We look forward to seeing her finish out her high school career with the best season yet!

Tip Of The Month: Mastering Your Mind

There are numerous benefits for athletes that take the time to "workout" their mind. Games and matches have been won or lost at times when high pressure or doubt sets in. Practicing tools to sharpen your mind and emotion is just as important as giving it your all in practice. Here are a few weekly things you can put into practice to train up your mind to master any situation.

- **Visualization** - Play out in detail everything you will do the day of a big game. Visualize from wake-up to winning and everything in between.
- **Journaling** - Each week, sit down for 5-10 minutes and allow yourself to put pen to paper and mind dump.
- **Learn To Pause, Take A Breath, And Regroup**
- **Reading** - Research shows that reading a hard copy book is a serious stress-buster and reduces stress by as much as 68 percent.

Recipe Of The Month: Ol' Meat & Nuts Breakfast

6-8 Ounces Of Cooked Meat (Steak, Chicken, etc)
Handful of Nuts (Cashews, Almonds, etc)



Combine all ingredients for a protein-packed meal to start your day strong!



Drew Zyskowski

Lacrosse

Senior

Drew joined the strength training sessions halfway through the fall and he hasn't missed a session. Drew is one dedicated dude and isn't slowing down anytime soon. Since his start, he's already packed on 10 pounds of solid muscle to his frame. Drew is a strong leader on his Lacrosse team and he knows how to bring the energy and hype up his teammates. His focus and determination are next level and we can't wait to see him destroy the field this spring!