

E ATHLETE PERFORMANCE NEWSLETTER

MARCH 2023



Team Of The Month: Men's Swimming Team

The East Grand Rapids Men's Swimming Team is undefeated rolling into the conference meets. The team has been extremely consistent with their training and these dudes bring the high energy to every session. The team has a number of strong leaders and they do well leading by example. They push each other to constantly improve and relentlessly work to reach their next level. Their added strength aids as injury prevention when pounding the yardage and their gains have improved their reaction time off the blocks and explosiveness in the water. We look forward to watching them sweep the Conference championship title!

Athlete Spotlights:



Samantha Lovell

Lacrosse & Golf

Sophomore

Samantha trained consistently during the golf season, and has continued her consistency into the winter. She does an awesome job of encouraging and leading others with her positive attitude and strong work ethic. Samantha goes above and beyond to improve and she gives 100% effort at every training session. She is focused and ready to unleash her progress this spring on the lacrosse field.

Tip Of The Month: Leadership

As a student-athlete, you have the opportunity to be a leader among your classmates, teammates, and community. You may have heard a coach say, "when you put on our school name, you represent us, act accordingly." But more than representing your school, you should take pride and ownership in carrying yourself well always, regardless if you wear the school colors. The true test of character is what you do when no one is watching. Being a leader is hard. It can mean going against the grain of the popular opinion and it can be lonely at the top if you go it alone. That's why the best teams have several strong leaders in the group. When leadership is stronger than the lack of the general crowd, greatness is demanded and expected. The weak won't last. What are you doing today to help make you a better leader? To get started:

- Get with other like-minded athletes to discuss goals and strategies to develop your team.
- Consult with strong leaders (current or graduated)

Recipe Of The Month: Snacks On The Go

- Celery
- Carrots
- Peppers
- Hummus or Peanut Butter



Place ingredients in a to-go container or mason jar. It's a simple and easy way to keep fueling your body and mind with healthy nutrition.



Brayden Tocco

Track

Freshman

Brayden has trained hard this fall and winter in preparation for track season. Because of his hard work, he has added 15 pounds to his frame. He is stronger and faster and is ready to PR in the Long Jump and 100 meter sprint. Brayden has been dialed-in with training consistently and his technique and his improvements in form and strength are wild. Keep up the great work Brayden!