



ATHLETE PERFORMANCE NEWSLETTER

MARCH 2023



Team Of The Month: Football Team

The Football Team has stepped up to the plate throughout the off-season. The team commits to training four sessions per week and together, they are creating a strong culture. These guys are looking faster, stronger, and gaining more confidence by the day. The early off-season is often overlooked, but this team has made it a priority to take full-advantage of every opportunity to get better! We are proud to see the leadership taking root within the team and look forward to watching their progress continue!

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 taking a stand against 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 among the group. When leadership is stronger than the lack of the general crowd, greatness is demanded and expected. 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)
- Study/read about leadership
- Seek out a mentor that will help sharpen your leadership abilities

Athlete Spotlights:



Recipe Of The Month: Breakfast Baked Casserole

- Chop 1 x Bell Pepper
- Chop 1 x Zucchini
- Combine 12 Eggs in dish, stir together and add a dash of salt, pepper, and coconut milk
- Cook 1.5 lbs Ground Beef on stove top



Combine all ingredients in a large bowl and stir together. Pour bowl of ingredients into a separate baking pan and sprinkle cheese on top. Preheat the oven to 400 degrees. Bake for 15 minutes. This produces 3-5 breakfast meals out of this one casserole to fuel your strong mornings!

Jackson Arnold

Sophomore
Lacrosse & Football

Jackson entered the off-season dialed in ready to put in the work required to achieve his goals. He focused his energy on his strength training and building a stronger version of himself that will carry over to other athletic qualities. Through his consistent dedication, Jackson is as strong as ever, is more explosive, and he's added muscle to his frame! He is gearing up for an electric lacrosse season and is ready to attack his sophomore season strong!