



SCHOOL PROGRAM
PROGRAMME SCOLAIRE

TRAINING LOG

— STUDENT WORKBOOK —

www.olympic.ca/education





USING THE CANADIAN OLYMPIC SCHOOL PROGRAM TRAINING LOG

All Olympians use a training log to record their training and to note their improvement. It is a critical tool that helps them set weekly goals and track their progress. The Canadian Olympic School Program Training Log will let you track your training towards your sport and fitness goals over the next 8 weeks. Here are some simple instructions to help you get the most out of the Log.

THE FOUR KEY TRAINING TYPES

A BALANCED FITNESS PROGRAM HAS THE FOUR KEY TRAINING TYPES:

Endurance Training: Endurance is the ability to remain physically active for a long period of time. This is achieved through aerobic training where you work at an effort that is less than your maximum for a relatively long period of time. Examples of endurance training are cross country skiing, swimming, running, cycling, hiking, snow shoeing, power walking, stair master, etc. that make your heart race and make you sweat

Strength Training: This type of training uses resistance to make muscles stronger. It can include the use of gravity, or elastic/hydraulic training. Specific examples include weight training, hill sprints,

pushups, rock climbing, exercises using elastic bands, Pilates, or resistance work in a pool.

Flexibility Training: Increasing your range of motion can improve your overall health, help prevent injuries, and improve sport performance. Examples of flexibility training include static and dynamic stretching, or yoga.

Agility Training: Agility is the ability to change your body position efficiently and requires a combination of balance, coordination, quick reflexes and speed. It is an important ingredient for success in sports that

use balls, pucks, hurdles, skis, skates or boards and require complex movement patterns like diving and gymnastics. Training includes games, drills, exercises requiring balance, trail running/cycling, skate- or snowboarding, dance classes, etc.

When planning training, you should include training for endurance, strength, flexibility and agility every week. A physical activity program that only focuses on one or two of these key elements is simply not complete. The Log will help you become aware of these elements in your physical activity program.



4-Man Bobsleigh Team | Vancouver 2010





RECORDING YOUR TRAINING:

If you said that “you had a great workout” it would mean very little without the specific details, including volume, intensity, and type of workout when measuring the impact.

Frequency of your training: allows you to record how often you do the same type, volume or intensity of physical activity. It is important to vary these factors. If you train at an intensity of 8-10 every day, then you will soon become sick and injured. Your body needs easy days to recover. Similarly, if you do the same workout every day, then you will become bored and your body will not improve.

Intensity: represents how close your effort was to your maximum. For instance, if you ran 2 kilometers it would not provide the specific details. Were you jogging with your little brother or sister or going full out in a race? Most athletes will rate their effort using a simple scale. You might use a numbered scale where 1 is very easy and 10 reflects your maximum effort.

Type of physical activity (both the activity and which of the Four Key Training Types): reflects the variety and types of physical activities that encompass a balanced fitness program and encourages you to mix things up. Try new and different activities that achieve the same training goals. Run one day, swim or bike another. Mix in some road hockey or aerobics classes.

Time: represents the amount of work that you do. It can be measured in distance covered, weight lifted, etc.

Take the time to describe your workout. Note what you did, how it felt, whether you learned anything for the future, or how you are progressing towards your goal. The description column is one of the most meaningful parts of your log.

IF THINGS GO WRONG

Sometimes you will miss a few days of training, and it will feel discouraging to leave the spaces blank. That is all part of the log as it helps you learn why you lost motivation, or what sort of training you were doing when you got injured or sick. Olympians will use their training logs to discover their weaknesses and then plan with their coaches how these can be turned into successes or strengths. Discipline yourself to write in your log every day, even if you weren't physically active.

WEEK # 2		GOALS FOR WEEK: A) IMPROVE CORE STRENGTH, B) GOOD GAME ON FRIDAY	
DAY	INTENSITY (1 easy - 5 all out)	WORKOUT	TIME/DISTANCE
Monday	3	Warm up with team, drills and scrimmage	60 minutes
Tuesday	4	Running with Jill at park. She is much faster than me, so I had to work hard to keep up. Sit-ups in the evening.	4 km
Wednesday	3	Gym class- volleyball unit, warm up, drills and games	45 minutes
Thursday	4	Weights at lunch with teammate, Bill. Really worked my core.	25 minutes
Friday	5	Big game...we won! Team is now 3rd in league! Played pretty well...worked hard.	40 minutes
Saturday		Day off...Hanging out with friends	
Sunday	3	Snowboarding with my family. AWESOME conditions!!	all day...





WEEK 1 ARTICLE

WARMING UP FOR SUCCESS

RAYMONDE FORTIN, CANADIAN OLYMPIC TEAM,
CHIEF THERAPIST

Taking the time to do a proper warm-up will help you avoid injury and lead to a better workout and performance.

A warm-up should be long enough to gradually prepare you mentally and physically for the challenge ahead without depleting your energy reserves. Start with some light aerobic activity to increase your body temperature and prepare your nervous, muscular and cardio-vascular systems. Follow it up with 12-15 minutes of general coordination movements like jumping/landing, and a progression of the specific movements in your sports or the activity that is coming ahead.

Use dynamic stretching in a warm-up to work through the range of motion needed in your sport or activity. This isn't a time to aggressively try to increase your flexibility. Save passive stretching (where a stretch is held for a relatively long time) for recovery, as it will impair your performance if used in a warm up. A warm-up is only effective for so long.

If you are standing around a lot, then you might need a small period of reactivation to stay warmed-up and ready. Wearing your track suit or sweatshirt may be a good strategy to keep your body temperature warm in between bouts of exercises, especially in cold weather.

Sports specific dynamic warm ups are available on YouTube like this one for basketball (<http://www.youtube.com/watch?v=Z5voGAKghnM&feature=related>). One of the best overall warm-up routines available is the FIFA 11+, developed for soccer. Check it out on YouTube or at <http://www.f-marc.com/11plus/exercises/>.

SETTING SMART GOALS

DR. KIMBERLEY AMIRAULT-RYAN, CANADIAN
OLYMPIC TEAM, MENTAL PERFORMANCE LEAD

The athletes on the Canadian Olympic Team are there because they have mastered the skill of goal-setting. "Excellence in any field depends largely on knowing where you want to go and how to get there," explains Dr. Amirault-Ryan. "Effective goals are S.M.A.R.T. goals. They are Specific, Measurable, Achievable, Realistic, and Time-based."

Goals to "get fitter" or "be great at sports" are not specific or measurable. What element of fitness do you want to improve? At what sport(s) do you want to succeed? How will you know if you are "fitter" or that you have succeeded in sport?

Achievable goals are those that you can control, and you can only control your own performance. "We can control our own effort and intensity," says Dr. Amirault-Ryan. "But we don't have direct control over if we will score a goal because it depends on controlling the performance of the goalie and other players." A more effective goal might be to shoot the ball towards the corner of the net.

Realistic goals are shaped by your abilities or skills, age, and opportunities. Goals could be either short term or long term and should have dates attached to each. Having short term goals help keep you motivated and confident day to day.

Alexandre Bilodeau | Vancouver 2010



"Always train with a purpose."

-Alexandre Bilodeau, Freestyle Skiing

WEIGHT CHANGES

DR. JULIA ALLEYNE,
CANADIAN OLYMPIC TEAM,
CHIEF MEDICAL OFFICER

When you start exercising, it is normal to experience some changes to your weight. Proper nutrition is essential for good health and fitness, as well as for maintaining optimal bone density. Disordered eating refers to unhealthy eating patterns, including restriction or elimination of some foods, or excessive measures such as vomiting or taking laxatives in order to lose weight.

• Weight loss can be an indication that you are not getting adequate or proper nutrition. Rapid weight loss can be a sign of over-training.

• With the aid of a registered dietician, you can make healthy food choices, to help build good muscle mass, rather than fat mass.

• If weight loss is actually required, then a dietician can help to guide this in a sensible way, while ensuring that nutritional requirements are met and athletic performance is maintained.





WEEK 2 ARTICLE



Caroline Truchon | World Cup 2011

DEFINING F.I.T.T.

Frequency: Time and repetition of physical activity and sport (ex five sessions or activities per week)

Intensity: Amount of effort

Time: Length of time of the activity or work-out (50 minutes)

Types: Kind of physical activity such as cardio or strength

EATING HEALTHY

KELLY ANNE ERDMAN, CANADIAN OLYMPIC TEAM, PERFORMANCE DIETICIAN

Exercising well requires good nutrition and a healthy diet. Erdman makes a living counselling athletes on proper food choices that will help them go “higher, farther, and faster.” Her advice is as follows:

- Athletes need more carbohydrates, proteins and fluids than inactive or sedentary people.
- Get protein at every meal and not just at dinner. Protein-rich fuels are also good sources of Vitamin B, iron, and zinc, and these are usually not found in protein supplements. Eat eggs, tofu, cottage cheese, meats, chicken/turkey, fish, Greek yogurt, cheese, nuts, nut butter, or legumes (lentils, split peas and humus).
- Iron is critical for developing athletes as it supports their growth and development. It is found in beef, cereals, enriched pasta, dried fruit and spinach. Vitamin C will help your body absorb iron. However, try to have your iron apart from calcium (milk, yogurt, cheese) or the tannins found in tea, coffee, or decaffeinated coffee. These will impair your absorption of iron.

PROPER POSTURE AND CORE STRENGTH

RAYMONDE FORTIN, CANADIAN OLYMPIC TEAM, CHIEF THERAPIST

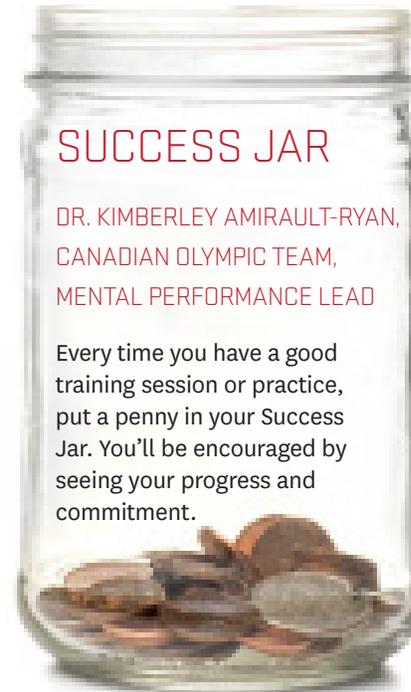
Whether you are doing sports or just keeping active, it is crucial to have good posture and a strong core. Good posture reduces your chances of injury and helps your body perform how it was meant to.

Even if some sports favour the upper body (e.g., basketball, rowing, baseball, gymnastics) or lower body (e.g., skating, soccer, running, skiing or hockey), we know that the best performing athletes possess a well-balanced body. Top athletes are supported by strong and effective core muscles. By strengthening your pelvic girdle (hips, pelvis, lower back and abdomen) and shoulder girdle (scapula and cervical spine) you will get the most from your body. A core conditioning program should include strength, muscle activation, balance and flexibility. Be aware of your posture and stand straight. Check out these links for more info:

http://www.mayoclinic.com/health/back-pain/LB00002_D

<http://www.livestrong.com/article/174296-core-strength-training-for-kids/>

<http://www.livestrong.com/article/103348-posture-exercises-kids/>





WEEK 2 JOURNAL



What is your SMART goal around healthy eating?
How will you achieve it?

“When plan A doesn’t work, there are 25 other letters in the alphabet. This saying is a lesson that goes well beyond sport itself and into any aspect of life.”

-Maëlle Ricker, Snowboard





WEEK 3 ARTICLE



“Too often a young athlete can feel a lot of pressure to perform, but it is important to have perspective and remind them that sport is a blast. That is the reason they started it in the first place.”

-Devon Kershaw, Cross Country Skiing

STAYING MOTIVATED

DR. KIMBERLEY AMIRAUT-RYAN, CANADIAN OLYMPIC TEAM, MENTAL PERFORMANCE LEAD

Keeping motivated can sometimes be a challenge. Dr. Amirault-Ryan offers some good tips:

- Write down your goals and post them where you will regularly see them.
- Shift the focus away from winning and towards learning.
- Celebrate the small successes along the way.
- Concentrate on the processes and not on the outcomes.
- Keep learning new skills, exercises, and activities.
- Have fun and follow your passion.

AVOID OVERTRAINING

DR. BOB MCCORMACK, CANADIAN OLYMPIC TEAM, MEDICAL DIRECTOR

When you work out, you stress your body and force it to adapt. This adaptation is what we refer to as getting fitter. However, the adaptation needs more than just hard work. It requires recovery and rest. Training too hard and not giving your body enough time to recover will lead to overtraining, injury, and/or sickness.

Some very motivated youth can be unsafe in their approach to training. “The key for youth is to gradually build up their training,” says Dr. McCormack. “When planning an exercise

or training program I use the acronym F.I.T.T. which stands for Frequency, Intensity, Time, and Type. Whenever you change one of these, you have to allow your body enough time to adjust.”

Some of the signs of overtraining may include constant fatigue, restless sleeping, persistent muscle soreness, irritability, elevated resting heart rate, sickness, injury, anxiety or depression. The recommendation is to rest when experiencing these signs.

PREVENTING ACL TEARS

RAYMONDE FORTIN, CANADIAN OLYMPIC TEAM, CHIEF THERAPIST

The anterior cruciate ligament, or ACL, is one of four major knee ligaments, and is critical to knee stability. If this ligament is ruptured or torn, it often requires reconstructive knee surgery. Research has shown that a specific program to strengthen your knees can cut ACL injuries by 80%. For athletes (especially girls) participating in sports with lateral movement or twisting, such as basketball, skiing, tennis or soccer, it is worth doing these exercises as a preventative measure. Speak to a physiotherapist or athletic therapist for an exercise program.

Check out <http://www.youtube.com/watch?v=7Lag8uNU6AQ>. Be proactive to stop injuries before they happen.





WEEK 4 ARTICLE

Alex Harvey | Vancouver 2010



DEALING WITH INJURY

Pressure: Applying pressure to the injured area reduces the inflammation while protection avoids further injury to the area by protecting the injured structures.

Rest: Allows the body's own healing processes to naturally occur without being impeded by movement of the injured area.

Ice: Crushed ice is more comfortable for the athletes and conforms to the contours of the injured area better than cubed ice. A light barrier should be placed between the skin and the ice bag (paper towel) to prevent injury to the skin during the application of the ice.

Compression: Through the form of a wrap, compression should be applied to the injured area when the ice is removed. The compression wrap serves as a mechanical barrier so that swelling is minimized in the injured area.

Elevation: Immediately post-injury, elevation is vital to reduce the amount of blood flow to the injured area.

EATING BEFORE PHYSICAL ACTIVITY

KELLY ANNE ERDMAN, CANADIAN OLYMPIC TEAM, PERFORMANCE DIETICIAN

The big game is later this afternoon, and you have to decide what to eat. Here are some helpful tips for pre-physical activity eating from Erdman:

- Ideally, you want to be energized and be almost feeling hungry. So your last big meal should be 2-3 hours before the event or workout.
- A smaller meal can be eaten 1-2 hours before the event and a snack can be consumed an hour from competing. The closer to the event, the smaller the portion should be.
- If you feel hungry with less than an hour to go, stick to liquids.
- Never eat anything new prior to a competition. Always stick to foods that you have successfully tried in training.

- Avoid protein rich foods, but stick to high carbohydrate foods that will give you quick energy.

DEALING WITH INJURY

RAYMONDE FORTIN, CANADIAN OLYMPIC TEAM, CHIEF THERAPIST

If you get injured in a game or practice, deal with it immediately. The best approach is P.R.I.C.E. (Pressure/Protection, Rest, Ice, Compression, and Elevation). Talk to your pharmacist about over-the-counter anti-inflammatory creams that will lower the swelling. Don't be afraid to take some time off. A week of rest is better than 2 months of injury because you ignored the pain. Never try to hide an injury from your coach or team therapist. This can result in a more serious event and more forced time away from your activity.

Getting injured may represent the perfect time for you to develop other skills and explore different aspects of the game. For example you can act as an assistant coach, take part in the score keeping of the game, or work on your mental imagery skills. Every event in your athletic career can be used to improve your performance. Make sure to consult a sport physiotherapist or athletic therapist to ensure a complete functional rehabilitation and prevent re-injury.

VISUALIZATION

DR. KIMBERLEY AMIRAUULT-RYAN, CANADIAN OLYMPIC TEAM, MENTAL PERFORMANCE LEAD

Visualization (seeing yourself succeed) is an important sports psychology skill that will help you in everything you do in life. Don't just visualize perfect conditions, but also visualize the distractions that you will face in competition and how you will successfully overcome these as you want to feel and perform to your best during the distraction.





WEEK 4 JOURNAL



Injuries may occur when you participate in physical activity or sports. What SMART goal will you set to prevent or reduce the chances of injuries from occurring for week 4? How specifically will you reach this goal?

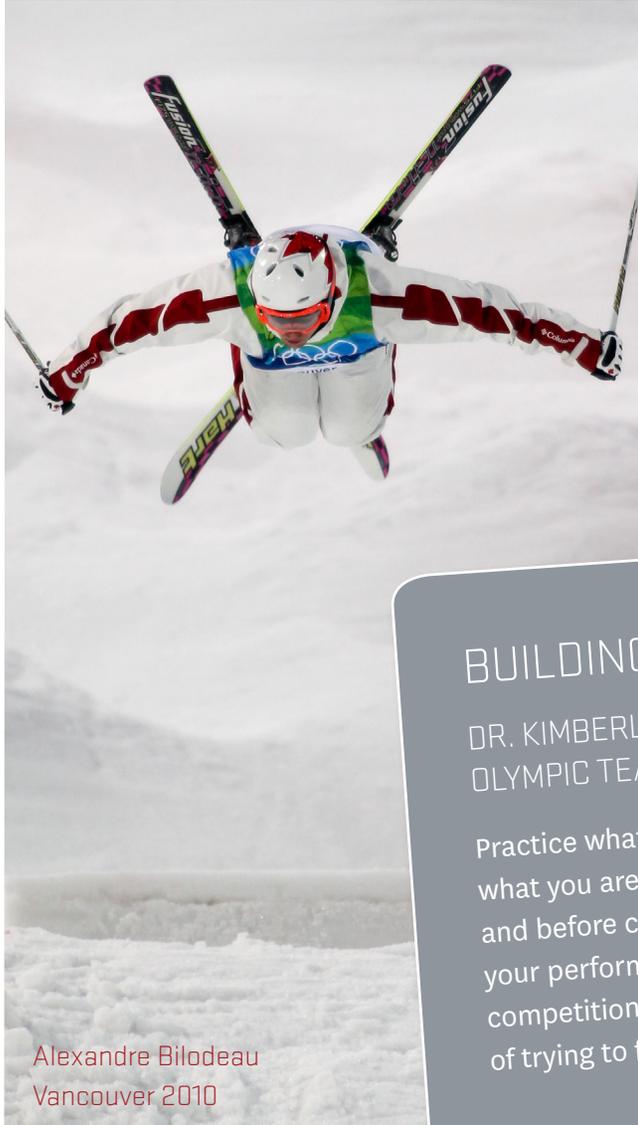
“The biggest lesson that sport has taught me is perseverance.”

-Alex Harvey, Cross Country Skiing





WEEK 5 ARTICLE



Alexandre Bilodeau
Vancouver 2010

STRETCHING

RAYMONDE FORTIN, CANADIAN OLYMPIC TEAM,
CHIEF THERAPIST

People tend to confuse stretching as a training method and as a warm up method. Flexibility is an important part of prevention in sport injuries. In young athletes (male more than female), soft tissues like muscles and tendons have a hard time keeping up with bone growth. This can cause injuries, and is why regular passive stretching of 30 seconds to 2 minutes every day can help normalize the muscle tone and even increase muscle strength by 2-5%. However, since it represents a form of training and causes some micro-damage to the soft tissues being stretched, it is not recommended just before competing or training (up to 3 hours). Use light passive stretching as part of a cool down, or as a separate training session.

BUILDING CONFIDENCE

DR. KIMBERLEY AMIRAUULT-RYAN, CANADIAN
OLYMPIC TEAM, MENTAL PERFORMANCE LEAD

Practice what you need to improve, but also practice what you are good at. At the end of training sessions and before competitions, focus on aspects of your performance that you are strong in. Go into competition on a positive and confident note instead of trying to fix potential mistakes at the last minute.

When warming-up, it is recommended that you include dynamic stretching: moving your muscles through a normal and slightly extended range of motion. This helps you activate the normal range of motion of the movements you will do during training or competition, thus preparing the neuromuscular system for better performance. Examples of dynamic stretching would be yoga, trunk circles, drills, or swinging your legs and arms through a range of motion.

ENERGY DRINKS

KELLY ANNE ERDMAN, CANADIAN OLYMPIC
TEAM, PERFORMANCE DIETICIAN

Energy drinks are in every corner store and gas station as these locations seem to have a dozen varieties to boost your energy and power you through the day. But are these drinks helpful or even healthy? Erdman suggests that these drinks are to be avoided. "There is concern with the amount of caffeine in the drinks, especially with young athletes who aren't used to consuming caffeine. Since caffeine is a stimulant, athletes will react to it differently. These drinks will increase the heart rate, and this can lead to fatigue."

Caffeine can also affect your nerves, making you anxious and jittery before the big competition. It can also upset your stomach. "The additional ingredients in many of these drinks actually increase the absorption of caffeine, making them much more potent than coffee."





WEEK 5 JOURNAL



At times, we may lose our confidence, as goals can be challenging. What SMART goal will you set to build your confidence? How will you believe in yourself even if others do not? How specifically will you reach this goal?

“I surround myself with people who provide me with what I need to perform: a positive attitude and a devotion to training.”

-Marianne St-Gelais, Speed Skating – Short Track





WEEK 6 ARTICLE



EATING TO RECOVER

KELLY ANNE ERDMAN, CANADIAN OLYMPIC TEAM, PERFORMANCE DIETICIAN

It is not actually the hard competition or workout that makes you fitter. It is the recovery and rebuilding after the hard work that makes your muscles and tendons stronger, and your aerobic system more efficient. This is where proper nutrition becomes critical. The nutrients that you take in after working out get right to work at repairing and rebuilding your body.

“Timing is everything,” says Erdman “The window for your body to absorb nutrients starts as soon as your heart rate starts to drop after hard physical activity and continues for about 30 minutes. Bring food to the training or competition site, as you likely won’t have time to get home fast enough.”

Ideally, you should eat a mix of carbohydrates and proteins. The carbohydrates replenish the fuel you have burned, and the protein is needed for muscle repair and healthy growth and development. “I suggest cold flavoured milk or soy beverage, “but juice and peanut butter and jam sandwiches, sport drink and cheese strings, protein bar and juice/sport drink, V8 and sandwiches with cheese or protein are also good alternatives” says Erdman. Meal replacement product drinks are convenient as they don’t need to be refrigerated. Ideally a 3:1 carbohydrate to protein ratio is recommended.

AVOIDING HARMFUL EXERCISES

RAYMONDE FORTIN, CANADIAN OLYMPIC TEAM, CHIEF THERAPIST

Very few exercises are considered harmful for every athlete. Depending on your sport, particular body composition, muscle imbalances, age and skill level, an exercise can be good for you but not for your teammate. For this reason, it is better to consult with a professional in training or a sport physiotherapist or athletic therapist before engaging in a specific training regimen.

Some trainers and physiotherapists advise that some types of exercises be avoided. For instance, resisted knee extensions often injure the knee, as the action grinds the knee cap into the joint. Doing sit-ups where your legs are fixed or held by a partner can cause back problems. If you have a history of neck problems or a concussion, then you should also stay away from exercises where you are pressing weight above your head while sitting or standing until cleared by a health professional.

“When I was young, I was first, all the time first. At 16 I just hit the wall, and all the girls I was beating started finishing half a lap ahead. Other people stopped believing in me. But now I’m very proud that I didn’t give up on my dream when nobody was thinking that I could make it.”

-Caroline Truchon
Olympic Hopeful, Speed Skating – Short Track





WEEK 6 JOURNAL



Eating to recover from exercise or physical activity is critical. What SMART goal will you set to eat the foods that help you recover from your physical activity or work-out? What specific foods will you eat in order to recover?

Series of horizontal lines for writing a SMART goal and specific foods for recovery.

A large empty rectangular box for additional notes or reflections.

“If you’ve done your homework and put in the time, then you can allow yourself to enjoy the moment, and good things will happen.”

-Manuel Osborne-Paradis, Alpine Skiing





WEEK 7 ARTICLE



“When I warm up, I get pumped up. I face the wall, eyes closed, headphones in, my space. People could wave a hand in front of my face and I wouldn’t know it. That sets my energy, sets my breathing tempo, and sets my mind.”

-Dylan Moscovitch
Olympic Hopeful, Figure Skating (Pairs)

DEALING WITH CONCUSSIONS

DR. BOB MCCORMACK, CANADIAN OLYMPIC TEAM, MEDICAL DIRECTOR

RAYMONDE FORTIN, CANADIAN OLYMPIC TEAM, CHIEF THERAPIST

In all sports there is the risk of head injuries. The most common of these is a concussion — a traumatic brain injury caused by either a blow to the head, a fall, or a violent motion that jars the brain inside the skull.

It is important to understand that you do not need to be “knocked out” to have a concussion. The most common symptoms to watch for are a headache, light sensitivity, fatigue, neck pain, nausea, noise sensitivity, lack of concentration, or sadness.

“The signs and symptoms of a concussion can also present in a delayed fashion and may be subtle,” explains Dr. Bob McCormack. “It is critical to be assessed by a physician if you experience any of these symptoms!”

Some athletes might be tempted to lie about their symptoms in order to keep playing. This is very dangerous. If a person suffers a second concussion before they are fully recovered it not only will significantly prolong recovery but also can result in a much more serious brain injury. You don’t see world-class athletes like Sidney Crosby doing this. They know that no game or practice is worth that risk.

“Concussions are different from any other injury, since they may have consequences in every sphere of your life now and in the future,” explains Raymonde Fortin. “A concussion can impair your capacity to study and deal with stress, increase your fatigue, affect your mood, and negatively impact your sleep.”

The initial treatment for a concussion is physical and mental rest (including limiting TV and internet). The treatment principle is to rest the brain until it is recovered, and then progress through a structured rehab program, once your doctor gives you the green light (See “The 6 Steps to Return to Play”).

PRE-COMPETITION NERVES

DR. KIMBERLEY AMIRAUTL-RYAN, CANADIAN OLYMPIC TEAM, MENTAL PERFORMANCE LEAD

Dr. Amirault-Ryan says it is normal to have butterflies in your stomach and to feel your heart race before competition. This means that you care a great deal about your sport and your performance, but you can train the butterflies to fly in formation. Here are some helpful tips:

- Practice your pre-competition routine and warm-up in training.
- Calm your nerves by listening to music, doing breathing exercises, or using cue reminders like “focus”, “smile”, or “have fun”.
- Focus on what you can control; this includes your effort, tactics, and intensity.
- Be confident in your preparation; trust that you’ve done your homework, so you know you’ll do well on the test.
- Keep it in perspective. Being nervous means you care. And it is, after all, just a game.

THE 6 STEPS TO RETURN TO PLAY:

1. No Activity - Mental and physical rest until symptom free
2. Light Aerobic Activity - Walking or stationary cycling
3. Sport Specific Drills - Running or skating without contact
4. Practice drills - Team drills but without contact
5. Full Practice with Body Contact - Only once cleared by a physician
6. Game Play





WEEK 8 ARTICLE



Maëlle Ricker | Vancouver 2010

“TO DIET OR NOT TO DIET?”

KELLY ANNE ERDMAN, CANADIAN OLYMPIC TEAM, PERFORMANCE DIETICIAN

Teens should avoid “dieting”, especially if they are serious about their sports or fitness goals. “If you restrict your food intake, you will lack the energy to train,” explains Erdman. “This will lead to a drop in performance, make you more susceptible to sickness, slow your recovery, and affect your menstrual functions.”

Make healthy food choices, and modify training instead of following a “diet”. “Dieting” can suppress your metabolism, meaning that your need for food energy drops. While this may lead to short term weight loss, it will make regaining weight that much easier when the diet ends. Restricting food leads to food cravings and this can cause uncontrolled eating and constant food thoughts.

“Keeping a food record or journal is an effective way to ensure that athletes are getting the nutrients they need,” recommends Erdman.

EXERCISING WHEN FEELING SICK

DR. BOB MCCORMACK, CANADIAN OLYMPIC TEAM, MEDICAL DIRECTOR

You probably know the feeling. You awaken the morning of the big competition or activity and are feeling sick. Part of you wants to roll over and go back to sleep, while another part of you feels the need to just push through and hope for the best. What to do?

“Exercising when sick really depends on how sick you feel and whether you have a fever,” explains Dr. Bob McCormack, Team Canada’s Medical Director. “It is OK to exercise with a cold, but if you feel really unwell, or have a fever greater than 38°, then you should not be physically active. A fever is your immune system’s way of killing the germs that are making you sick, and the best response is to rest and drink lots of fluids.”

Before you head to a group practice or game when feeling sick, you should give some serious thought to the effects this might have on the team, or training partners. “Spreading your illness to others can have a devastating effect on team performance,” says Dr. McCormack.

If you do come out to a practice or game, take steps to reduce the risk of making teammates sick.

Remember to not share water bottles or towels, wash your hands frequently (or use hand sanitizers) and cough into your elbow.

When returning from sickness, use your common sense and start gradually. Ensure that you are well hydrated and be patient with yourself. You can expect it to take some time to get back to your old self.





SCHOOL PROGRAM PROGRAMME SCOLAIRE

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