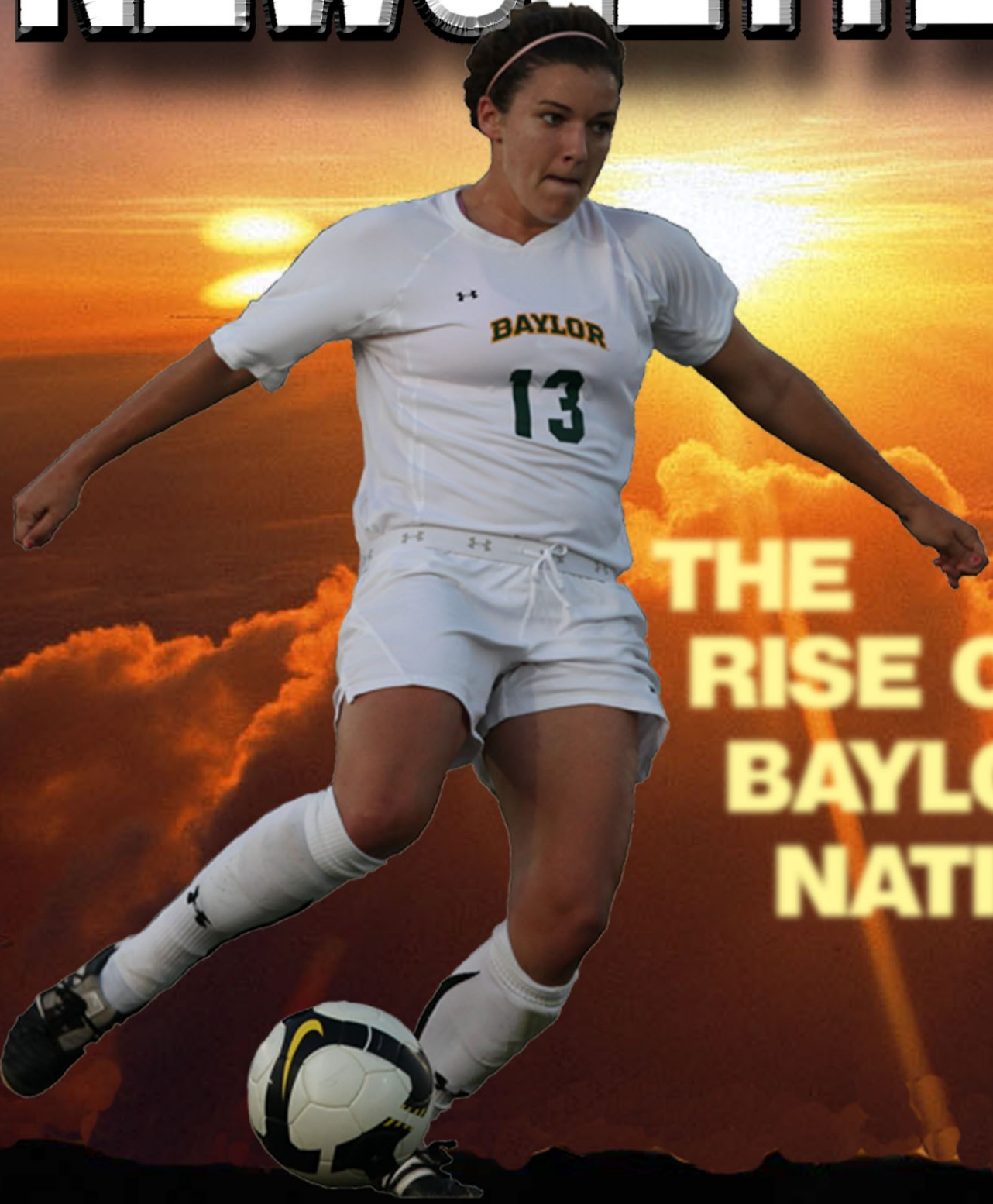
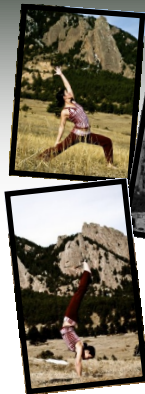


ATHLETIC PERFORMANCE

NEWSLETTER



**THE
RISE OF
BAYLOR
NATION**



Kimberly's Korner Diet & Nutrition

Baylor Athletic Performance Nutrition Coordinator



September Nutrition: Importance of Eating a Healthy Breakfast

How many of us struggle with getting a nutritious breakfast every morning? Whether the reason for this is due to class, waking up late, having to get the children ready or just not caring. Do any of these apply to you?

If so, that's ok, don't feel bad. We must all remember that breakfast is the most essential meal of the day! Many Americans struggle with getting a nutritious breakfast, or for that matter a breakfast at all.

What if taking an extra 10 minutes every morning to refuel your body allowed you to be more focused, energized and ready to tackle your day? This alone should be enough for you to consider eating breakfast.

Benefits of Eating a Nutritious Breakfast

- 1.** A wholesome and nutritious meal in the morning recharges your mind and body while kick starting your energy level.
- 2.** Eating breakfast increases your metabolic rate resulting in more energy, greater alertness and improved weight control.
- 3.** A nutritious breakfast increases healthy eating habits throughout the day.

What Do I Eat For Breakfast?

Eat slow-burning foods

(ex: whole grains, fruits, dairy)



Why: Aids in controlling your appetite and gives you longer lasting energy throughout your day.


Limit foods that are heavy in refined sugars

(ex: pastries, sugary cereal, fruit drinks)




Why: May cause energy levels to crash.

Kick-Start Grocery List


 Non/Low-Fat Yogurt

 Fruits

 Whole Wheat Bread

 Peanut Butter

 Oatmeal

 Low-Fat Milk

 Whole Grain Cereal

 Eggs

Recipe of the Month

Yogurt Sundae

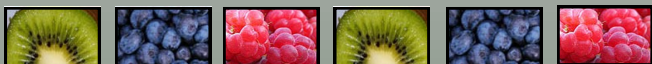
Ingredients:

2 cups of vanilla yogurt
1 cup granola
8 strawberries



Directions:

In a large glass bowl, layer 1 cup of yogurt, 1/2 cup granola and 4 strawberries. Repeat layers and enjoy!



PHILLIP BLAKE #74

SENIOR - OFFENSIVE LINE - 6'3" - 320LBS

This month in Behind the Line we are featuring senior offensive lineman Phillip Blake. Blake has entered his senior season with big goals. This Canada native has taken the road less traveled to Baylor University and through perseverance, determination and family support he has overcome enormous obstacles on his way toward success. As a leader of the 2011 Baylor Football team and seasoned veteran, Phillip has taken the time to share some of his life lessons and aspirations for the future.



Where is your hometown?

I am originally from Toronto, Canada.

What do you miss most about home?

What I miss the most about home is my family and home cooking. I also miss being able to hang out with my friends at the Caribana festival. This festival is held in Toronto every year where those of Caribbean descent celebrate their heritage through food, dancing and fellowship and because my family is Caribbean, I feel a special connection with it. Another thing that I truly miss is the weather. In Canada, we have cold winters and comfortable summers. Being here in Texas it can get too hot!

Why did you choose Baylor?

This is an interesting story. I originally committed to the University of Houston when Coach Briles and staff were there. So when they decided to make the jump to Baylor, I decided to make the move with them. This staff makes you feel like you're part of their family and not just another guy. I truly felt that I could come here and make an impact on this team and I'm glad things worked out the way they did.

What have you learned since arriving here?

I honestly don't know where to start. Because of my life experiences, I truly felt that I was mature prior to coming to Baylor University. But when I got here Coach Briles and staff really emphasized the importance of being responsible, accountable and having a solid work ethic. All of these aspects are critical not only on the football field but in life in general.

What are your hobbies? (What do you do to relax?)

I really enjoy listening to music on my down time. Particularly Reggae, Rap, Hip Hop, and R&B. To be honest sometimes I listen to some heavy metal, especially in the weight room. I have become more open-minded in my music selection.

Is there something you wish people knew about you?

Something that I want people to know about me is that I never gave up on my dreams and aspirations. One of my biggest goals was to graduate from college, something that I accomplished this summer. Graduating from college was a major accomplishment for me and my family.

5 years from now where do you see yourself?

Five years from now I would like to be playing professional football. After my athletic career, I would like to open up a family business. Another venture that I want to pursue is coaching. Through coaching I will have the opportunity to use my life experiences to help younger kids in community.

What do you wish you accomplish on and off the field your senior year?

One of my major on field objectives is to become a better team leader. Secondly, I would like to continue being a student of the game of football. This will allow me to continue to make correct calls in the offense. Off the field, I would like to begin preparing myself for the future outside of football, receiving my Bachelor's degree is a major factor in that.

HEALTHY HABITS

muscle cramps: what they are, and how to prevent them.

What is a muscle cramp?

A cramp is a spasmodic, painful, involuntary contraction of the skeletal muscle that occurs during or immediately after exercise. It is caused by one of two controllable reasons.

1ST - The depletion of critical elements in the human body such as calcium, magnesium, sodium and chloride (ELECTROLYTES!) that are all vital catalysts in muscle contraction. All these elements can be lost through perspiration and as they run low our muscles cannot effectively receive signals from the central nervous system to contract and relax on command. This leads to spasms and uncontrollable violent contractions.

2ND - Cramps occur due to the malfunction in the nerve muscle connection. This is often a genetic defect but fatigue can cause minor malfunction in neuromuscular control leading to an increased chance of cramping.

#1 HYDRATE:

When you sweat you typically lose more water than electrolytes. A person that is adequately hydrated will have a much lower level of electrolytes lost in sweat. Supplementing beverages with higher electrolyte content (All-Sport, Gatorade etc.) prior to and during competition can also help maintain proper levels in the body.

#2 PREPARE:

Fatigue can lead to decreased neuromuscular control. A trained person has prepared their nervous system to adapt to intense bouts of exercise and fatigue, allowing them to send and receive signals despite their fatigued state. Also, a well conditioned person becomes fatigued less quickly taking much longer for their nervous system to be in jeopardy.

#3 RECOVER:

Training prepares the body for practices and competitions. One aspect of training that is often underestimated is the importance of resting between sessions. Without adequate rest the nervous system becomes fatigued and prevents the body from responding effectively. If you want your nervous system to perform at its peak levels and reduce the chance of muscular fatigue and cramping it is important to recover.

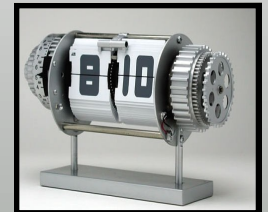


SLEEP TIPS:



#1 You don't sleep where you work so why would you work where you sleep? Bringing work home and doing it in the place where you normally rest can create stress in an environment that you need to be stress free. Don't do work, homework or anything that stresses you in the same place you lay your head down to sleep at night.

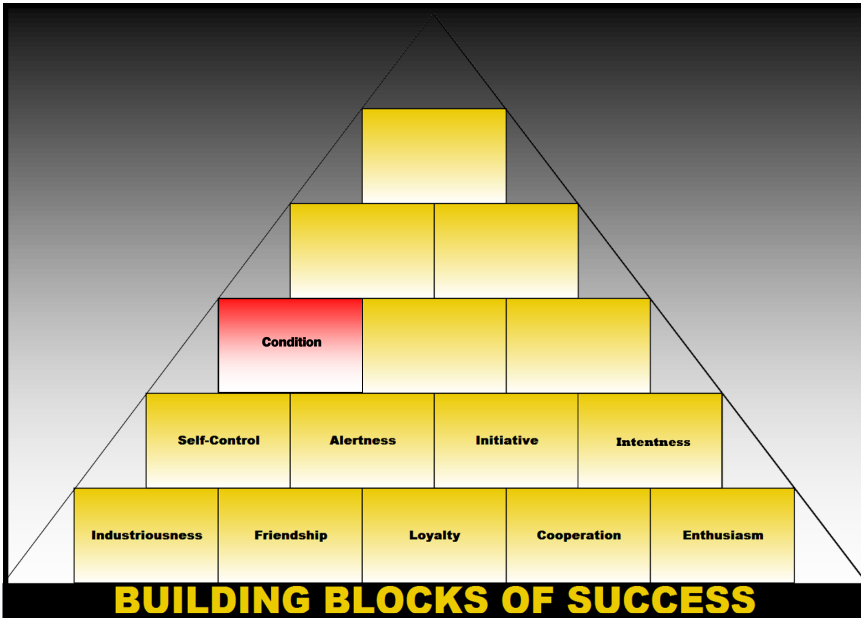
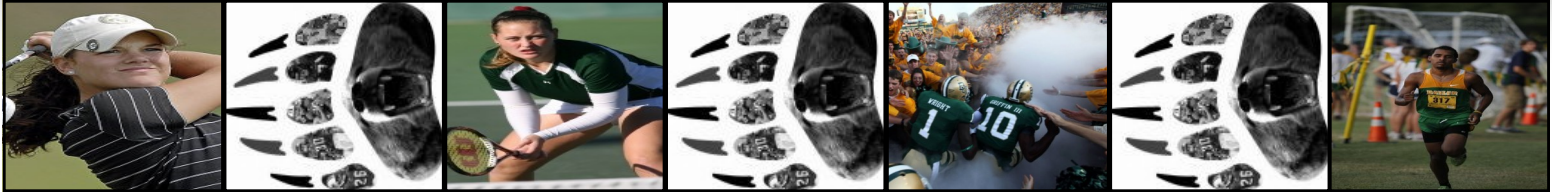
#2 Even though the amount of sleep you get is important, it is equally important to establish a consistent sleep/wake cycle. Setting a strict bed time and waking up at the same time every morning will lead to more restful sleep, better mood, and regular hormone function.



#3 NAPS SAVE LIVES! Taking a 30 minute nap in the middle of the day then getting a normal night's sleep can have the same recovery effect as sleeping 10 hours after a night of being severely sleep deprived.

NEAT FACT: *Albert Einstein took 4 short naps a day. Maybe naps make you a genius!*

BUILDING BLOCKS OF SUCCESS



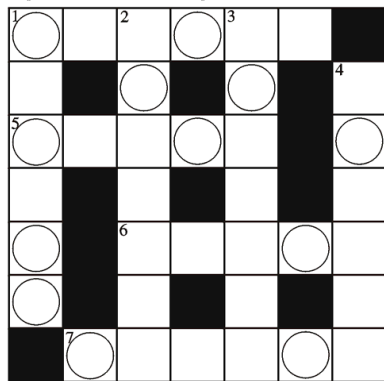
Condition

The third level in the building blocks of success represents the “heart” of the pyramid. Condition is the first block in the heart. The term is not used just in a physical capacity, but it also represents the mental and moral aspects of your performance. All three of these traits must be conditioned in order to be at your best. This block is developed by a constant pattern of behavior; it takes time and persistence to form your condition. Individuals can reach their fullest potential by working a lifetime conditioning their mind and body and avoiding moral miscues.



JUMBLE® CROSSWORDS™

by David L. Hoyt



- | | | |
|--------------|---------------|---------------|
| CLUE | ACROSS | ANSWER |
| 1. A capital | | TAOAWT |
| 5. Banquet | | SEFAT |
| 6. Try hard | | XTEER |
| 7. Acumen | | RSEOAN |

- | | | |
|------------------------|-------------|---------------|
| CLUE | DOWN | ANSWER |
| 1. Transgress | | DEOFNF |
| 2. Acrobatic apparatus | | EPTZRA |
| 3. Onlooker | | ESTNSIW |
| 4. Small energy packet | | NOPHTO |

How to play - Complete the crossword puzzle by looking at the clues and unscrambling the answers. When the puzzle is complete, unscramble the circled letters to solve the BONUS.

CLUE: This actor, who was born in Chicago in 1942, is an experienced airplane and helicopter pilot.

BONUS ○○○○○○○○○○○ ○○○○○



TRACKING THE BEARS

FB = Football
 VB = Volleyball
 SC = Soccer
 XC = Cross Country
 MTN = Men's Tennis
 WTN = Women's Tennis
 EQ = Equestrian

MGF = Men's Golf
 WGF = Women's Golf
 SF = Softball

■ Home
 ■ Away



September

12th
 WGF vs. Ptarmigan Ram
 MGF vs. Wolverine Intercollegiate
 MTN vs. Alumni

13th
 WGF vs. Ptarmigan Ram
 MGF vs. Wolverine Intercollegiate
 VB vs. TCU

16th
 VB vs. San Francisco
 SC vs. Texas A&M

17th
 VB vs. Fresno State
 VB vs. UNLV
 M&W XC Baylor Invitational
 MTN vs. Racquet Clun Collegiate Invt.
 FB vs. SFA

18th
 SC vs. Utah State
 MTN vs. Racquet Clun Collegiate Invt.

21st
 VB vs. Oklahoma

23rd
 SC vs. Texas
 M&W XC vs. Toledo Inter-Regional

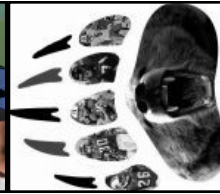
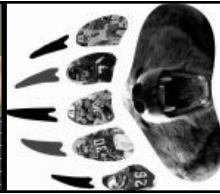
24th
 VB vs. Kansas State
 MTN vs. HEB Baylor Men's Invt.
 FB vs. Rice

25th
 WGF vs. D. Maguire Invt.
 SC vs. Weber State
 MTN vs. HEB Baylor Men's Invt.

26th
 WGF vs. D. Maguire Invt.
 MTN vs. HEB Baylor Men's Invt.

28th
 VB vs. Texas A&M

30th
 VB vs. Texas Tech
 M&W XC vs. Notre Dame Invt.
 EQ vs. Fresno State & Miami



October

1st
 MGF vs. Rod Meyers Invt.
 VB vs. Kansas
 WTN vs. ITA/Riviera All-American
 EQ vs. Fresno State & Miami
 FB vs. Kansas State
 SF vs. Spring Klein Tournament

2nd
 MGF vs. Rod Meyers Invt.
 MTN vs. ITA All-American
 WTN vs. ITA/Riviera All-American
 SF vs. Spring Klein Tournament

3rd
 MTN vs. ITA All-American
 WTN vs. ITA/Riviera All-American

4th
 MTN vs. ITA All-American
 WTN vs. ITA/Riviera All-American

5th
 VB vs. Texas Tech
 MTN vs. ITA All-American
 WTN vs. ITA/Riviera All-American

6th
 WTN vs. ITA/Riviera All-American

7th
 VB vs. Kansas
 MTN vs. ITA All-American
 WTN vs. ITA/Riviera All-American

8th
 VB vs. Missouri
 MTN vs. ITA All-American
 WTN vs. ITA/Riviera All-American
 FB vs. Iowa State

9th
 VB vs. Iowa State
 WTN vs. ITA/Riviera All-American

10th
 WGF vs. Price's NMSU Invt.

11th
 VB vs. North Texas
 WGF vs. Price's NMSU Invt.

12th
 WGF vs. Price's NMSU Invt.

