

# INFLUENCE OF STAFF

## JUSTIFICATION #1:

You matter in the lives of teens! It is important to recognize that students look to you for support, rule setting, and positive adult role modeling. Students say they feel there are staff who really do care about them—keep up the good work!

- Supportive school staff are protective factors for students.
- Having a positive adult role model, such as a teacher or coach, can help influence students to make healthy choices.
- Students that delay the onset of drinking until 21 will reduce their risk of addiction.

## JUSTIFICATION #2:

Staff are role models and must remember to reinforce words and actions to encourage students to make lifestyle choices that will enhance their performance and the performance of their peers.

## JUSTIFICATION #3:

When talking to students about the importance of nutrition and the dangers of sleep deprivation, alcohol, tobacco, and other drugs, the message is more effective because the staff-student relationship opens many doors.

## JUSTIFICATION #4:

As staff, we understand that students start learning after the 1,000th repetition and with that same principle in mind we need to continue to promote the message that alcohol, tobacco, and other drugs, poor sleep habits, and junk food have no place in the world of optimal performance.

## JUSTIFICATION #5:

The amount of influence staff have on their students cannot be over-stated. In many cases, a staff member is a second parent to students.



# A STAFF'S INFLUENCE MATTERS



“Good teachers know how to bring out the best in students.”

-Charles Kuralt

## HUMAN PERFORMANCE PROJECT

The Human Performance Project is a nationally recognized program founded by 30 year human performance researcher and Olympic trainer, John Underwood. The program’s message of healthy choices and positive leadership empower students to hold one another accountable to the best decisions that lead to optimal performance. For more information, visit [ilhpp.org](http://ilhpp.org) or email: [info@ilhpp.org](mailto:info@ilhpp.org).





# HUMAN PERFORMANCE PROJECT

## SLEEP

**Sleep is training too!** The brain and central nervous system play the most significant role in optimal physical performance. For students to function at an optimal level they need to be well rested! Sleep also affects muscle gain. The majority of muscle repair and growth occurs during sleep when hormones are released.

**How much do you need?** 8-10 hours of sleep per night is necessary to repair muscles and keep brain signals in your body moving fast. Just 2 days of sleep restriction can lead to a 3x increase in lapses of attention and reactivity. A decrease of 1.5 hours of normal sleep time can result in 30% drop in alertness!

### TIPS:

- No electronics (phone, TV, computer) 90 minutes before bedtime
- Have a routine! Go to sleep & wake up at the same times every day
- Avoid sugar and caffeine after dinner
- Don't use drugs or alcohol



## STRESS

**We all have it!** Whether it be relational, education related, or physical, stress decreases the body's ability to recover. For every 2 hours of time a student spends awake and stressed, it takes 1 hour of sleep to recover. This means that if a student is awake and under stress 16 hours a day, at least 8 hours of sleep are required for the central nervous system to recover from the overload.

### TIPS:

- Get enough sleep
- Eat healthy
- Be organized, make schedules, and keep to-do lists
- Take time for yourself
- Reduce screen time including phone, TV, computer, & iPad



## NUTRITION & HYDRATION

**You get what you put in.** Your body cannot run on empty and cannot thrive on junk food. Active students require greater energy sources than those less active. It has also been found that some food groups assist with being well rested. Bananas, yogurt, milk, rice, grapefruit, kiwis, oats, turkey, cherries, walnuts, and almonds are all known as sleep inducers. Also, cold liquid (37°) rehydrates you faster— it passes through the stomach faster therefore is sent to the intestines more quickly for absorption.

### TIPS:

- Drink water throughout the day
- Choose lean meats, fish, and poultry
- Choose colorful fruits & vegetables
- Include calcium in your diet with low-fat or non-fat dairy products
- Eat complex carbs like oats, rice, and cereals
- During competition, sip a 50/50 mix of sports drink & water



## DRUGS & ALCOHOL

**Garbage in, garbage out.** Social drug use has become the greatest threat to performance in recent decades. Marijuana and alcohol are preventing students from reaching their full potential in life. **The choices they make will reflect their future success!**

### ALCOHOL:

- Athletes lose between 15% and 30% from their overall performance when they drink alcohol
- One night of binge drinking (3 or more drinks in one sitting) can erase up to two weeks of training
- Alcohol also makes you more susceptible to illness and can double your chances of getting injured

### MARIJUANA:

- Has a substantial effect on students' ability to achieve sufficient sleep needed for brain and muscle regeneration
- Slows down reaction time
- Reduces motivation
- Can be addictive and lower IQ

## KEEP UP THE MOMENTUM!

### Continue the expansion of your Human Performance Project!

- Continue meeting with students regularly to provide workshop and project planning time
- Work with many faculty school wide to encourage sufficient support from staff
- Share the Sleep Manual and Power Back Diet with your class, club, or team
- Work with stakeholders (support staff, parents, school boards, boosters, other schools, & more)