



# HUMAN PERFORMANCE PROJECT

— Illinois —

Creating a culture of excellence  
and leadership with your  
students





**“Leadership is no longer about your position. It’s now more about your passion for excellence and making a difference.”**

**-Robin Sharma**





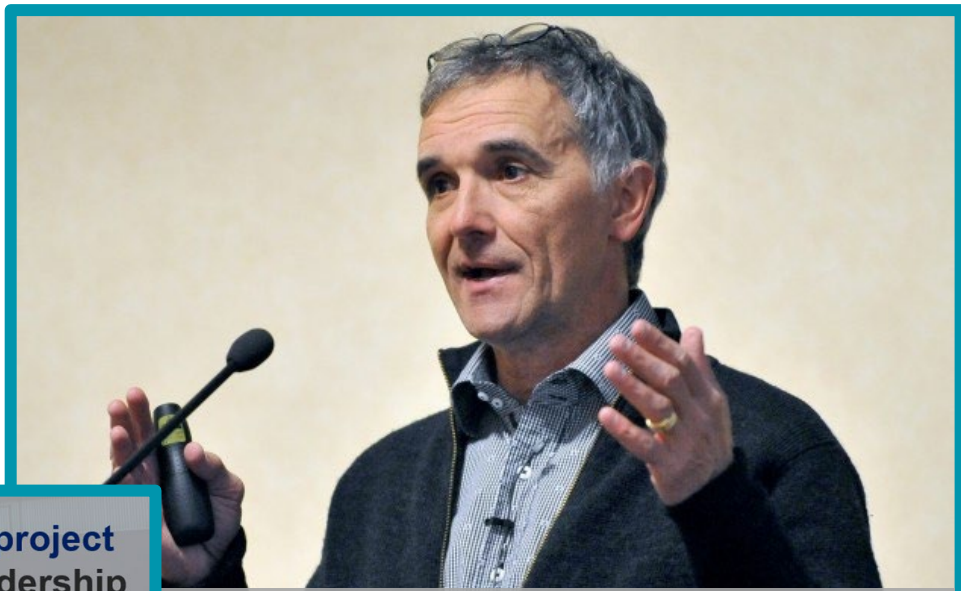
# HUMAN PERFORMANCE PROJECT

Illinois





Life of an Athlete  
Human Performance Project



APPLIED  
PERFORMANCE  
SCIENCES

human performance project  
youth teamwork & leadership



Life of an Athlete  
Human Performance Project

John Underwood  
Founder, LOAHPP



HUMAN  
PERFORMANCE  
PROJECT

Illinois



**LEADERSHIP**

# ***ACHIEVING OPTIMAL PERFORMANCE***



**NUTRITION**



**SLEEP**



**CHEMICAL HEALTH**



**MOOD & MINDSET**

## John Underwood:

- creator of the Life of an Athlete Human Performance Project
- former NCAA All-American, International-level distance runner and World Masters Champion
- has coached or advised more than two dozen Olympians including World and Olympic Champions
- holds three International Olympic Solidarity diplomas for coaching and has appeared as a guest commentator for ABC Wide World of Sports
- instrumental in designing the Human Performance Program for the US Navy SEAL Teams
- served as a human performance advisor to many high level sport federations including the NCAA, NHL, NBA, NFL, the U.S. Olympic Committee, Sport Canada and the International Olympic Committee



Life of an Athlete  
Human Performance Project

**John Underwood**  
Founder, LOAHPP





## Applied Performance Sciences (APS):

- Dedicated to expanding the capacity for performance in human beings at the individual and organizational levels. Achieving peak performance in any discipline requires a specific set of conditions and specialized preparation—physical, mental, behavioral, and neurobiological.
- With a unique understanding of these factors, APS has developed methods for applying them to teams and individuals to maximize performance.
- Founded by US Navy SEALs and developed in conjunction with Olympic and professional sport coaches, Veteran Navy SEALs deliver content and training that is applicable to any environment in which peak performance is desired.





# HUMAN PERFORMANCE PROJECT

Illinois



Life of an Athlete  
Human Performance Project

**OMNI**  
youth services

LINK  TOGETHER

*Empowering Youth to Be Drug & Alcohol Free*







# IL HPP Video





**LEADERSHIP**

# ***ACHIEVING OPTIMAL PERFORMANCE***



**NUTRITION**



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**CHEMICAL HEALTH**



**MOOD & MINDSET**



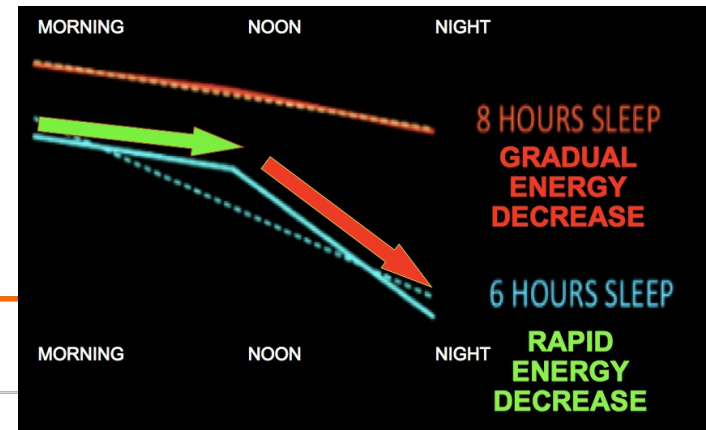
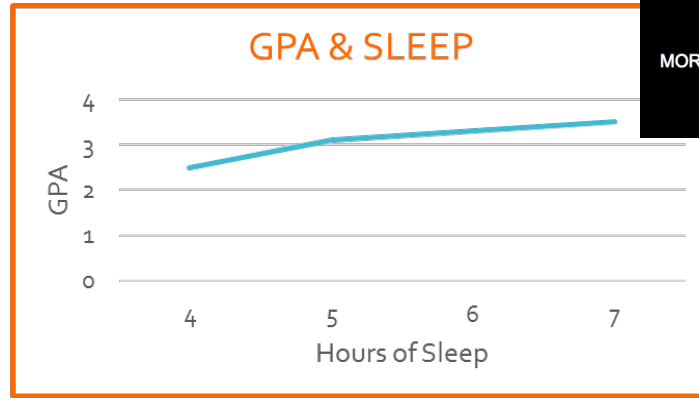
# SLEEP & RECOVERY





*YOU NEED A **GOOD QUANTITY OF SLEEP**  
TO GET A **GOOD QUALITY OF SLEEP***

# SLEEP & BLUE LIGHT




THE BODY NEEDS 1.5-2 HOURS OF REM SLEEP PER NIGHT TO RECOVER

### Ideal Sleeping Conditions:

- ▶ 68-72°F
- ▶ Total Darkness
- ▶ 8 hours



### THE BIGGEST CAUSE OF SLEEP DISTURBANCE IS **BLUE LIGHT**



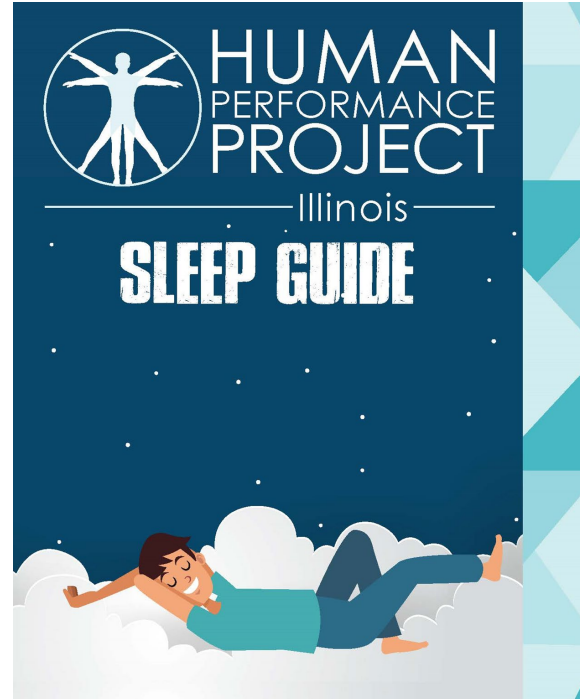
- ▶ Blue light (from technology) causes our bodies to release less melatonin
- ▶ Reduced melatonin causes us to be alert and awake longer so we transition to sleep slower



# Sleep & Recovery Resources

*[ilhpp.org/science-modules-sleep](http://ilhpp.org/science-modules-sleep)*

- John Underwood's Sleep & Recovery Manual
- IL HPP Sleep Guide
- Sleep & Performance for Athletes
- Sleep Handout
- Sample Sleep Lesson Plan
- Sleep Checklist
- Green Light, Blue Light Activity
- PSA Video: Sleep & Blue Light





# NUTRITION





*HEALTHY LIVING STARTS  
WITH HEALTHY EATING*

# NUTRITION & HYDRATION



“FINDING THE **RIGHT FOODS** FOR MY BODY HAS MADE ME LIGHTER, HEALTHIER, AND MORE FOCUSED. IT’S MADE ALL THE **DIFFERENCE IN MY CAREER AND IN MY LIFE**”  
-NOVAK DJOKOVIC

COLD water hydrates faster & decreases:

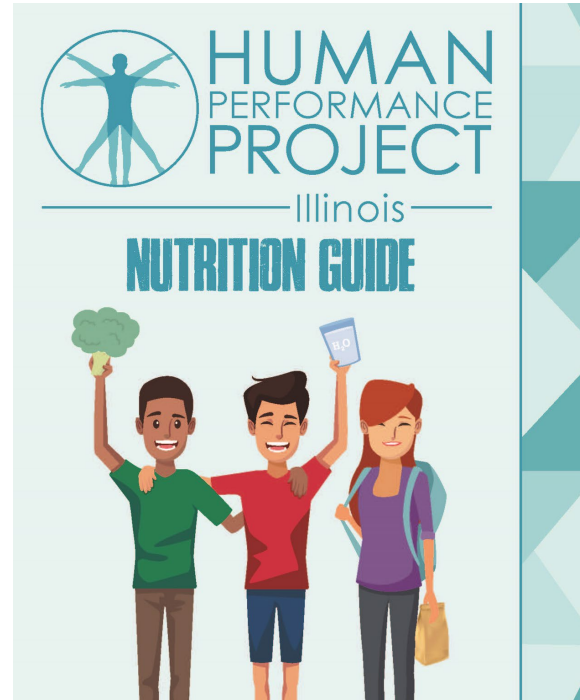
- ▶ heart rate
- ▶ blood pressure
- ▶ core temperature
- ▶ skin temperature



# Nutrition Resources

*[ilhpp.org/science-modules-nutrition](http://ilhpp.org/science-modules-nutrition)*

- John Underwood's Power Back Diet
- IL HPP Nutrition Guide
- Nutrition & Performance for Athletes
- Example Nutrition Lesson Plan
- Nutrition Matching Activity
- Healthy Recipes





A glowing blue brain with a wireframe-like texture, centered in the background. A horizontal white band with a slight gradient passes through the middle of the brain, serving as a background for the text.

# CHEMICAL HEALTH





1 night of drinking wipes out 14 days of training



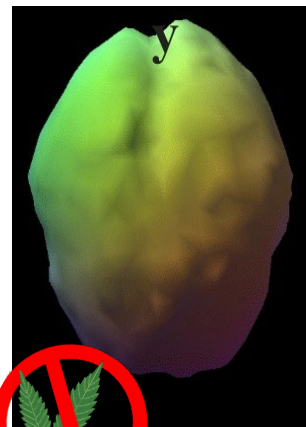
*ALCOHOL = HIGHER LEVELS OF STRESS*

HIGHER LEVELS OF THE STRESS HORMONE **CORTISOL** ARE RELEASED AND STAY IN THE SYSTEM FOR **24 HOURS** AFTER ONE DRINK, INHIBITING THE PRODUCTION OF **TESTOSTERONE**

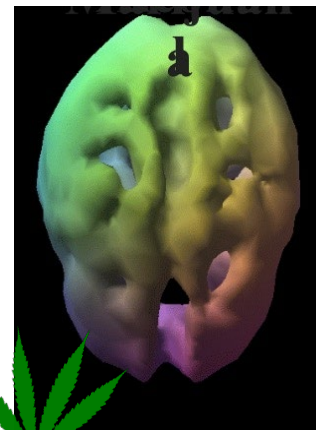
# DRUGS & ALCOHOL

## EFFECTS OF MARIJUANA ON PERFORMANCE:

- ▶ Impaired hand-eye coordination
- ▶ Reduces motor coordination
- ▶ Increased fatigue
- ▶ Affects ability to concentrate
- ▶ Decreased reaction time
- ▶ Reduces tracking ability and perceptual accuracy
- ▶ Decreases testosterone and HGH production
- ▶ Effects may last between 24-36 hours after using



HEALTHY BRAIN



BRAIN OF MARIJUANA USER

VS.



# Chemical Health Resources

*[ilhpp.org/science-modules-chemical-health](http://ilhpp.org/science-modules-chemical-health)*

- IL HPP Chemical Health Guide
- Chemical Health Substances Handout
- Vaping Educational Materials
  - Q&A Article
  - Understanding Vaping Presentation
  - What is a Vape? Handout
  - Facts About Vaping Handout
- Refusal Skills Activity
- Example Chemical Health Lesson Plan
- PSA Videos:
  - Brain Development
  - Vaping
  - Alcohol
  - Marijuana
- Rx Playbook



# The Prescription Playbook

[ilhpp.org/prescription-playbook](http://ilhpp.org/prescription-playbook)

Safe Decisions  
Begin With



Simple  
Conversations



- Opioid Identification Guide
- Coaches Clipboard
- Social Media Toolkit
- Educational Videos
- Posters/Flyers

#SafeUse #SafeStorage #SafeDisposal

Education and awareness to prevent  
prescription opioid misuse and abuse

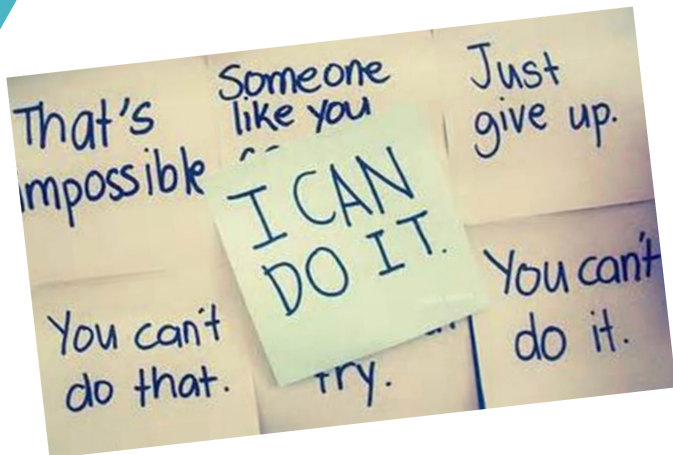


The Prescription Playbook



# MOOD & MINDSET



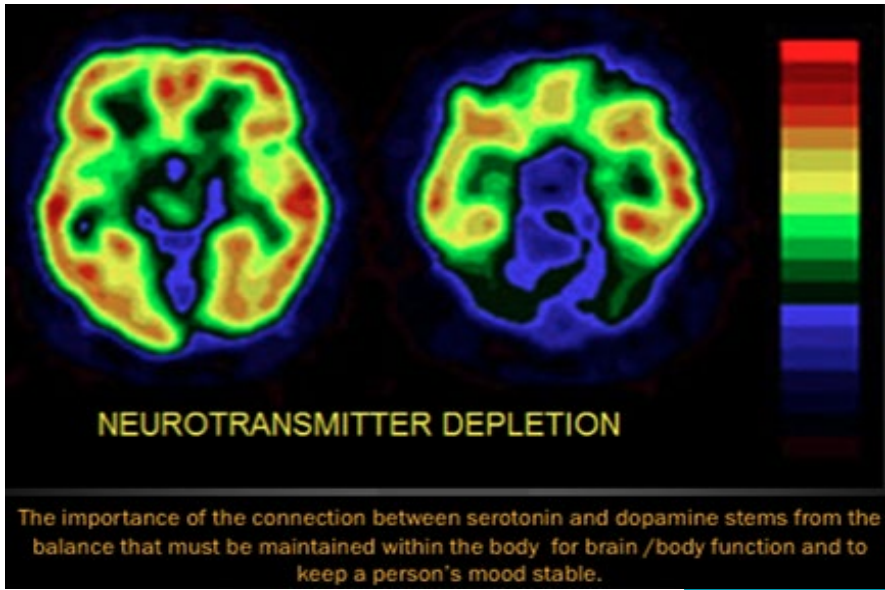


*START BELIEVING: ... YOUR MENTAL GAME MEANS JUST AS MUCH... AS YOUR PHYSICAL GAME*

A strong mindset will give you the drive and willpower to perform at your best

# MOOD & MINDSET

“ATTITUDE IS A LITTLE THING THAT MAKES A BIG DIFFERENCE BETWEEN SUCCESS AND FAILURE.”  
-FELICITY LUCKY





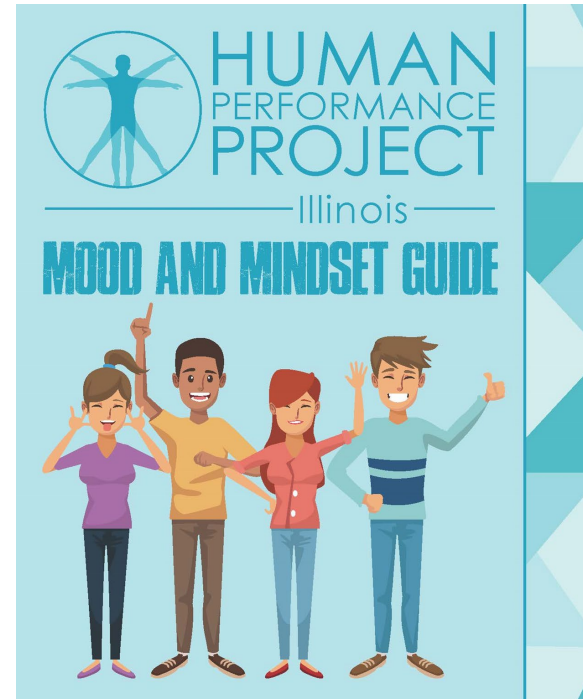
Live Leak



# Mood & Mindset Resources

*[ilhpp.org/science-modules-mood-mindset](http://ilhpp.org/science-modules-mood-mindset)*

- IL HPP Mood & Mindset Guide
- Yoga Toolkit for Educators
- Mindfulness Handout
- Stress & Performance for Athletes
- Example Mood & Mindset Lesson Plan
- Inspirational Videos and Text-a-Tip PSA Video







# CULTURE & LEADERSHIP





# team>teammate>self

Through Life of a Wildcat, my goal is to be a happier, healthier, and higher-performing individual by means of a positive mindset and healthy lifestyle habits.

I choose to motivate myself morally, mentally, and physically to achieve the highest standards in and out of the classroom, at home, and in the community.

I present myself as a role model by living drug and alcohol-free at all times, displaying sportsmanship and strong character to the very best of my ability, and promoting positive lifestyle choices for all.

I respect myself and others by embracing diversity of thought, practicing compassion, and accepting others, regardless of race, religion, gender, or ability.

Most importantly, I commit to live the Life of a Wildcat by constantly striving to be the best possible version of myself.

The gold medal mentality is a way of life.

It means:

Being fully committed

Making each performance count

Holding ourselves and teammates to higher standards

Outworking our opponents and seizing opportunities when they come

Staying together as one team

Staying on the right path

Rising to the occasion

Not being complacent

Constantly improving

Accepting all advice

Competing individually, winning as a team.

**TOGETHER**  
**We will**

**Thrive on and off the field**

**Dig deep to build high**

**Do our part in order to succeed**

**Focus on the process and not the product**

**Hold our teammates accountable**

**Stay united through blood sweat and tears**

**Be better than we ever have been before**





# Leadership Resources

*[ilhpp.org/leadership-modules](http://ilhpp.org/leadership-modules)*

- Student Leadership Manual
- Commitment & Accountability
- Building Resilience
- Conflict Management & Confrontation
- Leadership Communication Skills





# How you can start a movement...





# So What?

## Ways to include in class curriculum





HUMAN  
PERFORMANCE  
PROJECT  
— Illinois —

# Coaches' Clinic

Life of an Athlete Human Performance Project

**March 19, 2019**  
**8:30AM-3:30PM**

**Elgin Community  
College**

Building E: Siegle Auditorium  
1700 Spartan Drive  
Elgin, IL 60123

**Featuring Human  
Performance Expert,**

**John Underwood**

**\$35 per ticket**

Includes lunch, presentation  
flashdrive, & professional  
development credits

- John Underwood with:
  - the latest science in sleep, nutrition, and recovery for optimal athletic performance
  - Strategies for improving strength & conditioning
  - New tools and resources to optimize practice time
- ISBE credits available
- Includes flash drive with John Underwood's materials
- Registration closes March 8



# Start Your Chapter:



# INSPIRE TO INFLUENCE

Illinois Human Performance Project Conference

June 18-20, 2019

at Illinois Wesleyan University in Bloomington, IL

Join us for a three day, two night conference experience featuring John Underwood, Applied Performance Sciences, Joseph Bush, and many empowering keynote speakers and workshop presenters. Students and staff will participate in interactive workshops and activities designed to develop leadership skills, personal growth, and chapter evolution. Get ready to meet new people, be vulnerable, and experience a life-changing opportunity!



Registration is now OPEN!





# HUMAN PERFORMANCE PROJECT

— Illinois —

Creating a culture of excellence  
and leadership with your  
students







# Human Performance Project Trainings



[www.ilhpp.org](http://www.ilhpp.org)





## For Faculty

Coaches' Clipboard  
Coaches' Playbook  
Chapter Advisor's Guide  
Leadership Development Tools  
Academic Lesson Plans  
Common Challenges & Solutions

## For Students

Student Leadership Manual  
Program Ideas  
Training Modules

## Program Manuals

Sleep Manual  
Power Back Diet  
Chemical Health Guide  
Prescription Playbook  
Implementation Guide  
Policy Guide

## For Parents

Talk They Hear You  
Parenting Tips



[www.ilhpp.org](http://www.ilhpp.org)

## Project Implementation

Code of Conduct

Ensure clear language & expectations

Pledge

Outline values & commitments to live the HPP lifestyle

Restorative Justice

Establish a restorative, rather than punitive process for code violations



Complete HPP School Profile tool and contact the IL HPP Team for technical assistance.



Implement the Illinois Youth Survey to collect baseline data. For more information visit [iys.cprd.illinois.edu](http://iys.cprd.illinois.edu).



Develop student leaders and schedule leadership trainings.



Review your student code of conduct and implement restorative justice policies.



Utilize HPP trainings and materials, found at [ilhpp.org](http://ilhpp.org), to develop chapter participation.



Give student lead presentations to administration, faculty, and a variety of student groups for a diverse body of support.



Improve community support and enhance stakeholder unity by presenting to parents and partnering with community organizations.



Increase healthy choices throughout the school community.



Achieve measurable school climate improvements as evident by IYS data.





Life of an Athlete  
Human Performance Project

Life *of an*  
Athlete  
NEW MEXICO



BRONCOS  
COMMITTED



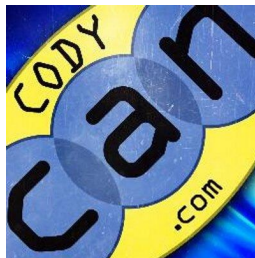
LIFE OF AN  
ATHLETE



LIFE OF A  
PACER  
A Program of NHIAA



Turning toward a healthy lifestyle...



LIBERTYVILLE, ILLINOIS USA





code of conduct  
pledges

members from all  
extra-curriculars

trading cards



youth mentoring

senior leader and captain  
training programs

peers  
supporting  
peers

healthy vending  
machines

zero hour  
morning  
workouts

brown bag lunches

middle school  
mentoring

decrease in  
substance use

nutritional  
program

banners, posters,  
& videos

Responsibility to...  
...yourself  
...your academics  
...your school  
...your community  
...younger athletes

spirit games

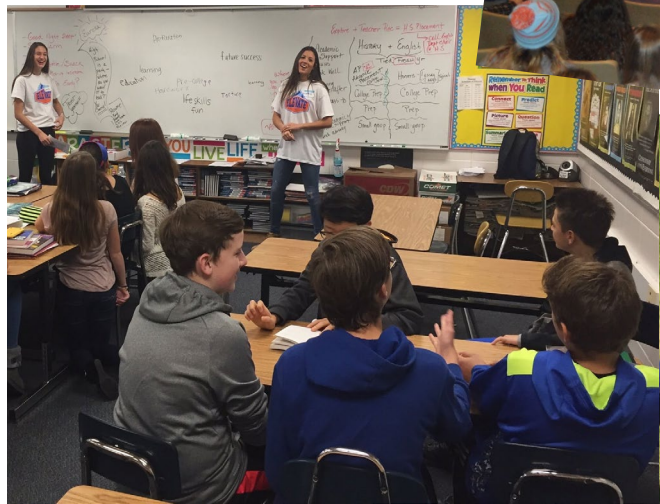
personal, teammate,  
coach, & parent  
expectations

**TEAM>TEAMMATE>SELF**





In Illinois:



- Barrington HS
- Buffalo Grove HS
- Deerfield HS
- Elk Grove HS
- Glenbard East HS
- Grayslake Central HS
- Highland Park HS
- John Hersey HS
- Libertyville HS
- MacArthur MS
- Prospect HS
- River Trails MS
- Rolling Meadows HS
- Thomas MS





overcoming obstacles!





# Coaches' Clinic

**Looking to optimize performance for your team?  
Ready for new practice strategies? Want  
updated research to improve athletic capacity?  
Register for this one day all inclusive Coaches'  
Clinic and you will receive:**

- The latest science in sleep, nutrition, and recovery for optimal athletic performance
- Strategies for improved strength and conditioning training
- New tools and resources to optimize practice time

Life of an Athlete  
Human Performance Project  
Coaches' Clinic

SATURDAY, JUNE 23 8:30AM-3:30PM  
Barrington High School

\$50 per Ticket—Includes Lunch



Featuring human performance expert, **John Underwood**



[www.ilhpp.org/coaches-clinic/](http://www.ilhpp.org/coaches-clinic/)

Now offering Professional Development credits through ISBE and LCSW CEUS





Steps to creating your chapter

- **Share** what you've learned with others at your school.
- Ask for an IL HPP staff member to reach out to you (now or in the future) **to talk through how this program might be best for you**. Or email us any questions, ideas, or needs you have.
- Register for the **June Coaches' Clinic** to educate and train staff on HPP content & implementation.
- Register for the **Illinois Youth Survey** to collect baseline data (<https://iys.cprd.illinois.edu/>)
- Gather **student leaders** to begin implementation
- Attend the **IL HPP 2019 Conference** with students and staff!

Let us know how we can help you!  
Contact us: [training@ilhpp.org](mailto:training@ilhpp.org)

