

QUALITIES FOR SUCCESS

PURPOSE & IDENTITY:

The purpose of the team may seem obvious, but in terms of an individual's role, the group must define what it is they are trying to accomplish and why each member is on the team.

RESPECT & TRUST:

When trust and respect are established between team members, the team is able to act quickly and with focus because there is less concern about what the other team members need to accomplish.

CLEAR ROLES & RESPONSIBILITIES:

A key element to building trust is to define clear roles and responsibilities. To do this, you must answer these questions: Who does what? When do they need to do it? Where do they need to do it?

COMMITMENT & SUPPORT:

A group must have shared vision, properly allocated resources, and a good decision making model. Once this is achieved, a team can move forward in developing commitment from both inside and outside of the team (stakeholders and fans).

DIRECTED ACTION:

A team must have clear processes, solid alignment, and disciplined execution, also known as a game plan.

CONTINUED EXCELLENCE:

Practical actions are required for a team to grow and sustain its creative and innovated spirit and energy. Without this, a team becomes stagnant, which leads to a sense of overload, disharmony, and negative stress.

VITALITY & RESILIENCE:

A team must have staying power. It must take action to revitalize itself for added enjoyment and performance



A STUDENT'S LIFESTYLE MATTERS



— Illinois —

“Today I will do what others won't, so tomorrow I can accomplish what others can't.”

-Jerry Rice

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 or email: info@ilhpp.org.





HUMAN PERFORMANCE PROJECT

SLEEP

Sleep is training too! The brain and central nervous system play the most significant role in optimal mental and physical performance. To function at an optimal level, you 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 you spend awake and stressed, it takes 1 hour of sleep to recover. This means that if you are 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. As an active student, your body requires 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 colorful fruits & vegetables
- Choose lean meats, fish, and poultry
- 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 you make will reflect your 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 your body's ability to achieve sufficient sleep needed for brain and muscle regeneration
- Slows down your reaction time
- Reduces motivation
- Can be addictive and lower IQ

ARE YOU A LEADER?

As a student leader for your school, you are charged with demonstrating the ability to:

- Model healthy behaviors
- Conduct yourself on and off the fields of play to be examples to others
- Communicate with a high level of skill
- Act as a conduit between students and staff
- Confront any behavior of concern or violation of standards from the student code of conduct
- Bring any serious concerns to the attention of adult authority
- Ensure and inspire peer goals and effectiveness