

HUSKIES ATHLETICS MONTHLY NEWSLETTER

SUCCESS

HARD WORK
PERSISTENCE
LATE NIGHTS
REJECTIONS
SACRIFICES
DISCIPLINE
CRITICISM
DOUBTS
FAILURE
RISKS



**A Success Story:
Hamza Yerlikaya
'Wrestler of the Century'**



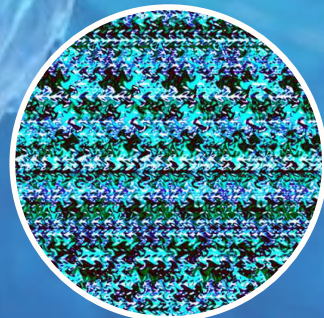
**HSA Athletics New
Addition:
HSA Fitness Center**



HSA Athletics Growing



**Badminton
How is it different than
Tennis?**



**Eye Exercise:
Magic Eye**

and more...

SUCCESS STORIES



Hamza Yerlikaya

A legendary Turkish wrestler announced by FILA as the 'Wrestler of the Century' in 1996, Hamza Yerlikaya gained and deserved his fame as invincible in the field.

Wrestler from the family

Hamza Yerlikaya was born on June 3, 1976, in Kadıköy, İstanbul. His family had just moved to İstanbul from the village of Demiryazı in Sivas province. His father Mustafa was a wrestler who competed for Fenerbahçe Wrestling Branch, which was later closed. His elder brother also worked out at Fenerbahçe's facilities.

Little Hamza, despite his father and brother, had nothing to do with wrestling. He was rather fond of playing soccer. One day, he decided to work out with his brother in order to build a stronger body for soccer. He said, "In time, I found an inclination in me toward wrestling."

Many people think that Yerlikaya learned wrestling in a village like many other Turkish "oil" wrestlers. However, he said: "People think that you have to run and wrestle in green pastures to learn how to wrestle. But it's not true at all. You should learn the technique, and it's learned from masters."

Yerlikaya was coached by wrestling authorities, such as Remzi Öztürk, Salih Bora, Erhan Balcı and Erol Bora. In 1986, Hamza started wrestling at age 10. The wrestler of the century Hamza Yerlikaya competed at an international wrestling tournament in Quebec, Canada, in 1991. He took fourth place in the World Cadets' Championship for Greco-Roman Wrestling. Just two years later, he was admitted to the Men's category for the first time and took second place, winning a silver medal at the European Championship for Men's Wrestling held in İstanbul. At that time, looking at Hamza, many authorities in Turkey and abroad thought that a great champion was on his way. Hamza proved that they were not overestimating him. He won the gold medal at the World Championship for Men's Wrestling in Stockholm, Sweden, in 1993. Among his rivals, there were many gold medalists who had collected their medals in World, European and Olympic championships. **This was a great record since nobody under age 18 had ever won a gold medal in the men's category in a world championship for wrestling before. FILA called Hamza Yerlikaya "the Wrestler of the Century."** Yerlikaya's age record has not yet been broken.

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"THE ELEVATOR TO SUCCESS IS OUT OF ORDER. YOU WILL HAVE TO USE THE STAIRS ONE STEP AT A TIME"

JOE GIRARD

SPORT: BADMINTON

Badminton? How is it different than Tennis?

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side). Badminton is often played as a casual outdoor activity in a yard or on a beach; formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court. Each side may only strike the shuttlecock once before it passes over the net. Play ends once the shuttlecock has struck the floor or if a fault has been called by the umpire, service judge, or (in their absence) the opposing side.[1]

The shuttlecock is a feathered or (in informal matches) plastic projectile which flies differently from the balls used in many other sports. In particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly. Shuttlecocks also have a high top speed compared to the balls in other racquet sports. The flight of the shuttlecock gives the sport its distinctive nature.



Serving:

When the server serves, the shuttlecock must pass over the short service line on the opponents' court or it will count as a fault.

The server hits the shuttlecock so that it would land in the receiver's service court. This is similar to tennis, except that a badminton serve must be hit below waist height and with the racquet shaft pointing downwards, the shuttlecock is not allowed to bounce and in badminton, the players stand inside their service courts, unlike tennis.

Scoring:

Each game is played to 21 points, with players scoring a point whenever they win a rally regardless of whether they served[13] (this differs from the old system where players could only win a point on their serve and each game was played to 15 points).

Lets

If a let is called, the rally is stopped and replayed with no change to the score. Lets may occur because of some unexpected disturbance such as a shuttlecock landing on a court (having been hit there by players playing in adjacent court) or in small halls the shuttle may touch an overhead rail which can be classed as a let.

If the receiver is not ready when the service is delivered, a let shall be called.

“ *If you fail never give up because
F.A.I.L means
"First Attempt In Learning"*

*If you get NO as an answer,
remember N.O. means
"Next Opportunity"*

*End is not the end. In fact E.N.D. means
"Effort Never Dies"*

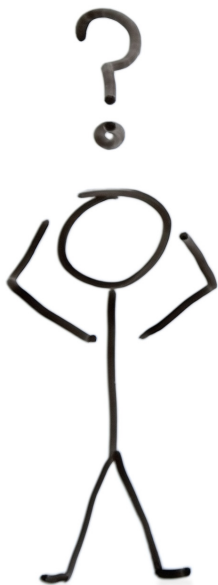
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SPORTS IN HSA

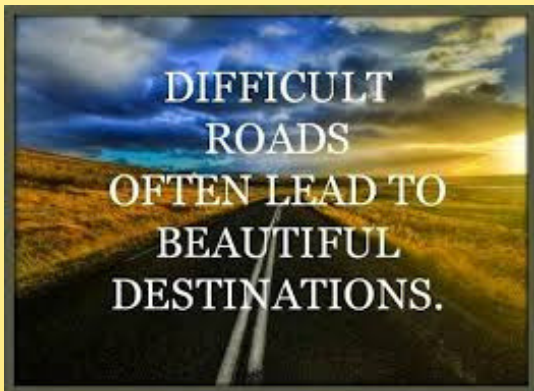
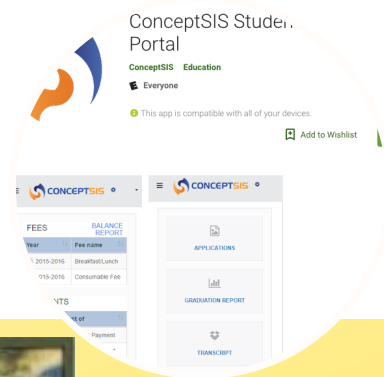
ANNOUNCEMENTS:

REMINDERS:

- Athletes who want to be part of any spring sports need to check their GRADES and GPAs if they want to be part of the team.
- If you still need your SPORTS PHYSICAL please have it ready before any tryouts or first practice so that you can participate in the activities.
- Check your emails regularly so do not miss out on important events.



Did you know that you can download the "Concept SIS" app to your phone and check your grades and log your CYSF dues. It is available for your IOS and Android devices.



"Many of life's failures are people who did not realize how close they were to success when they gave up."

-- Thomas Edison



SPORTS IN HSA

ANNOUNCEMENTS: SPRING SPORTS



Girls Soccer

Girls soccer season starts on February 25th and we are trying to put together a girls soccer team if you are interested in soccer or would like to try something new. Please talk to Ms Rose to make it happen.

Please have your physical ready before the first practice!

Boys Volleyball

Boys Volleyball season starts on March 4th and here is the Schedule for boys volleyball.

Please support our sporting events by coming to our home games.

2019 Boys Volleyball Schedule

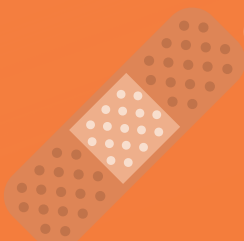
Green South Conference

Day	Date	Home	Visitor
Thursday	3/21/19	Hyde Park	Horizon
Tuesday	3/26/19	Horizon	Chicago Ag Sci
Thursday	3/28/19	Horizon	Back of the Yards
Friday	3/29/19	Lindblom	Horizon
Tuesday	4/02/19	Morgan Park	Horizon
Thursday	4/04/19	Carver	Horizon
Tuesday	4/09/19	Horizon	Kenwood
Thursday	4/11/19	Cristo Rey	Horizon
Tuesday	4/23/19	Horizon	Brooks
Thursday	4/25/19	Bowen	Horizon
Tuesday	4/30/19	Horizon	Chicago Military



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-- Thomas Edison



SPORTS IN HSA

ANNOUNCEMENTS:

MS BOYS AND GIRLS BASKETBALL

"In the 2018-2019 season the Huskies have formed two determined and hardworking teams. Both the 5th and 6th grade team as well as the 7th and 8th grade team have elevated the sense of competition among the league of the local schools we are playing against. With tremendous strength and a showing and growing skills the 7th and 8th grade have exceeded expectations remaining undefended nearly at the end of the regular season.



The 5th and 6th grade team continue to grow and halfway through the season added an additional 3 players who have been a perfect addition to rounding off the team, and while they haven't been successful in securing a win they play with a lot of heart."

MS Basketball teams Head Coach Mr Cordes.



WRESTLING

"Wrestling season came to an end and we had a very committed season, now we have established our routines and ready for the next year for competitions. I would like to thank all the athletes and their families for their effort to make everything possible to come to practices." Coach Salih

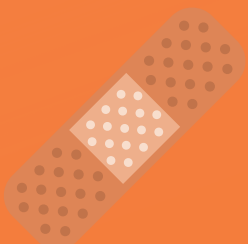


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"Always do your best. What you plant now, you will be harvest later."

Og Mandino

”



SPORTS IN HSA

ANNOUNCEMENTS:

MS GIRLS VOLLEYBALL



Congratulations on a successful season of growth and learning!"

Head Coach Mrs Hartman

"The 7th and 8th grade volleyball team just finished their very first season. The season ran from October through January with games every Friday. The girls have improved so much throughout the season. They played tough competition and for a first-year team to compete with athletes who have been playing for years, that itself is a huge accomplishment."

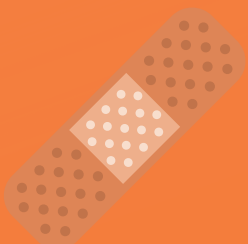


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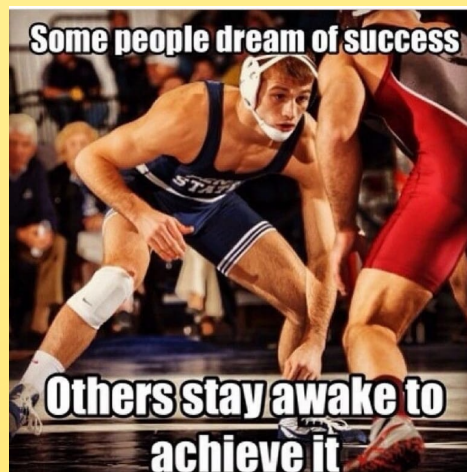


FLASH FLASH FLASH!!!

EXCITING NEWS

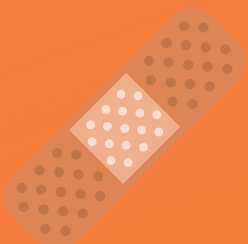
HUSKIES FITNESS CENTER

Athletics Department was looking for some ideas for a fitness center for HSA Athletics to get our athletes physically ready for their season and finally when Coach Salih heard about Women's Workout Center closing he immediately called the company and asked for donations for couple equipment that would be enough for a high school sports programs, first the company refused to give donations however, they were asked to let Coach know if the company ever wanted to donate their equipment. After several attempt and follow up for couple of weeks for the donations Coach Salih, Mr. Z and Mr. H was successfully won the battle and got the whole fitness center as a donation. Those equipment includes the following but not limited to **9 treadmills, 13 ellipticals, free weights, weight lifting machines etc. worth of \$35,000-\$40,000 equipment.** Now HSA athletics department is looking for some grant opportunities to fund a fitness room in HSA building. Any help would be appreciated. Pictures next page!!!



"Always do your best. What you plant now, you will be harvest later."

Og Mandino



SPORTS IN HSA

Here is the Equipment!!!

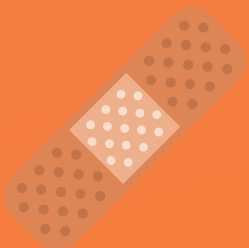


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Passion is one great force that unleashes creativity, because if you're passionate about something, then you're more willing to take risks.

Yo-Yo Ma

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EYE EXERCISE

Hold the center of the printed image right up to your nose. It should be blurry. Focus as though you are looking through the image into the distance. Very slowly move the image away from your face until the two squares above the image turn into three squares. If you see four squares, move the image farther away from your face until you see three squares. If you see one or two squares, start over!

When you clearly see three squares, hold the page still, and the hidden image will magically appear. Once you perceive the hidden image and depth, you can look around the entire 3D image. The longer you look, the clearer the illusion becomes. The farther away you hold the page, the deeper it becomes. Good Luck!



When you see it go to Coach Salih to claim
your
balloon animals gift!!

Last month (January) the 3D picture image was
"Skiing"

*See the
good*

WHAT IS S.P.O.R.T

In keeping with mine and my company's stated goal to try to make some of the mysteries surrounding Fitness and Nutrition a tad clearer, today's article is about "Exercise Training"

There are thousands of training programmes out there these days - but only a handful that actually deliver results. That's because most training programmes lack direction, and don't take into account the basic principles of S.P.O.R.T.

If you've never heard of it before, S.P.O.R.T is an acronym that is used to break down the five key principles to consider when creating a training programme. No matter what your sport or training goals; if you want results, it is key to keep these five components in mind.

Are you stuck in a rut with your training programme, or not making the progress you are hoping for? Consider applying these five principles to your programme and see what a difference it makes. To help you get started, we've taken a look at each individual component of S.P.O.R.T below.

Specificity

The first component of S.P.O.R.T is specificity - in other words, creating a training programme that is tailored specifically to your sporting or athletic goals. For example, if you wanted to improve as a football player, your training programme may consist of some steady state running drills to build endurance, some lower body resistance work to build power in your legs, and some sprint work to increase your explosive speed over short distances. It may also include a small amount of upper body work so that you are more resilient when defenders try to barge you off the ball. Even if you're not training for a sport, it helps to have a clear goal in mind in order to keep your training specific. If you wanted to build bigger legs, for example, you would make heavy squats and deadlifts a regular feature in your workouts. It's no good walking into a gym or out onto the running track without a clear goal in mind. Know what you're training for, and you'll get there much more quickly.

Progression

If you're lifting the same weight or running the same distance each week, how are you ever going to improve? In order for a training programme to be successful it must apply the principle of progression, meaning that you must be consistently looking to better your results. Progression comes in many forms; adding more weight, more repetitions, more distance, faster speed or less rest. However you do it, progression is about achieving better results every time you go out on the track or in the gym. This may sound overly simplistic, but it's amazing how many people can get stuck in a rut with their training if they're not consistently looking to progress.

HEALTHY HABBITS



Overload

This principle works closely with progression. As your body adapts to the demands of your training, you must apply the principle of overload in order to progress. This means pushing your body outside of your comfort zone to a limit that will force it to adapt - this may be putting more weight on a bar, or adding an extra kilometre onto your run. The principle of overload can be applied in a number of ways, but the key is to keep challenging your body in order to drive progress.

Recovery

No training programme is complete without adequate attention to recovery. For motivated athletes, this is often the hardest components to grasp, but it is essential in order to keep applying the principles of progression and overload. If you do not allow your body sufficient time to recover, it won't be able to adapt and grow stronger, meaning all your hard work in training will bear no fruit. There are many factors that can affect your recovery, most notably your sleep and nutrition. For more information about how to optimise your recovery, read this article.

The Individual

Granted, the final part of the S.P.O.R.T jigsaw could quite easily have been written as just 'Individual' or 'Individuality.' But S.P.O.R.I doesn't quite have the same ring to it, does it? The most important part of any successful training programme is that it is tailored to The Individual. There is no such thing as a 'one size fits all' training programme; we all have different needs depending on our age, gender, current fitness levels and even our genetics. Whilst you or I may respond well to a particular training programme, this does not mean that the guy next to us in the gym will do the same. The key to creating a successful training programme is finding what works for you, and using that knowledge to maximise your results.

Busy Bee

DAREBEE WORKOUT @ darebee.com

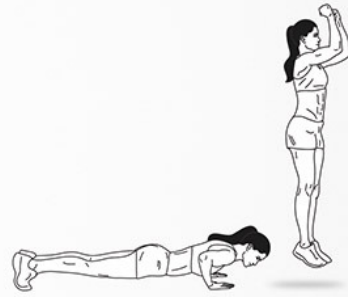
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



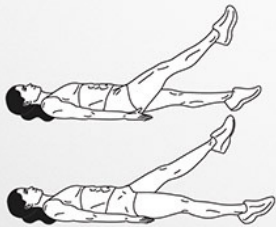
20 high knees



10 lunge step-ups



5 burpees



20 flutter kicks



10 sit-ups



5 crunch kicks

HELP WANTED

Huskies Newsletter is looking for new staff!!!

Photographer

Will take sporting event pictures or practice pictures to be put in the newsletter

Interviewer

Will interview coaches, teachers, students, athletes about their athletic life

Reporter

Will report on teams, athletes and coaches and games

Drawer

Sport related or life related drawings are going to be main idea but there is no limit.

if you are interested in and serious about it please contact Coach Salih via email
salih@hsaswchicago.org