

HUSKIES ATHLETICS MONTHLY NEWSLETTER

**A Success Story:
Michael Jordan
How he became a legend!**



"Success isn't just about what you accomplish in your life; it's about what you inspire others to do."

-- Unknown



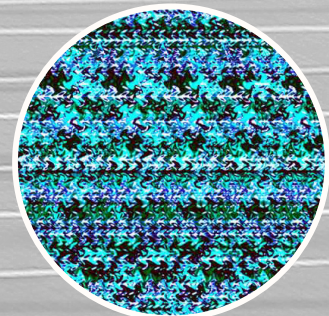
Sugar? Good or Bad?

**Futsal
What exactly is it?**



**8 Great Motivating Messages
That Guide Superstar Athletes**

**Eye Exercise:
Magic Eye**



and more...

SUCCESS STORIES



Michael Jordan

Quite surprisingly, the best basketball player of all time didn't make the university basketball team. The name Michael Jordan is literally synonymous with basketball. He is a living legend. Also, he has the most successful line of basketball sneakers and is an accomplished businessman too. His list of achievements is long and detailed. He led his team to **6 NBA championships**, led Team USA to **2 Olympic gold medals** and won **12 All-Star championships**. By the time he retired, Michael Jordan was the most decorated basketball athlete ever. **He is often asked where the motivation for his success comes from. To this he answers, "I didn't see my name in the list."** While attending a high school basketball summer camp with his older brother and some friends, Michael Jordan tried out for the university team. He was already a force to reckon with in the camp. He was a fast player and his dribbling skills were unparalleled. However, he was not tall enough for the university team. **When the list of the members who had made it to the team was released, his name was not on it.** He had worked so hard to make the team but his name was not listed down. This crushed him and he swore to work hard and shine as a basketball star. **So every time he faced a challenge in his path to stardom, he remembered the list and his early failure motivated him to work harder.** Michael is known for saying that he has missed more than 9,000 basketball shots. He has also lost more than 300 games. **These failures are the reason why he succeeds.** Michael Jordan is a basketball star and one of the most inspirational athletes today.

received from <https://greatperformersacademy.com/motivation/the-5-most-iconic-athletes-in-the-history-of-sports-and-their-inspirational-stories>

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WE DON'T GROW WHEN THINGS ARE EASY, WE GROW WHEN WE FACE CHALLENGES.



Maybe, you're stuck because you're pushing a door that says pull.

SPORT: FUTSAL

What is Futsal? How is it different from Football (Soccer)?

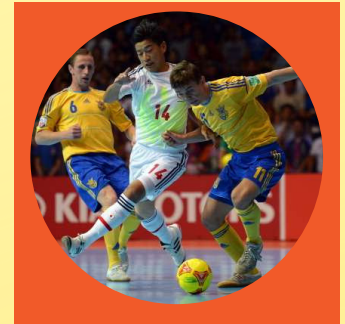
With the likes of Manchester United legend Paul Scholes signing for the Premier Futsal League we take a look at the game and see what the fuss is all about.

What is Futsal?

Futsal is essentially football with a twist (and a lot less number of rules), it's a five a side game which includes one goalkeeper for each side, with a much smaller pitch, mostly played indoor stadiums and a (slightly) different ball.

With the small nature of the pitch, the players playing in the league need to have much more close control and better technique on the ball.

Futsal games are mostly littered with wonderful skill and occasions of showboating and tends to be a lot more entertaining than traditional football, as individual skill takes the front seat over tactics and formations.



Time of the game: The game is played in two halves of twenty minutes each, the time stops for every dead ball like in a hockey game (eliminating the concept of injury time). There is a break of fifteen minutes between each half.

Referees: There are three referees for each game, two who officiate the games from the touchline, one on each side, one (who is on the side of the timekeeper) communicates with the timekeeper whenever needed. The third official is on the timekeepers table who keeps track of both team's benches.

Substitutes: Rolling substitutions are allowed during the game, with 12 players maximum from each side allowed to play for a single game.

Received from <https://www.sportskeeda.com/futsal/what-is-futsal-how-is-it-different-from-football>

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*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"*

”

SPORT: FUTSAL

Futsal Rules

The USP of the game is that it doesn't have a lot of rules, apart from there being five players in each team. There are not so many lines on the pitch as there is in a football, but there are those subtle changes from traditional football.

Futsal Pitch : There is ongoing misconception that a Futsal pitch is the same as a basketball pitch, a basketball pitch is 420 square metres (28m X 15m) whereas a futsal pitch is much bigger 800 square metres (40m X 20 m), that makes it almost double the size.

Futsal Ball : A futsal ball is normally of the circumference of 62 -64 cm, but the ball's bladder is filled with foam as opposed to air in a traditional football. The logic behind this is due to the hard surface a normal football would bounce high on a hard pitch, but a futsal ball being slightly heavier bounces a maximum of 65 cm if dropped from a height of 2 metres.



Kick-Ins: There are no throw-ins as seen in a football game, instead the players kick the ball in from the touchline. The place of the kick-in should be in close proximity from the place where the ball went out, and the kick-in should be under four seconds of the ball going out or an indirect freekick is given to the other team.

Freekicks and Penalties: A free kick has to be taken from the area of the foul, normally an indirect free kick is awarded, and has to be taken under four seconds or an indirect freekick is given to the other team.

Goalkeeper Pass-back Restriction/ Goal kick: When in possession of the ball, the goalkeeper has to get rid of it under seconds. Interestingly, a goal-kick is the goalkeeper throwing the ball out, against kicking it out. Once the goalkeepers released the ball, he can't touch the ball unless it has already gone out or an opposition has touched it.

Futsal Shoes: The studs are normally made of rubber soles to allow the players playing comfortably on the playing surface.

Offside Rule: There is no offside rule.



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"SPORTS DON'T BUILD CHARACTER
THEY REVEAL IT!"
HEYWOOD BROWN

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SPORTS IN HSA

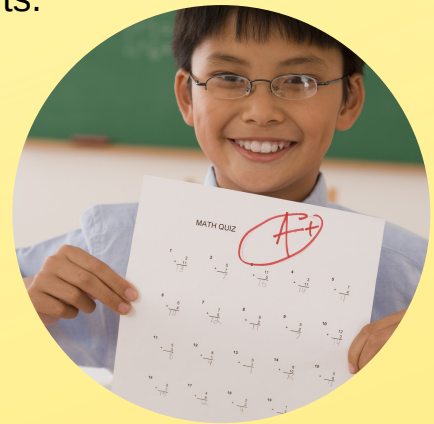
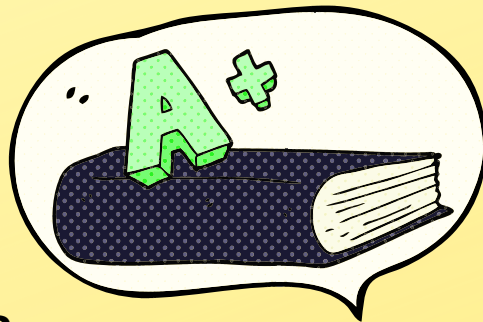
ANNOUNCEMENTS:

Good luck to Basketball and Wrestling and Volleyball teams in the 2nd half of the season!



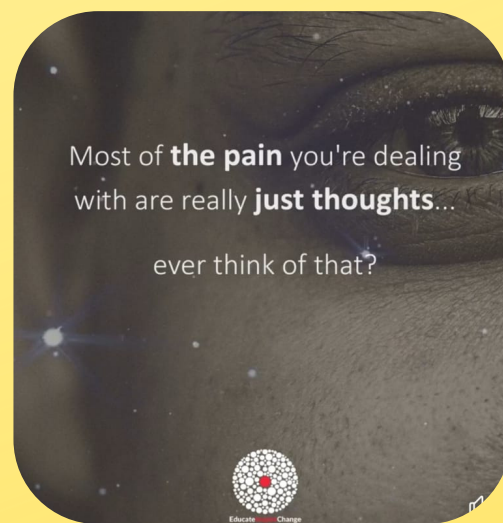
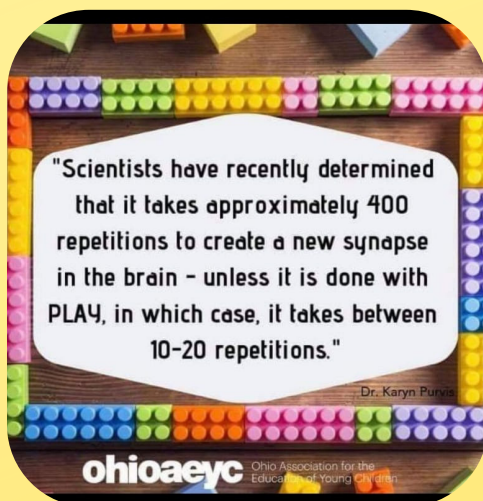
EMAILS

Check your emails regularly so do not miss out on important events.



REMINDERS:

- Athletes who wants 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 so that you can participate in the activities.



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

-- Thomas Edison

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SPORTS IN HSA

ANNOUNCEMENTS:

HSA HIGH SCHOOL BASKETBALL TEAMS

HS boys and girls Basketball teams are working hard to maintain good health and relationship.



MS BOYS AND GIRLS BASKETBALL

We are very proud to announce that we have now Middle school girls and boys basketball teams in place. They are going to be our future HS teams as they work harder and harder to bring "HUSKIES" up where it needs to be. Please support our team by showing up to their games. Please contact Mr Cordes about team scheduling

HSA HS AND MS WRESTLING TEAMS

Here is our new uniforms (singlets) We are very proud to be "HUSKIES"

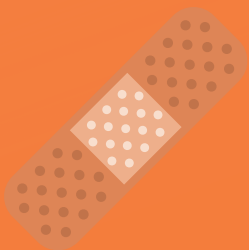


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"Always do your best. What you plant now, you will be harvest later."

Og Mandino

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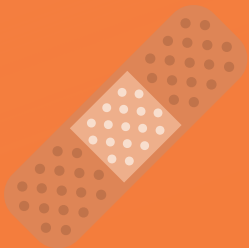


NEW YEAR GOALS

New Year's Resolution Ideas And How To Achieve Each Of Them

The New Year is slowly nearing, and with the holiday season already upon us many people are indulging in retrospection and reevaluating some of their life choices. New Year's resolutions are the perfect opportunity for all those who have failed to start making the changes that they said they would make next week, next month, or perhaps when winter starts. Here is 5 New year goal ideas

- 1. Get in shape:** Losing weight is the top resolution for Americans, and combined with "exercise more" and "stay fit and healthy" it is something that over a third of the population wishes to achieve. It's easy enough to start an exercise and diet program, but the trick is to find a decent one that will give you steady results and will be easy to stick to in the long run.
- 2. Start eating healthier food, and less food overall:** This is usually an extension of the previous resolution. Switching to a healthier diet can be incredibly tricky when we are surrounded by cheap junk food. However, with a good amount of determination and some basic tips you can slowly develop healthier eating habits.
- 3. Stop procrastinating:** The biggest barrier that keeps most people from reaching their goals is the desire to relax and do something fun instead of working hard. Once you get used to procrastinating it's difficult to snap yourself out of it, so you'll need to put in a lot of work to change this bad habit.
- 9. Become more polite:** Good manners have always been an important part of a civilized society. They make it easier to connect with others, avoid offending people and will ensure that others perceive you as a good and trustworthy person. So know the etiquette, be prepared or other manners in other countries, deal with rude people in the right way and learn how to say no.
- 12. Get more quality sleep:** With big TV's, computers, smartphones, tablets and all sorts of gadgets with glowing lights and beeping alerts, it can be hard to get enough sleep at night. You should be gunning for at least 8 hours of sleep a night
- 13. Volunteer and give more to charity:** To devote your time and energy to helping those in need is a noble gesture and a reward in itself, but it is also an opportunity to meet new people, learn new skills and boost your resume.



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The only person you need to compare yourself to is who you have been, and the only person you need to be better than is who you are NOW!

”

SPORTS IN HSA

14. Pick up useful skills or fun hobbies: Just sitting around all day won't get you anywhere. It is much better to use your free time in a constructive manner and pick up new skills while having fun at the same time. The Future-You will be glad that you did. No matter if you're interested in communication skills or sports, find out how to learn new skills and hobbies in a short time.

15. Learn to let go of grudges and avoid moping: Times can be hard, and it may take a lot to overcome adversity, but sitting around and moping about it is just counterproductive. If you have a big fight with someone and fall out or get hurt over a small issue, you will only lose a friend or life partner and remain sad and bitter. Forgiveness is a much healthier way to deal with issues that should be left in the past.

received from <https://www.lifehack.org/articles/communication/50-new-years-resolution-ideas-and-how-achieve-each-them.html>

USAIN BOLT'S RULES FOR SUCCESS IN LIFE

RULE 1: DON'T GET SCARED EASILY

RULE 2: LEARN TO MOVE ON

RULE 3: LEARN HOW TO LOSE

RULE 4: BE THE BEST EVER

RULE 5: HAVE HEROES

RULE 6: DO IT FOR YOURSELF

RULE 7: BE CONFIDENT

RULE 8: WORK HARD



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WHEN YOU FEEL LIKE
QUITTING, REMEMBER
WHY YOU STARTED.

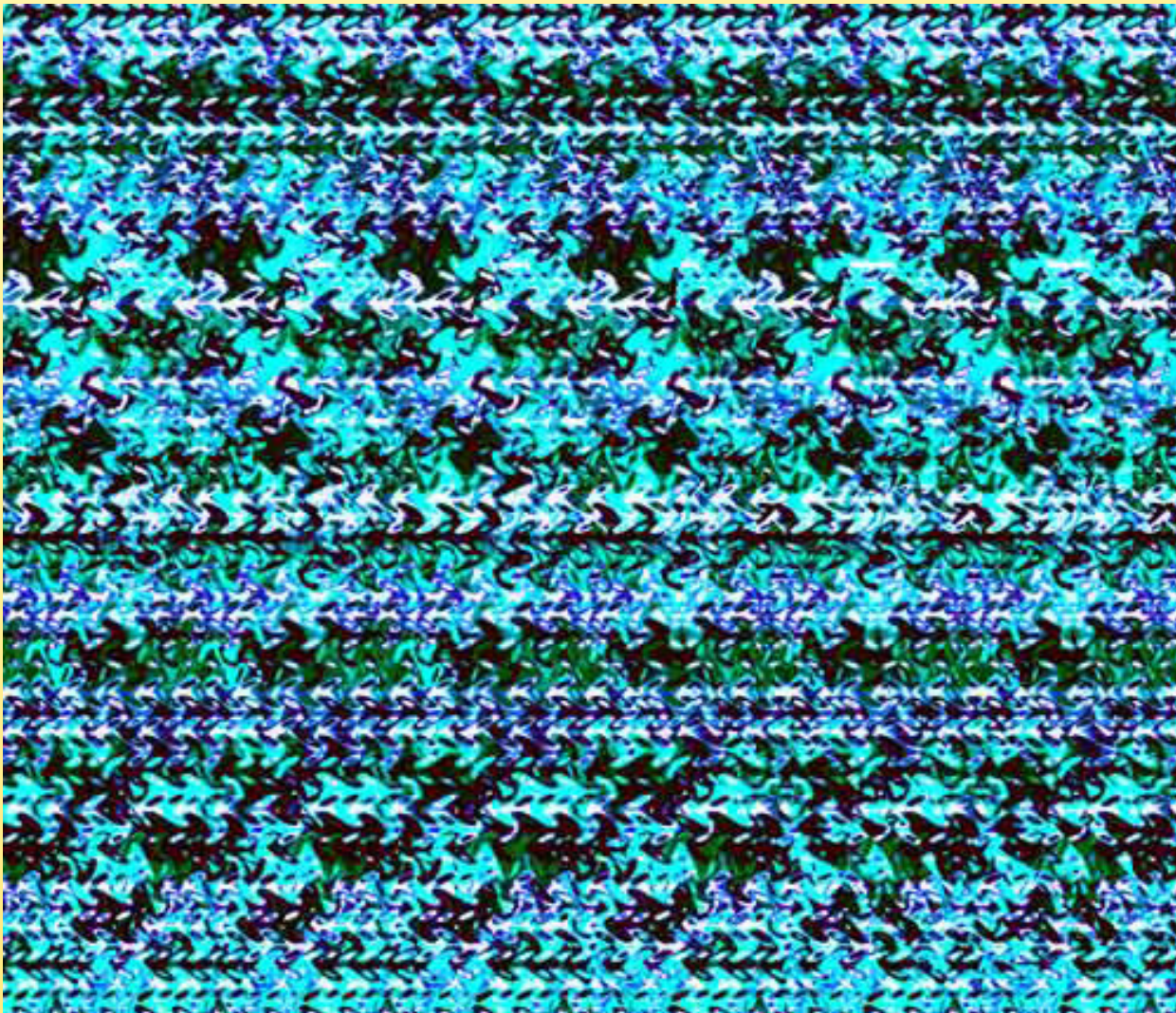
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EYE EXERCISE

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!

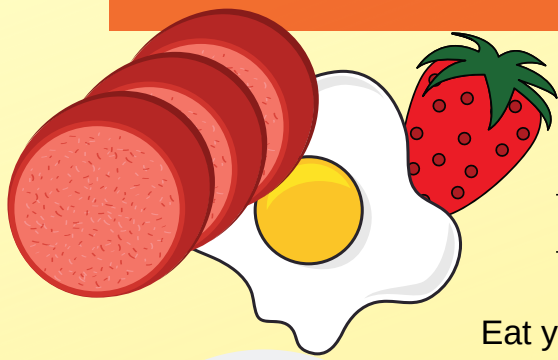
When you clearly see three squares, hold the page still, and the hidden image will magically appear. Once you perceive the hidden image and depth, you can look around the entire 3D image. The longer you look, the clearer the illusion becomes. The farther away you hold the page, the deeper it becomes.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



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

Last month (December) the 3D picture image was
"Swang"

*See the
good*



Breakfast Time

Eat your breakfast. It's the most important meal of the day!"

Why are parents always saying that?

Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

What Should I Eat?

Just like with other meals, try to eat a variety of foods, including:

fruit

vegetables

grains (make at least half your grains whole grains)

protein (meat, poultry, fish, eggs, dry beans, nuts, and seeds)

dairy products (low-fat or fat-free milk, cheese, and yogurt)

Skipping Breakfast?

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But people who skip breakfast tend to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts. They're easy to grab on the way out the door or get ready the night before:

- single servings of whole-grain, low-sugar cereal
- yogurt
- fresh fruit
- whole-grain muffin
- trail mix

What Else Should I Know?

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. **Fuel up with a healthy breakfast!**

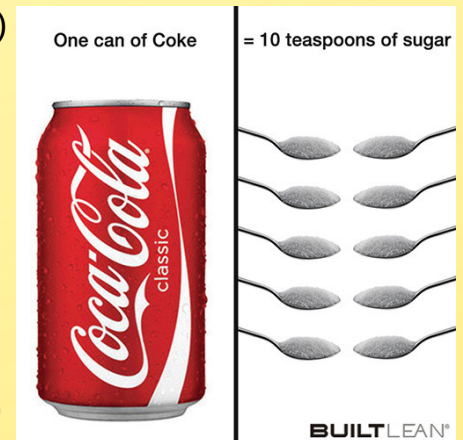
ITS NOT A
SHORT TERM
DIET. ITS A
LONG TERM
LIFESTYLE CHANGE



Sugar (Good or Bad)

What is sugar?

The food that we call sugar is a carbohydrate (car-bow-hy-drate) called sucrose (soo-krose), which is made up from 2 smaller carbohydrates – fructose (fruk-toze) and glucose (gloo-coze). Glucose is used by our body for energy, and fructose is quickly changed into glucose in our body. **Carbohydrates give our bodies energy.** Sugar can be absorbed very quickly by the body and used as energy. The body stores the energy it does not need as glycogen (gly-co-jen) in the liver. Sugar can come from sugar cane or the root of the sugar beet plant. Maple syrup (from maple trees) and honey are also almost all made of sugar. They contain very small amounts of other chemicals which make them look and taste different. The sugar that is white sugar is the same as that in raw sugar and treacle – but raw sugar and treacle contain other things which make them a brown colour and taste different. Sugar is made from sugar beet or sugar cane by refining it. This is done in a factory called a refinery (re-fine-ary). White sugar is crushed to make castor sugar and icing sugar. **Many foods, like fruit, vegetables and dairy products, contain natural sugars. The sugar in dairy products is called lactose (lack-toes').** Corn syrup is made from corn starch. Sometimes artificial sweeteners are added to it. Check the food labels on the product to find out what has been added.



HEALTHY KIDS ARE SWEET ENOUGH

Heart Healthy Tip: **NO MORE THAN 1** Sugary Drink a Week

How many teaspoons of sugar in just one **SMALL 8 OUNCE** serving?



Learn more at heart.org/sugar

Source: USDA National Nutrient Database for Standard Reference Release 28

HEALTH

Good things about sugar

Sugar helps foods last longer by acting as a preservative in foods like jam, canned or bottled fruit and vegetables. **Some people add sugar to their food or drinks to make them taste sweeter.** Sugar can make food look good, eg by being sprinkled on the top of cakes and pies. It makes ice-cream and ice-blocks taste sweet. It's in special 'sometimes' foods like sweets, chocolate and soft drinks.



Almost 15kgs of sugar a year

One 375ml can of soft drink a day = Toxic fat and increased risk of type 2 diabetes, heart disease and some cancers

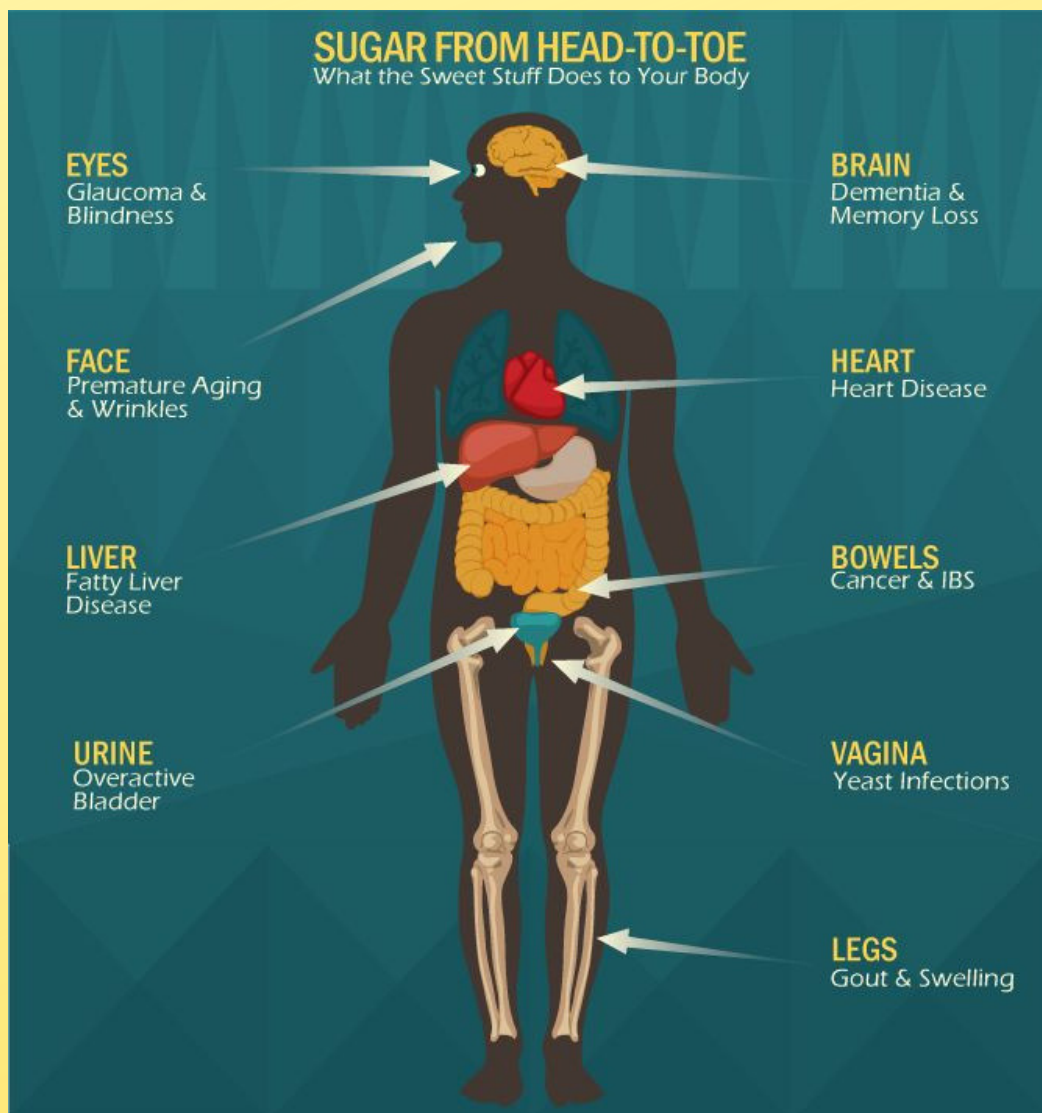
LIVELIGHTER
livelighter.com.au

The infographic features a central illustration of a red soft drink can on the left, a large pile of white sugar in the middle, and a cartoon character with a large belly on the right. The text 'Almost 15kgs of sugar a year' is positioned above the sugar pile. The text 'One 375ml can of soft drink a day' is to the left of the can, and 'Toxic fat and increased risk of type 2 diabetes, heart disease and some cancers' is to the right of the character. The Livelighter logo and website are at the bottom.

HEALTHY HABBITS

Problems caused by too much sugar

- Eating sugary foods **can make you feel full for a while** but **your body is missing out on lots of good stuff**, like proteins, vitamins and minerals which it could be getting from healthier food choices.
- **Tooth decay is caused by the acid made by bacteria that grow in sugar.** The acid eats away at the enamel of the teeth. Rinse your mouth with water after eating something sugary. Don't forget to floss and brush your teeth well twice a day, using fluoride toothpaste. Have a look at the topic Teeth - open wide - looking after your teeth.
- **Too many sugar-sweetened drinks are one of the main causes of kids becoming obese.** Being overweight increases the chance of getting diabetes. Sugar is often a large part of foods which are also high in fat, eg. chocolate, cakes and biscuits - the 'sometimes' foods.



HEALTHY HABBITS

Problems caused by too much sugar

How much sugar is ok?

Dietitians (dy-et-ish-ans) know that a little sugar each day as part of a healthy diet is ok. But **sugar should be less than 10% of the total energy intake each day**. That means that if you are 12 years old and **drink a 600ml bottle of soft drink you will have had much more than your sugar allowance for the day as it contains between 12-15 teaspoons of sugar!**

Fruit, vegetables and dairy foods contain their own natural carbohydrates (such as fructose or lactose) plus lots of other good stuff as well. **Eat a balanced diet and your body will be happy and work better.**

How much sugar is in ...?

Drink	Serving size	Sugar per serve (g)	Sugar per serve (tsp)	Sugar per 100mL (g)	Sugar per 100mL (tsp)
Soft drinks					
Solo	600mL	69	17.3	11.5	2.9
Coca Cola	600mL	64	16.0	10.6	2.7
Sprite	600mL	52	13.0	8.6	2.2
Fanta	375mL	41	10.3	10.9	2.7
Bundaberg: Ginger Beer	375mL	40.5	10.1	10.8	2.7
Coca Cola	375mL	40	10.0	10.6	2.7
Energy drinks					
Rockstar: Super Sours Energy Drink	500mL	67	16.8	13	3.3
V Energy Drink	500mL	53	13.3	10.6	2.7
Mother	500mL	51	12.8	10.1	2.5
Red Bull	250mL	27	6.8	11	2.8
Sports drinks					
Gatorade: Fierce Grape flavour	600mL	36	9.0	5.5	1.4
Gatorade: Tropical	600mL	36	9.0	6	1.5
Powerade: Mountain Blast flavour	600mL	35	8.8	5.8	1.5
Powerade: Lemon lime	600mL	35	8.8	5.8	1.5
Other drinks					
Lipton Ice Tea: Peach flavour	500mL	26.4	6.6	5.3	1.3
Glacier Vitamin water: kiwi strawberry flavour	500mL	22	5.5	4.3	1.1

If you drink a 600ml bottle of soft drink you will have had much more than your sugar allowance for the day as it contains between 12-15 teaspoons of sugar!

DAILY EXERCISE

ABSOLUTION

DAREBEE **HIIT** WORKOUT © darebee.com

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



15sec jumping lunges



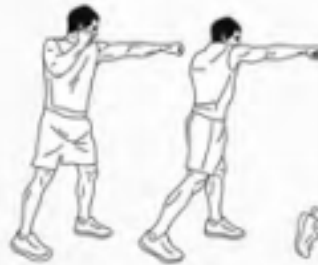
15sec reverse lunges



30sec high knees



15sec push-ups



15sec punches



30sec push-up + punches



15sec plank walk-outs



15sec plank hold



30sec basic burpee w/ jump

8 Great Motivating Messages That Guide Superstar Athletes



Do you ever imagine that you are in the Olympics?

As you wait for your turn to perform, you wonder how it will go. Will everything you've been working on pay off? Will your parents' sacrifices be worth it? Personal and family pride is hinging on your performance. Not only that, your entire country is counting on you to stoke the fires of patriotism. Too bad your practice sessions haven't been going well.

But, hey, no pressure!

Actually, that's quite a lot of pressure. How on earth do athletes handle it when they're in the Super Bowl, the Olympics, the World Series, or that big college game? How do coaches keep their players motivated and focused under stress?

Here are 8 brief motivational messages that superstar coaches tell their players and that players tell themselves. *These messages are not for athletes only!* You can use them to fulfil your business plan, finish a work or home project, make a contribution to your community, or persist with any creative project.

- 1. "Do it for love."** Reminding yourself that you love your book project, your sport, or your team can be a powerful motivator. During the team competition at the 2014 Olympics, I overheard (via TV) coach Frank Carroll tell nervous 18-year-old U.S. skater Gracie Gold words to this effect as she glided onto the ice for her performance: **"Think about how much you love skating!"** Phil Jackson, the renowned NBA basketball coach, explains it like this in his book, *Eleven Rings: Focus on something greater than yourself that you love and value, such as your sport or your team.*
- 2. "Next play." "Air ball, air ball."** This taunt means that a basketball player has totally missed the basket. Worse mistakes than this can occur during any game, however. The "next play" motto reminds players to leave their mistakes in the dust and focus on what they need to do in the coming moment.
- 3. "Aim for excellence, not perfection."** This is a great motto for anyone whose perfectionistic tendencies prevent them from getting anything done. As reported here, Gracie Gold's coach Frank Carroll emphasized that, "It's not the perfect skater that wins, it's the best skater." Accepting failures and glitches in one's program is simply part of the process.

"Fall seven times and stand up eight."

-- Japanese Proverb

4. **“Create the best possible conditions for success, then let go of the outcome.”** This statement is from Phil Jackson’s book, *Eleven Rings*. I’ve heard echoes of this statement in interviews by Olympians and other successful athletes. Once you’ve prepared mentally and physically for your game, then you are ready to do your best--and your best is the best you can do.

5. **"Cultivate a learning mindset instead of a fixed mindset."** Many young athletes believe that it's talent that counts—“You either have it or you don’t.” As a result, they don’t put in the hard work needed to overcome deficiencies, hone a skill to excellence, or develop the mental strength and flexibility to bounce back from failure (and success). To encourage a growth mindset in others, reward effort rather than talent and reframe failure as an opportunity to learn. To open your own mind to constructive feedback, heed the counsel of Carol Dweck, author of *Mindset*: “...Find success in learning and improving, not just winning.”

6. **"Use setbacks as motivation."** So you had a bad day. A bad year. Can you use your failures as a springboard to success? If you read the sports page, you’ll find that almost every sports team uses a significant loss to motivate themselves to improve in the coming year.

Believe you can
and you’re halfway there.

-Theodore Roosevelt



7. "Keep your self-talk encouraging." When skater Gracie Gold started her short program with a shaky jump at the 2014 Olympics, she told herself, "'I've come too far not to land this stupid double axel....I'm going to land it with a smile.'" Positive self-talk must be geared to your own mentality (I'm not sure the word "stupid" would have been helpful to some people), but here are some realistic mantras to use: "I've done it before; I can do it again." "I'm going to trust myself." "Whatever happens, I'll do my best." Gold's self-talk helped keep her in medal contention. In the long program, she couldn't hold on to one jump, but completed the rest of her program with distinction. As she left the ice, Coach Carroll said, "Good job, honey. I liked the way you kept it going." (Gold came in fourth, just short of the podium, but she earned a bronze medal in the team event.)

8. "Keep your eyes on the prize." "The prize" refers to your goal. A worthwhile goal is freely chosen, meaningful to you, and so desirable that you can enjoy the process of getting there as much as the result. A valued goal, moreover, helps keep you on the right path. Take a look at "Comments" to see how some readers resisted temptation and ignored insults because they cherished their long-term goal.



Received from; <https://www.psychologytoday.com/us/blog/changepower/201402/8-great-motivating-messages-guide-superstar-athletes>

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