

HUSKIES ATHLETICS MONTHLY NEWSLETTER



**A Success Story:
Derek Redmond and his
Determination-p2**



**HSAFitness Center
NEEDS YOUR
HELP-p7**

YOU
ONLY
FAIL
WHEN
YOU
STOP
TRYING

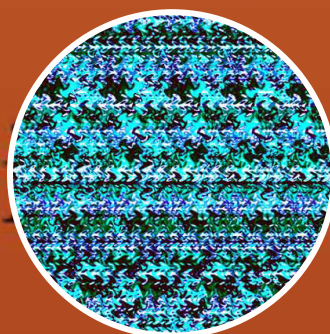


**Undefeated boys
Basketball Team -p6**



**Daily Exercise:
Double Helix**

**6 best Free
Health&Fitness
Apps -p9**



**Eye Exercise:
Magic Eye-p12**

and more...

SUCCESS STORIES



Derek Redmond

“

TO BE SUCCESSFUL, YOU HAVE TO LEARN TO DO THINGS YOU DON'T LIKE. YOU FIND WAYS TO LIKE THE PROCESS AND MAKE THE MOST OF THAT TIME.

-COACH KJOE GIRARD

How To Shake Off Agony And Pick Yourself Up

It was the summer of 1992, in Barcelona, and the Olympics 400m semi-final race was about to start. Derek Redmond was at the starting line, fully confident, as one of the favorites for gold. And he was entitled to feel that way. Seven years before, in 1985, he broke the British record for the 400m race. In 1986, he was already seen as a rising star, having won the 4×400 metres relay gold medal at both the European Championships and Commonwealth Games. And the awards kept on coming.

But nothing comes without a price. His career was interrupted several times because of injuries. In fact, before the 1992 Summer Olympics, he had undergone eight surgeries. His mental strength and perseverance brought him back on the race track every single time. In Barcelona, he was at the peak of his career. When the race started, he sprinted forward, focused on getting the gold. Then something unforeseen happened: he tore his hamstring, mid-track. He fell to the ground, in agony, but after a short moment of despair, something unbelievable happened. Watch how he gets up and struggles through to finish the race, with the help of his father. It's an incredible scene that sums up the power of the human spirit.

The injury turned out to be much worse than anyone expected. After seven interventions over the course of two years, Derek was forced to retire from his career as a professional athlete. Yet, he continued to excel and went on to play basketball for England.

“To be a true champion you need to be physically strong but even more importantly you need to be mentally strong – Derek Redmond

Derek Redmond now continues to inspire people around the world. He is an acclaimed motivational speaker and trainer who uses his experience in sports to encourage others to achieve greatness in whatever they do.

“Derek Redmond bravely making it through with little help, moments of euphoria after years of hard work. Moments when the human spirit triumphs over injury that should have been impossible to overcome”

President Barack Obama

SPORT: VOLLEYBALL

What is Volleyball and how it is played

Volleyball is a popular team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.[1] It has been a part of the official program of the Summer Olympic Games since Tokyo 1964.



Game play:

Each team consists of six players.[16] To get play started, a team is chosen to serve by coin toss. A player from the serving team throws the ball into the air and attempts to hit the ball so it passes over the net on a course such that it will land in the opposing team's court (the serve).

Scoring

A point is scored when the ball contacts the floor within the court boundaries or when an error is made: when the ball strikes one team's side of the court, the other team gains a point; and when an error is made, the team that did not make the error is awarded a point, in either case paying no regard to whether they served the ball or not. If any part of the ball hits the line, the ball is counted as in the court. The team that won the point serves for the next point. If the team that won the point served in the previous point, the same player serves again.

The libero player was introduced internationally in 1998,[26] and made its debut for NCAA competition in 2002.[27] The libero is a player specialized in defensive skills: the libero must wear a contrasting jersey color from his or her teammates and cannot block or attack the ball when it is entirely above net height.

Skills: Competitive teams master six basic skills: serve, pass, set, attack, block and dig.

retrieved from: <https://en.wikipedia.org/wiki/Volleyball>



“

All right Mister, let me tell you what winning means...You're willing to go longer, work harder, give more than anyone else.

-Vince Lombardi

”

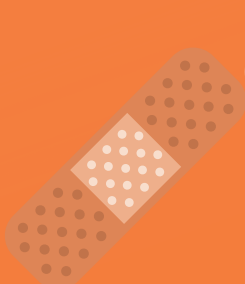
SPORTS IN HSA

ANNOUNCEMENTS: REMINDERS:

- Check our website <http://www.hsaswchicago.org/athletics/sport-events/> to see the updated information about HSA Athletics
- You can still sign up for Middle School Wrestling ask Coach Salih for details.
- Volleyball season has started. Please support our team and encourage the athletes by showing up on the games.
- We need sponsors for our HSA Fitness Center. Please spread the word.
- Huskies string bags are for sale consider supporting your athletics program.
- Keep your grades up if you would like to participate in the games.

YOU MAY
SEE ME
STRUGGLE
BUT YOU
WILL NEVER
SEE ME
QUIT...

NEVER GIVE UP
ON SOMETHING YOU
REALLY WANT.
IT'S DIFFICULT TO
WAIT, BUT WORSE TO
REGRET.



“

"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



Middle School Wrestling

Middle School CPS-Score and Beat the street program has started we are still accepting new Middle school wrestlers for the new program.

Practice Tuesday, Thursdays and Tournaments on Saturdays until the City Championship on April 13th

Boys Volleyball

Boys volleyball season has started and our team is working hard to improve their skills and teamwork. Come and support our teams by following the schedule and cheering for us in the games. Here is the updated schedule on the right.

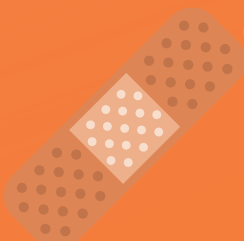


2019 Boys Volleyball Schedule Green South Conference

| Day | Date | Time | Home | Visitor |
|----------|---------|----------|-------------|--------------------------------------|
| Thursday | 3/21/19 | 5:00 PM | Hyde Park | Horizon |
| Saturday | 3/23/19 | 10:00 AM | Acero Soto | Horizon & Pickerington HS (Tri-meet) |
| Tuesday | 3/26/19 | 5:00 PM | Horizon | Chicago Ag Sci |
| Thursday | 3/28/19 | 5:00 PM | Horizon | Back of the Yards |
| Friday | 3/29/19 | 5:00 PM | Lindblom | Horizon |
| Tuesday | 4/02/19 | 5:00 PM | Morgan Park | Horizon |
| Thursday | 4/04/19 | 5:00 PM | Carver | Horizon |
| Tuesday | 4/09/19 | 5:00 PM | Horizon | Kenwood |
| Thursday | 4/11/19 | 5:00 PM | Horizon | Cristo Rey |
| Tuesday | 4/23/19 | 5:00 PM | Horizon | Brooks |
| Thursday | 4/25/19 | 5:00 PM | Bowen | Horizon |
| Tuesday | 4/30/19 | 5:00 PM | Horizon | Chicago Military |



"A river cuts through ROCK, not because of its power, but because of its PERSISTENCE."



SPORTS IN HSA

Middle School Basketball Concluded Their season with a Great Success!

Coaches Corner -

It has been a privilege to coach the 7th and 8th grade team, as well as the 5th and 6th grade team this season. Both teams worked hard to develop their skills and work together as team. The 7th and 8th grade team achieved way more than I could have imagined. In the last game of the season, which was for the championship the team won a climatic game to ensure their undefeated status and bring home a title and trophy.



It was a nail-biter of a game had the the Huskies behind going into the second half but thanks to the forceful efforts of the entire team that began with foul shot made by Kavion Payton immediately followed by an effortless 3 by Jalyin Smith the team fought their way to a 22 to 19 victory! Scorers for the Huskies included: Jaylin Smith, Tyrese Glenn, Qun'Shun Herron, Jamarion Jones, and Kavion Payton. "
Coach Cordes



“

Promise to think only of the best, to work only for the best, and to expect only the best in yourself and others.

-John Wooden

”

FLASH FLASH FLASH!!! EXCITING NEWS-2

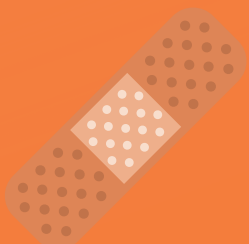
HUSKIES FITNESS CENTER

As you may know that we have the fitness equipment that we would love to use and put in use as soon as possible. We have one challenging situation that we need a space to have a fitness area. We are planning to have the storage room next to the gym which is 37fx120f long need to be reconstructed for us to be able to use.

What we need is sponsors and donors to provide us the funding and/or materials.

If you, your family or your friends know anyone who can help us turn the storage area into a fitness center please let us know so that we can start planning on how we are going to provide you the education for the strength and condition programs at our school.

HSA Fitness Center Committee



“

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

Og Mandino

”

SPORTS IN HSA

Here is the Equipment!!!

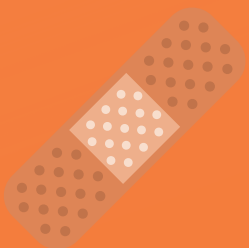


“

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

”

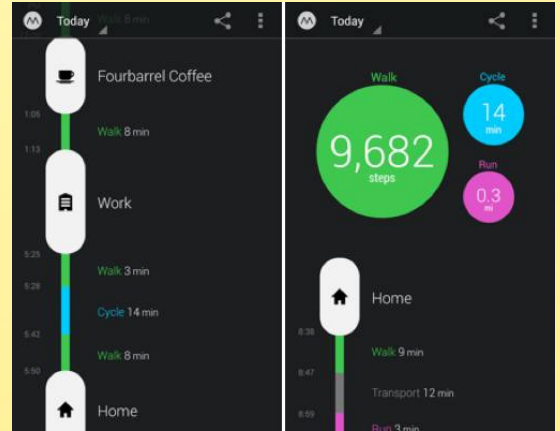


Health&Fitness Apps

1. Moves

Price: Free

Moves for Android is a simple app that automatically records your everyday life and exercise, walks, bike rides, swimming or running you do in the day. Moves, shows the steps, like a pedometer, record your movements and calculates how many calories you burn, how and what the total distance you travel, all automatically. You can also see a map of your route and mark sites you want to remember or revisit. Also, Moves will keep daily records of your activity and shows a summary of all information at the end of the day.



2. Noom Weight Loss Coach

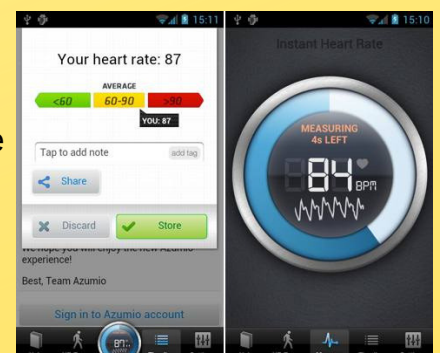
Price: Free/ IAP

Noom Weight Loss Coach is an interesting app that helps you lose weight. The application has the function of a personal trainer to motivate the user to create a lifestyle that will help them not only lose weight but keep fit in the long run. In the app, you will find a series of daily tasks and goals with scores to track the outcome of your efforts. The application provides motivational widgets so that you have always presented on the screen of your device.

3. Instant Heart Rate: HR Monitor & Pulse Checker

Price: Free with ads/ IAP

Instant Heart Rate is a vital application that helps you to measure your heart rate using the camera flash of Android device. With the app, you can quickly and easily measure the pulse. In order to take measurements, you need to bring your finger to the camera at the time of 10 seconds. For accurate measurements need a lot of light, so the program uses flash. The operating principle of Instant Heart Rate is the same as that of the pulse oximeter.



HEALTHY HABBITS

4. Runtastic Running App & Mile Tracker

Price: Free with ads/ IAP

Runtastic is a running and workout app that also works as a personal trainer app oriented to all those who like to exercise, aims to become your personal trainer in all outdoor sports. With Runtastic Android app you can see your progress (time, speed, distance, pace, calories burned) and review the path that you have made over the map with the data obtained from GPS. In addition to helping you manage your runs, the program also guides you on the proper hydration after exercise. Everything is calculated taking into account the intensity of the workout, the temperature and the distances faced.



5. Calorie Counter – MyFitnessPal

Price: Free with ads/ IAP

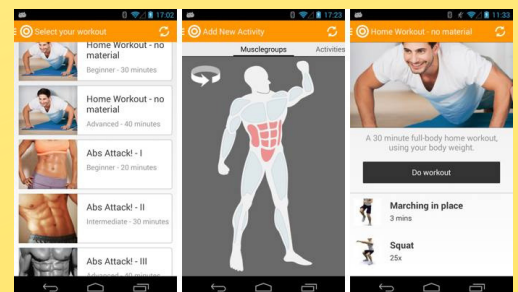
Rules for a balanced diet, a routine of physical activity and control weight loss. Calorie Counter app contains in its database of over 3,000,000 foods and dishes with their respective nutritional information so that you instantly know how many calories you're gobbling. The app also shows a good series of cardiovascular exercises to support your diet. This way you can know exactly how many calories ingested, many burned and the final balance of the day. Also, you can share your experiences with other users of Calorie Counter for perfect results.



6. Virtuagym Fitness Tracker – Home & Gym

Price: Free/ IAP

This is a personal coach, gives you a list of different exercises you can do both if you play sports in a gym as if you only have time to spend time at home. You can choose the exercise that you should do with the time of day it is. You also have, besides each set of exercises, information on the level required to perform them. This application displays sports routines with 3D graphics and detailed instructions.



DAILY EXERCISE

In order to grow, you must accept new responsibilities, no matter how uncertain you may feel or how unprepared you are to deal with them.

-Pat Head Summitt

Losers assemble in little groups and complain but winners assemble as a team.

-Bill Parcells

The problem is not the problem. The problem is your attitude about the problem.

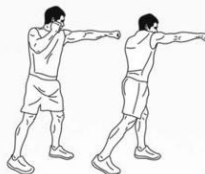
DOUBLE HELIX

DAREBEE **HIIT** WORKOUT @ darebee.com

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



10sec jump squats



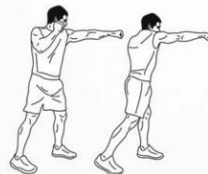
40sec punches



10sec jump squats



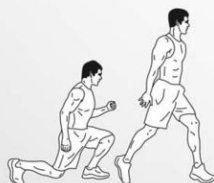
10sec push-ups



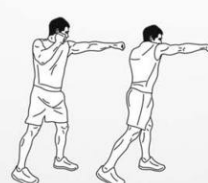
40sec punches



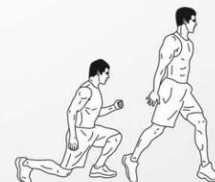
10sec push-ups



10sec jumping lunges

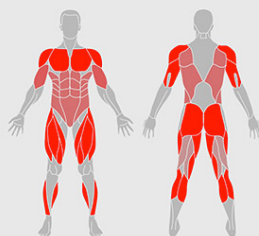


40sec punches



10sec jumping lunges

WHAT IT WORKS



FOCUS

Full Body

TYPE

HIIT

High Intensity Interval Training

DIFFICULTY



suitable for beginners

Double Helix is a game of two halves. You work the lower body, transferring the load to the upper body and then you take it back to the lower body again and in all this time your core and abs are working hard. This is a full body HIIT workout that will get you in the sweat zone from the very first set. Go for the maximum rep count in each exercise use EC as a measure of your fitness level.

Extra Credit: Hit the same number of push-ups each time.

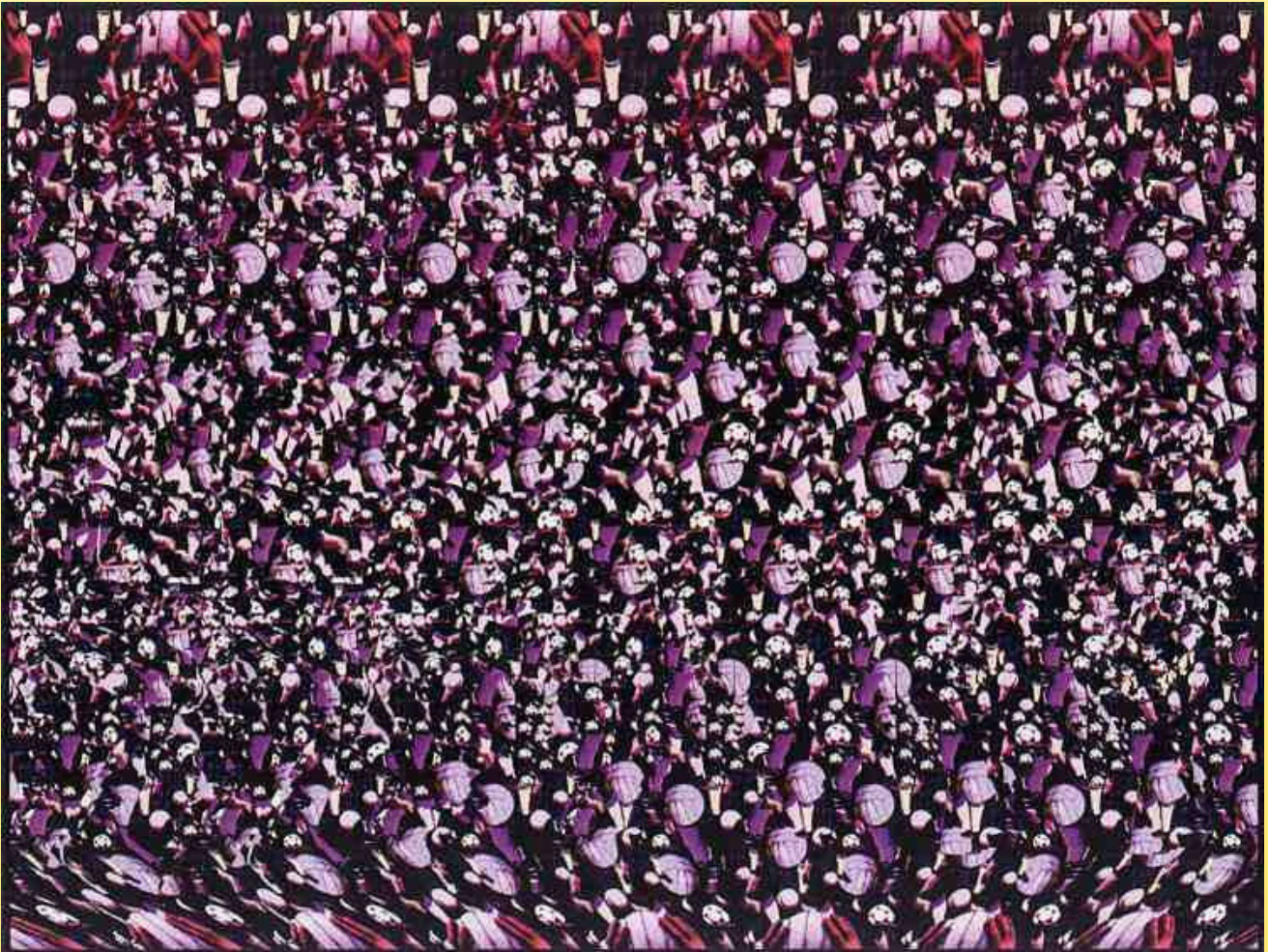


DOWNLOAD

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
small gift

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

*See the
good*

20 YouTube channels that will make you smarter

Time is finite. Social media and Netflix can all too easily swallow our precious hours. So why not put them to better use on YouTube? Beyond the music, virals and gaming videos, YouTube has many great channels that can teach anyone practically anything.

Here are the sharpest brains. Press play and become smarter!

Spark your curiosity

Vsauce—Amazing answers to questions about our world

In a Nutshell—Animations that make learning beautiful

C. G. P. Grey—Entertaining explanations of politics, geography and culture

Crash Course—Bite-sized science and learning across many subjects

Scishow—Indispensable science news, history and concepts

HowStuffWorks—Your daily curiosity dose that explains the world

Experiment with the sciences

MinutePhysics—Simple explanations of physics and other sciences

MinuteEarth—Science and stories about our awesome planet

Veritasium—Science and engineering videos by Derek Muller

Numberphile—Maths Mecca that sums up all things numerical

Periodic Videos—Videos of each element and other chemistry stuff

Sixty Symbols—A physics and astronomy cornucopia of cool

AsapSCIENCE—Weekly doses of fun and intriguing science clips

It's Okay To Be Smart—We agree!

PatrickJMT—Straight-to-the-point maths know-how

Bozeman Science—A popular high school teacher explains science

Connect with technology

Computerphile—An array of computing and tech videos

The Game Theorists—Over-analysing video games

Extra Credits—Video game design to start your developer career

The New Boston—Tons of great web development tutorials

HSA Athletics Fundraising

We created these bags to help our sport teams as a fundraiser one bag is \$8 if you consider helping athletics here is your chance to help sell/buy the bags to be ready for the spring

With the fundraiser our goal is to help our athletes get nice uniforms/warm-ups etc for their sports.

Thanks for your generous support for HSA Athletics Program.

