

# HUSKIES ATHLETICS MONTHLY NEWSLETTER

**A Success Story:  
Olympic Medalist Michael Phelps  
How he used his ADHD as a power to  
overcome obstacles?**



**"You cannot climb the ladder of success with your hands in your pockets"  
Arnold schwarzenegger**



**What Exercise does to our  
body?**

**Olympic Sport:  
Curling**



**Getting to Know  
Your Coaches.**



**Eye Exercise:  
Magic Eye**

**and more...**

# SUCCESS STORIES



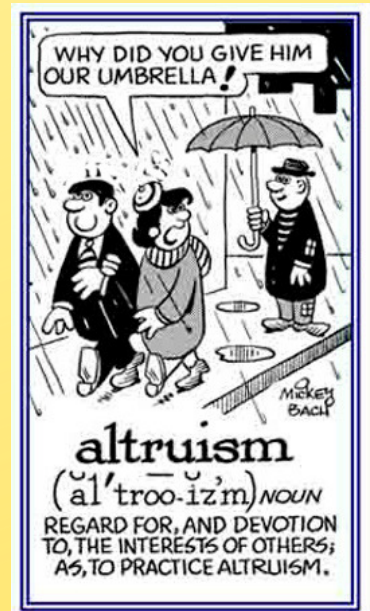
## Michael Phelps, swimmer.

Michael Phelps is considered the greatest Olympian swimmer of all time. Everyone thought that no swimmer would be able to win 8 gold medals in just one Olympic Games. Michael did just that and he has 19 Olympic medals, 15 of which are gold! The remarkable thing about him is that as a child he suffered from **ADHD** and was on medication for some of that time. Most people assume that people with **ADHD** suffer from restlessness, impulsiveness and a very short attention span. But they also have an incredible capacity to remain hyperfocused on an activity they are passionate about. Michael has been able to use this with enormous success. **By channelling his energy and focus, he has been able to exploit the positive side of ADHD.** Phelps has shown that he can beat the most disciplined and strongest swimmers in the world and is an inspiring example to anyone who suffers from a mental disorder or other disability. He has another secret in that he uses the power of visualizing success before he starts any swim. He started this process when he was only 7 years old. He realized there were no limits to success and once you are passionate about your objective, nothing can stop you. "Nobody is going to put a limit on what I'm doing. I'm going to do what I want to do, when I want to do it. That is how I have always worked. If I want something I am going to go and get it."- Michael Phelps. If you feel exhausted or discouraged after your next marathon, just think about one of these inspiring champions before you actually give up!

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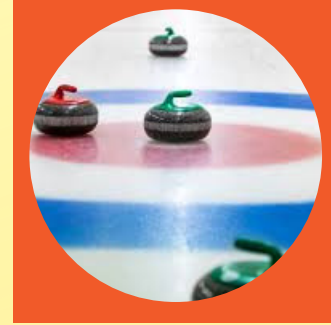
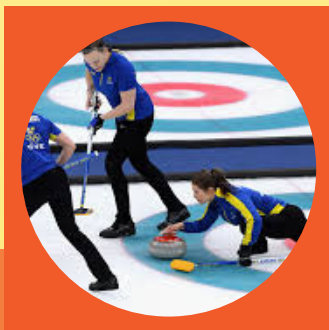
**WE DON'T GROW WHEN THINGS ARE EASY, WE GROW WHEN WE FACE CHALLENGES.**

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



# SPORT: CURLING

**Curling** is a sport in which players slide stones on a sheet of ice towards a target area which is segmented into four concentric circles. It is related to bowls, boules and shuffleboard. Two teams, each with four players, take turns sliding heavy, polished granite stones, also called rocks, across the ice curling sheet towards the house, a circular target marked on the ice.[2] Each team has eight stones, with each player throwing two. The purpose is to gain the highest score for a game; points are scored for the stones resting closest to the center of the house at the conclusion of each end, which is completed when both teams have thrown all of their stones. A game usually consists of eight or ten ends. The curler can induce a curved path by causing the stone to slowly turn as it slides, and the path of the rock may be further influenced by two sweepers with brooms who accompany it as it slides down the sheet, using the brooms to alter the state of the ice in front of the stone. Sweeping a rock makes it curl less, and decreases the friction that slows the rock down. A great deal of strategy and teamwork go into choosing the ideal path and placement of a stone for each situation, and the skills of the curlers determine the degree to which the stone will achieve the desired result. This gives curling its nickname of "Chess on ice".



## **Curling stone**

The curling stone (also sometimes called a rock in North America) is made of granite and is specified by the World Curling Federation, which requires a weight between 38 and 44 pounds (17.24 and 19.96 kg), a maximum circumference of 36 inches (914.4 mm) and a minimum height of 4.5 inches (114.3 mm).[31] The only part of the stone in contact with the ice is the running surface, a narrow, flat annulus or ring, 0.25 to 0.50 inches (6.4 to 12.7 mm) wide and about 5 inches (130 mm) in diameter; the sides of the stone bulge convex down to the ring and the inside of the ring is hollowed concave to clear the ice.

**The curling broom**, or brush, is used to sweep the ice surface in the path of the stone (see sweeping) and is also often used as a balancing aid during delivery of the stone.

**Curling shoes** are similar to ordinary athletic shoes except that they have dissimilar soles; the slider shoe (usually known as a "slider") is designed for the sliding foot and the "gripper shoe" (usually known as a gripper) for the hack foot.

“

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

”

# SPORTS IN HSA

## ANNOUNCEMENTS:



### **PRACTICE TIMES**

#### **HS Basketball:**

Everyday 4pm-5:30pm  
(depend on the games)

Where: Gym

#### **HS-MS Wrestling:**

Everyday from 4pm-6pm

Where: HS cafeteria

#### **MS Volleyball:**

Everyday 4pm-6pm

Where: Gym

#### **MS Basketball - TBD**

### **WRESTLING:**

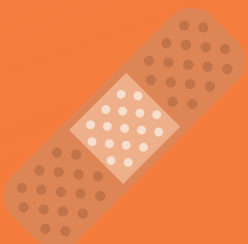
Now we are accepting 8th Grade Students to our boys wrestling team so that we can prepare you for next year.

### **EMAILS**

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

### **REMINDERS:**

Remember to do your homeworks, classworks, quizzes to be able to be successful and participate in sports.



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

## ANNOUNCEMENTS:



### **HSA HIGH SCHOOL BASKETBALL:**

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



Here is the basketball teams and their new jerseys. GO HUSKIES!

### **HSA HIGH SCHOOL WRESTLING:**

High School wrestling team had their first tournament.

Aaron Abron took 2nd place

Hector Federico 3rd place

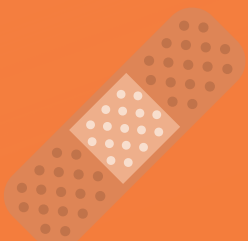
Brandon Gomez 3rd place

Santiago Trulijo 4th place

Steve Fonseca 4th place in their weight classes.



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# SPORTS IN HSA

## GETTING TO KNOW OUR

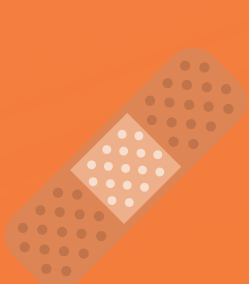
### COACHES:

#### **BASKETBALL COACH GERALD KILLINGSWORTH**

My name is Gerald Killingsworth I was born and raised in the city of Chicago. I was very interested in sports and school at an early age. I attended Fenwick Catholic High School in Oak Park Il. I played football all four years and varisty for 3 years. My junior year I earned all conference player for chicago catholic league green. The next year I was named Catholic League MVP chicago catholic league green. I attended Upper Iowa University in Fayette Iowa on a football scholarship. I played for 3 years in college 2 for Upper Iowa university and 1 year at Iowa State university. I started my coaching career shortly after exiting collegiate sports. My coaching career started on the westside of Chicago where I was offensive coordinator at the Marine Military Academy. I coached there for 3 years with the final year ending as conference champions. Though a football player at heart I truly love coaching and introducing students to the great world of team sports.

#### **WRESTLING COACH ABDULLAH SALIH CAVDAR**

My full name is Abdullah Salih Cavdar. I go by Salih (Coach Salih). I was born and raised in Istanbul, Turkey. I played volleyball when I was in middle school in an outside club for 3 years in Istanbul. My dad is an educator and math teacher, he got promoted and we have to move to another city Izmir. One of my friends encouraged me to do wrestling and I started wrestling. I wrestled total of 8 years in highschool and collage. When I was in college I also started as an assistant coach in one of the high schools in another city! After college I studied english for about 1 1/2 years and came to USA in 2013. Since rules are different in the USA I had to learn a different type of wrestling "Folkstyle" before I become a high school wrestling coach. I started learning all of the rules and regulations from "0". After a year or so I started coaching in 2014-15 school year. Along with Turkey experience I have been coaching for 4 years now. Whichever school I go I start a wrestling team. I love seeing students improve and express their abilities and feelings through sporting events. I believe anyone can achieve if they believe themselves and have a goal to follow.

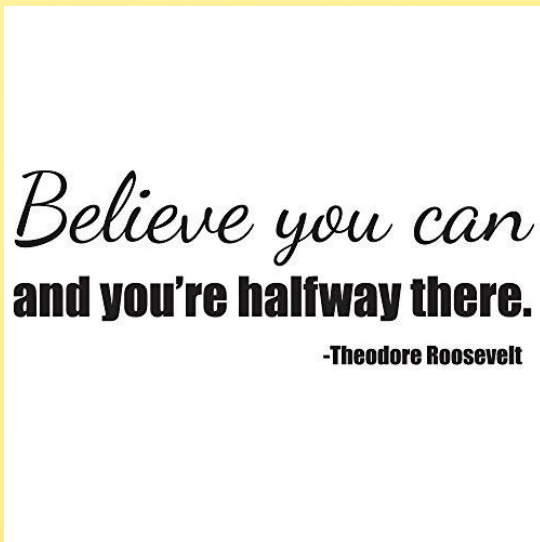


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# SPORTS IN HSA

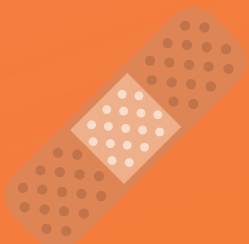
## GETTING TO KNOW OUR COACHES:



### ATHLETIC DIRECTOR

#### MIKE MCLAUGHLIN

I started my coaching career as a Swim Coach at Lakeside Country Club in Bloomington, IL in 1991. From there I began coaching Jr. High School and High School boys and girls sports. In 1994 I was an Assistant Coach for Freshman Football at Chenoa High School. The following year I was the Head Sophomore Football Coach at Eureka High School. During that year, I also was the Head Track Coach at Georgetowne Middle School. In 1995 I began teaching at Heyworth High School. At Heyworth I was the Head Varsity Softball Coach. From 1996-1998 I taught and coached at Paw Paw High School. At Paw Paw I was the Assistant Varsity Soccer Coach as well as the Head Varsity Baseball Coach. During that time I was also fortunate enough to be the Assistant Sophomore Football Coach at Rochelle High School. In 1999 I made the move to the Chicagoland Suburban area. At Oak Lawn High School, I was the Head Freshman Wrestling Coach and the Head Freshman Baseball Coach. I thoroughly enjoyed my coaching career. Although it has been 18 years since I last coached, I still remember it like it was yesterday.



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.



## 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!!

*See the  
good*



# HEALTH



HSA Girls Volleyball team in play-offs

## INSPIRATIONAL

*-The greatest accomplishment is not in never falling, but rising again after you fall*

*"Good players INSPIRE themselves Great players INSPIRE OTHERS!"*

*The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well. Ralph Waldo Emerson*

### Exercise improves brain function

Exercise increases blood flow and oxygen levels in the brain. It also encourages the release of the brain chemicals (hormones) that are responsible for the production of cells in the hippocampus, the part of the brain that controls memory and learning. This, in turn, boosts concentration levels and cognitive ability, and helps reduce the risk of cognitive degenerative diseases such as Alzheimer's.



### Exercise can help you to maintain a healthy weight

The more you exercise, the more calories you burn. In addition, the more muscle you develop, the higher your metabolic rate becomes, so you burn more calories even when you're not exercising. The result? You may lose weight and look better physically which will boost your self-esteem.

### Exercise improves muscle strength

Staying active keeps muscles strong and joints, tendons and ligaments flexible, allowing you to move more easily and avoid injury. Strong muscles and ligaments reduce your risk of joint and lower back pain by keeping joints in proper alignment. They also improve coordination and balance.

### Exercise increases energy levels

Exercise improves both the strength and the efficiency of your cardiovascular system to get the oxygen and nutrients to your muscles. When your cardiovascular system works better everything seems easier and you have more energy for the fun stuff in life.



# HEALTH

## 5 Components of Physical Fitness

Fitness is the ability of an individual to perform the physical demands of daily activities and recreational athletics and still have the energy to cope with the challenges of life. The 5 components of physical fitness that enable a person to live the way they want are:

### **Cardiovascular Endurance, Muscular Strength, Muscular endurance, Flexibility, Body Composition**

Total fitness can be defined by how well the body performs in each one of the components of physical fitness as a whole. It is not enough to be able to bench press your bodyweight. You also need to determine how well you can handle running a mile etc.



A closer look at the individual components:

- **Cardiovascular endurance** is the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during sustained workloads. Examples would be jogging, cycling and swimming. The Cooper Run is used most often to test cardiovascular endurance.



- **Muscular strength** is the amount of force a muscle can produce. Examples would be the bench press, leg press or bicep curl. The push up test is most often used to test muscular strength.

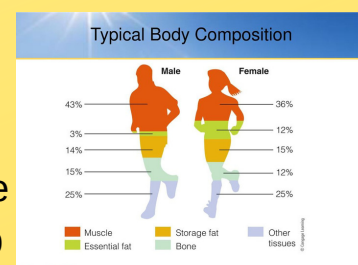


- **Muscular endurance** is the ability of the muscles to perform continuous without fatiguing. Examples would be cycling, step machines and elliptical machines. The sit up test is most often used to test muscular endurance.

- **Flexibility** is the ability of each joint to move through the available range of motion for a specific joint. Examples would be stretching individual muscles or the ability to perform certain functional movements such as the lunge. The sit and reach test is most often used to test flexibility.



- **Body composition** is the amount of fat mass compared to lean muscle mass, bone and organs. This can be measured using underwater weighing, Skinfold readings, and bioelectrical impedance. Underwater weighing is considered the “gold standard” for body fat measurement, however because of the size and expense of the equipment needed very few places are set up to do this kind of measurement.



# HEALTHY HABBITS

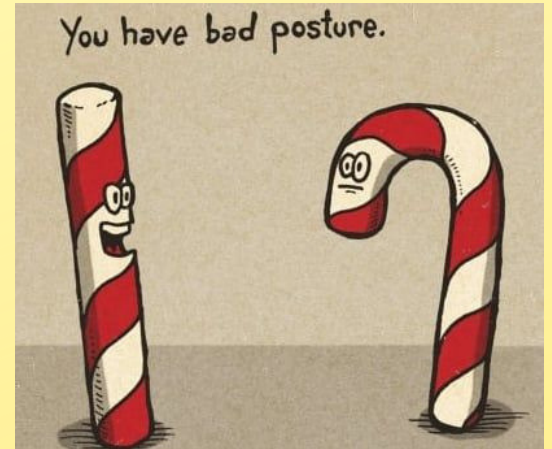
## SITTING

**DO** ✓

- Keep your head straight and not tilted up or down.
- Keep your shoulders back and try to relax.
- Sit with your knees slightly lower than your hips.
- Keep your feet flat on the floor.

**DON'T** ✗

- Try to keep your back ramrod straight.
- Work without support for your arms.
- Tuck feet under the chair.
- Cross your legs above the knees, as this may cause poor circulation.



## STANDING

**DO** ✓

- Keep your shoulders back and aligned.
- Use your stomach muscles to keep your body straighter.
- Slightly bend your knees to ease pressure on the hips.
- Use quality shoes that offer good support.

**DON'T** ✗

- Stick your chest out. Instead, try to keep your chest perpendicular to the ground.
- Stand in the same position for long periods of time. Move around and shift your weight.
- Wear high heels when standing for long periods of time.



## WALKING

**DO** ✓

- Keep your chin parallel to the ground.
- Hit the ground with your heel first, and then roll onto the toe.
- Keep your stomach and buttocks in line with the rest of the body.

**DON'T** ✗

- Look down at your feet. Instead, look several feet ahead of you.
- Arch your back.

# DAILY EXERCISE

## DAILY **WORKOUT**

BY DAREBEE @ [darebee.com](https://darebee.com)

3 sets | up to 2 minutes rest between sets



10 jumping jacks



5 squats



5 push-ups



10 high knees



10 climbers



5 plank jump-ins

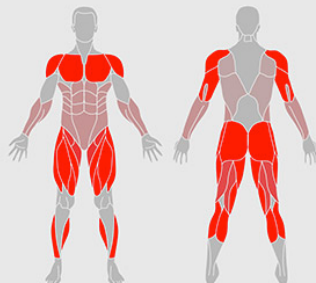
MAKE WATER YOUR  
PRIMARY DRINK INSTEAD  
OF SODA, JUICE.  
CHOOSE PURE WATER  
THROUGHOUT YOUR DAY.

<https://www.bestwaterfilter.in>

### Drink Water Because...

- It suppresses your appetite.
- It aids in digestion.
- It fights bloating.
- It tones your muscles.
- It flushes toxins out.
- It helps reduce cholesterol.
- It helps the liver function.
- It stops you from confusing hunger & thirst.

#### WHAT IT WORKS



#### FOCUS

Full Body

#### TYPE

High Burn  
Streamline

#### DIFFICULTY



suitable  
for beginners

This is the perfect workout for those days when you're not sure what to do and know you really need to do something to workout. Use it as a filler, a routine, the go-to work out when you have nothing else to fire you up. At ten reps per exercise there really is no excuse not to do them.

**Extra Credit:** 30 seconds rest between sets.

# GOOD ATHLETE BOOK SUGGESTIONS

## **The Seven Habits of Highly Effective People**, by Stephen Covey

This classic by the late Stephen Covey covers seven key habits that successful people in any industry have chosen to embrace: priorities, decision making, goals, etc.

## **How to Win Friends and Influence People**, by Dale Carnegie

Another classic written decades ago, the book covers timeless truths for engaging people and earning the right to be heard. Simple lessons in emotional intelligence.

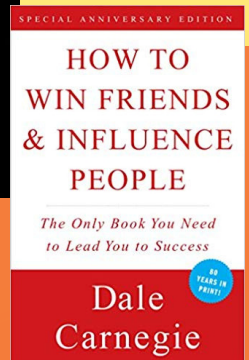
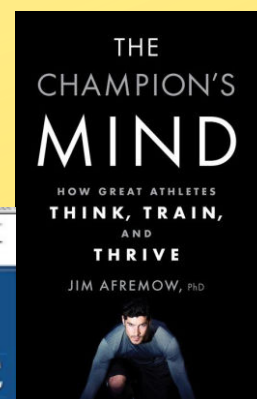
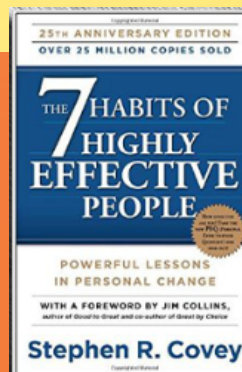
**The Champion's Mind: How Great Athletes Think, Train, and Thrive** taps in to the minds of elite athletes and what allows them to stand out above their competition. Have you ever wondered how some athlete's have ice in their veins in the most stressful situations with the game on the line? Afremow, a sports psychologist, communicates in his book the same thing that he tells elite athletes such as Olympians, Heisman Trophy Winners, and professional athletes. This book is loaded with more than a hundred useful tips and cutting edge workouts from some of the world's top trainers to help you operate at your highest capacity both mentally and physically.

Never find time to read? No worries! You can find "AUDIO BOOKS" online to listen to them



Yesterday I was  
clever, so I wanted to  
change the world.  
Today I am wise, so I  
am changing myself.

- Rumi



# WANTED

*Student volunteers needed for HSA  
Athletics Newsletter.*

*Here is an opportunity to develop yourself  
with your abilities. It will also count toward  
your community hours.*

*Who is Need? :*

*Includes but not limited to; interviewers,  
reporters, drawers, caricaturists,  
fundraisers, also if you think and believe you  
can contribute in anyways you are welcome!*

*This is your practice time for your future.*

*For more information please email  
[salih@hsaswchicago.org](mailto:salih@hsaswchicago.org)*