

4 SPORTS

ANATOMY OF AN ATHLETE

Along with the daily routine of being inside the classroom and having practice after school, the life of a student athlete has its many responsibilities. Between homework and sports, it's important that student athletes prioritize efficiently to be successful. Although difficult, athletes always have to stay mentally and physically strong. The "anatomy of a student athlete" includes many thoughts, responsibilities and tips for keeping the balance between both sports and academics.

WILLIAM RODRIGUEZ, Staff Writer

BALANCING THE LOAD

In high school, it is common for students to take on more than just academics. Many students join activities such as sport. According to some students in sports, life becomes more stressful when balancing a sport and academics because managing both is time consuming and physically draining. One of the best way to successfully balance according to cross country coach Sandra Rodriguez, is to have an open communication with the coaches as well as with your teachers. Making sure your coaches understand that sometimes you need to take a day off from practice to study and keep your teachers aware of your other obligations in order to get more time to turn in homework or projects is also important. "I understand the importance of academics, so when my athletes let me know that they need to study or finish a project, their practice is cut, and they are able to leave early," Rodriguez said. Being productive is also important as well. Right after practice, make time to study and catch up with all your school work. Remember, before anything else, you're a student and academics come first.

ANHAYTE GUAJARDO, Staff Writer

MAINTAINING DAILY DIETS

One of the most vital parts of any athlete's daily routine is keeping their body healthy and fit. Of course, diet is a major aspect of staying in shape. The main goal of many athletes is to have a diet that will help them maintain their level of performance day to day and recover from injuries.

One of the most important types of foods for athletes is carbohydrates. This includes whole grains, rice, bread, fruits and vegetables. The reason athletes need carbohydrates is because these are transformed into sugar by the body which gives the body energy that is stored in our muscles. Also, sports drinks and bars are not always the best option, depending on the intensity of the workout. Protein is also a vital part of an athlete's diet.

Protein-rich foods, such as fish, beef, chicken, eggs and milk, are used to maintain an athlete's muscles. However, it's important to control the intake of protein and emphasize lean meats. Lastly, fluids, whether water or sports drinks, are essential for restoring lost electrolytes, which help your body's reactions become faster again. However, all of this works only if athletes control the amount of fat they eat. While some fats are good, some can be detrimental to an athlete's condition.

Overall, all of these diets that athletes have keep them fresh throughout the season. While they all have their share of fatty meals, athletes should know the importance of carbohydrates, proteins and liquids to boost performance in their sports.

SIMEON LAM, Sports Editor

TIPS FOR ATHLETES

1. According to Active.com, staying hydrated is one of the most important things because being dehydrated can drain your energy which then leads to injuries.
2. Eating like a champ and having a well-balanced diet will fuel your body to its full potential, giving you the best of energy.
3. Lift some iron. No, not weights, but iron intake! According to Fitnessmagazine.com, scientists say having low iron can increase injuries and slow your performance.
4. Athletes advise that getting enough sleep is important because it will affect your performance.
5. Train muscles in order to stabilize them. Training muscles that are important for your sport is necessary because you will be using them constantly.

WESLEY TSAI, Staff Writer