Coaches’ Breakfast Meeting - January 5th 8:00am

Topic: How do we plan to help support our students during all of the changes in school and afternoon programs? What ways can our department support your work?
Zoom link: https://kentdenver.zoom.us/j/91749741823

UPDATED Athletics’ Calendar January-June
Link for schedule: click here

Wise words from Coach Chris DeAntoni
There are two critical components to getting back in shape: diet and exercise. Most successful diets have one thing in common. Paleo, Keto, South Beach, and Mediterranean all include getting rid of the obvious refined sugar and starches. If you can do that, all else will generally take care of itself. Try doing that for one week, and see the improvement start.

The most important aspect of exercise is sustainability. Some people prefer a predictable and methodical routine. For these people, running three miles, doing 100 kettlebell swings or 20 minutes of yoga every day might be a great option. Those who thrive in variety often enjoy participating in CrossFit classes. While CrossFit is not for everyone, it is for anyone, not matter the age or level of fitness. CrossFit has excellent prescription for fitness in 100 words:

- Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat.
- Practice and train major lifts: Deadlift, clean, squat, presses, clean and jerk, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits and holds.
- Bike, run, swim, row, etc, hard and fast.
- Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports.

And lastly, remember that however long it took to get into your current condition, it will take that time to get back into shape. Be patient.