

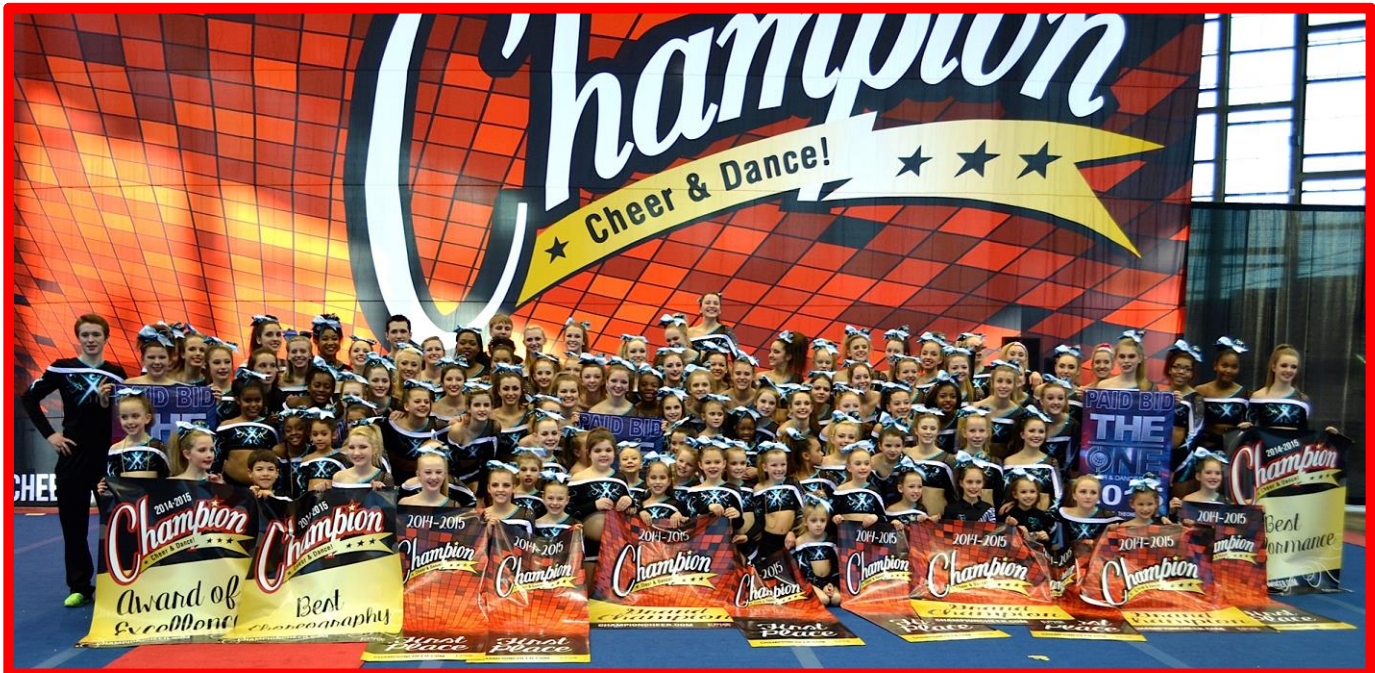
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"Success is from the heart!"

"Be yourself; everyone else is already taken."

— Oscar Wilde



Cheer Extreme Sanford Sweeps the Competition at Champions of the East

Cheer Extreme Sanford brought home **BIG** wins after the Champions of the East cheer competition in Raleigh, sponsored by Champion Cheer and Dance. All **SIX** Cheer Extreme Sanford teams came home Champions, bringing home 15 banners and four overall Level Champions. Courage, Obsession, Supremes and Cru5h all earned **PAID** bids to attend The One competition. Look out Virginia Beach, Here we come!

Specialty Awards:

Courage - Best Choreography Award

Obsession - Best Performance Award

Cru5h – Award of Excellence.





Eating Healthy for Athletes on the Go



As in any sport, diet and nutrition are important to Cheerleaders. A proper diet can help build strong muscles, keep your mind alert, give you energy and enhance your performance. Simply said, "Food fuels your body and mind".

Cheerleading is a high energy sport that takes fast thinking, good coordination and strong muscles. It is far better to maintain a healthy and nutritious diet, get plenty of rest, and drink lots of fluids and exercise, to keep your body in peak condition for optimal performance. You are what you eat; eat healthy and be healthy.

Follow these simple guidelines of what to eat before, during and after you perform, compete, or tryout.

Before:

- Eat high carbohydrate foods like bread, pasta, whole grains, vegetables, and fruits. Carbohydrates are digested quickly and provide glucose to the muscles. Stay away from dairy products and too much protein like greasy hamburgers, pizza, ice cream, and cheese. Avoid soda pop and candy bars. They can give you a quick burst of energy, but it will drop quickly, leaving you feeling spent.
- Timing your meal from 1 to 4 hours before strenuous activity will help keep plenty of blood glucose available for your muscles.
- It is also important to drink plenty of water to keep your muscles hydrated.

During:

- Drink plenty of water. Exertion and perspiration deplete your body of fluids and can lead to dehydration. It is recommended you drink at least a half of cup of water for every twenty minutes of exercise or strenuous activity.
- If your activity is hard and continuous, over 90 minutes, drink a sports beverage or a drink with sugar added.

After:

- This is the time to eat protein to replenish what you lost during your physical activity, but don't overdo it.
- Remember protein can not only come from meats but is also present in dairy products and eggs.
- Replace carbohydrates if your activity was long and exerting.
- Replace any potassium or sodium that has been lost during competition or training by eating fruits, vegetables and salty foods.
- Continue to replace fluids.

Knowing what foods your body needs for energy will payoff in your athletic accomplishments. Eat smart and you'll perform better.

For better nutrition, Choose.....	Instead of.....
Bagels, lower fat muffins, whole wheat toast, pancakes	Donuts, croissants, breakfast sandwiches with fatty meats like bacon, bologna, or sausage
Grilled chicken sandwiches, chicken pizza lots of veggies, wrap on whole grain pita or tortilla, plain hamburgers	Deep-fried chicken sandwiches, multiple patty burgers with sauce, pizza with salami, pepperoni, bacon, hot dogs
Milk, 100% juice, plain water	Soda, energy drinks, sweetened hot and cold drinks (cappuccinos, fruit punches, flavored water)
Salad (choose light dressing), baked potato, chili, soup	French fries or onion rings
Subs with Turkey, grilled chicken, roast beef or tuna on a whole wheat bun, and pile on the veggies (choose light dressing)	Subs with fatty meats (bologna, salami, pepperoni or bacon) and high fat sauces
Yogurt parfaits	Sundaes, pies, cakes or cookies

Congratulations, Bailey!

Bailey Hatch won 1st Place at the Highland Elementary school 4th\5th Grade Science Fair.
Way to go, Bailey!

Congratulations on your Engagement!

Congratulations to Glenda McDuffie & Jerry Lassen on your recent engagement!

**Way to go, Kaleb!**

Kaleb Gilbert has been nominated to attend the National Youth Leadership Forum (NYLF): Pathways to STEM.

"Only the brightest, most highly motivated students are singled out by their teachers for nomination to NYLF..." He was selected because he demonstrates exceptional maturity, Scholastic Merit and leadership potential...This takes place this summer in Raleigh at the William Peace University in Raleigh...

Congratulation, Rachel!

Rachel Bradford has been selected to represent North Carolina as the 2015 National American Miss Junior Pre-teen State Finalist. She will be competing in Winston-Salem in June 2015.

Academic Achievements

Emyli Donathan – Straight A's and A-B honor roll for the semester at Western Harnett High School

Kylie Roberts – is on the Principals List for All "A's" at Benhaven Elementary School

Rachel Bradford - made the honor roll at Manchester Elementary School.

Lauryn Bowker – A/B Honor Roll at Western Harnett Middle School

Logan Hearn – Straight A's at West Lee Middle School

Vance Hearn – A/B Honor Roll at Tramway Elementary



Please email Nicole Bowker @ nicole_bowker@msn.com at the end of each month with information for the newsletter. (It's hard to put together a newsletter, without news!)

Please include pictures, facebook stalking takes a lot of time!



Look at me, I got Skills!



Look at the **NEW** skills that were thrown in the gym this month. Way to go!

Ashlyn Morrill – R/O BHS tuck

Vance Hearn – Standing Full

