What if I gave you $86,400 dollars everyday? Would you invest it or waste it? One day consists of 86,400 seconds, how are you spending them? To reach your goals you must value TIME as your investment. Pave your path to success by earning every second! The fact is success doesn’t come easy. You must sacrifice, persevere and believe in the goals you set to accomplish. The history of any successful person explains this. They dreamed who they could be and worked relentlessly at becoming it. Fortune 500 CEO, Author, Politician or World Champion Athlete. Anything is possible if you make earning time a habit. The power of human potential is remarkable. Put in the time and you will be surprised what you can achieve. Neither money nor your time are dispensable. Value every second with these tips to earn $86,400 everyday in 2015!

**Unwise Investments**
(Time or “Money” Wasted!)

- **Cheat a workout:** Only do exercises, sets and reps you want to do.
- **Run on empty:** Skip meals and snack periods throughout the day.
- **Drink soda, high sugar processed juices or alcohol.** Hardly ever drink water.
- **Overwhelmed by electronics:** 5+ hours per day.
- **Sit or lay around.** Recovery does not mean lounge. Be active on “off” days.
- **Do not treat practice as important as games.**
- **Sleep Deprivation:** 2am bedtime is a trend. Less than 5 hours per night.
- **Not Coachable:** Not receptive and ignore the feedback of your coaches.
- **Energy Taker:** Break others down by your negative words and actions.

**Wise Investments**
(Time or “Money” Earned!)

- **Complete a workout:** Accountable every rep of every set.
- **Eat 3 well balanced meals (Breakfast, Lunch and Dinner) 3 (350-500 calorie) snacks (between each of 3 meals)**.
- **Drink 8oz of water every hour**.
- **Perform 10 minutes of mindset training**.
- **Listen to classical music**.
- **Write down your thoughts in a journal**.
- **Perform 10 minutes of recovery strategies**.
- **Corrective Exercise, Foam Roller, Mobility/ Flexibility Training**.
- **Do not drink alcohol**.
- **Coachable:** Listen and be receptive to the feedback of your coaches.
- **Energy Giver:** Lift others up by your positive words and actions.
It’s back to school time, and with that comes increased exposure to germs (some harmless, some not so harmless). As athletes, it’s particularly important to focus on keeping your immune system strong to help fight off illnesses. The volume and intensity of training and competition (combined with schoolwork and other factors) can be an additional “stressors” on the body, which can make you more susceptible to things like upper respiratory infections. So here are some tips for keeping your immune system strong all year long:

☐ **PILE ON THE FRUITS AND VEGGIES**

Fruits and vegetables contain antioxidants, along with other vitamins and minerals, which help mitigate the damage caused by stress on the body. While some supplements include these same beneficial ingredients, too many antioxidants can interfere with training adaptations that occur from workouts (in other words, a certain amount of stress is good). So stick with the foods!

☐ **GET ENOUGH ZZZZZZZZZ’S**

Sleep is crucial for repair and recovery. Without adequate sleep, not only will performance decline, but you’re setting the stage for illness to take hold.

☐ **FUEL YOUR WORKOUTS ADEQUATELY**

Yes, inadequate energy intake (in particular carbohydrates surrounding workouts) can increase stress hormones in the body, such as cortisol, which is linked to immunosuppression.

☐ **STAY HYDRATED**

Dry mucous membranes can decrease your first line of defense against germs. Additionally, dehydration is also linked to increase cortisol and immunosuppression.

*FUEL SMART*

by Lauren Trocchio, RD LD

Pile on the fruits and veggies

Get enough zzzzzzzzz’s

Fuel your workouts adequately

Stay hydrated
For the first piece of the “Train Hard” section, we will talk about how training hard does not always equate to training smart. What does this mean? Let’s see specifically how it relates to true speed development. If you have an “Instagram” account, you’ve probably seen a video of someone running up a steep hill with a 50lb. weight vest and bungee cords attached to their ankles. Would this be hard? Absolutely! Would it be smart? Probably not. While this situation may be a slight exaggeration, it’s unfortunately not too far from reality either. Ever heard the old saying, “To be fast, you have to run fast?” It’s very simple, and almost obvious --- but it is true. Speed development --- specifically improving one’s top-end speed --- is very “CNS intensive.”

Our CNS (central nervous system) is kind of like the engine in a car --- you can add some nice new parts (training implements, bigger/stronger muscles) and put the highest quality diesel fuel (nutrition) in it, but how fast the car can go will always be determined by its engine. While for the car that engine was manufactured in a factory somewhere, our engine is manufactured through both proper training and the genetics that we inherit. There is always a time and place for different training modalities --- whether that be running up (or down) a graded incline, running with resistance or assistance (bands, bungees), or pushing/pulling a weighted sled. But, at the end of the day, we have to make sure that we are training with an appropriate balance and intention so that we are not programming our engine (CNS) to actually run slower over time. Surely we have only scratched the surface of this topic today, but when in doubt, refer back to the old adage --- “To be fast, you have to run fast.”

WORK YOUR PLAN
by Dan Raimondi

Consistency is arguably the most critical factor in fully developing your physical skills. But, as well all know, getting started can be the hardest part of training. During the summer, for example, it’s much easier to put off a conditioning or weightlifting session for tomorrow in the hope that you’ll have more energy or motivation to do it later. Enter the 2-minute rule. To immediately boost your productivity, give yourself 2 minutes to start a task. As performance master James Clear puts it, this can be applied to answer 1 email, eating 1 extra piece of fruit, doing 1 set of push ups, and so forth. When starting a new task, according to Clear, the new habit shouldn’t take any longer than 2 minutes. Give it a try. In your dorm, take 2 minutes to sit in the bottom of a deep squat. Before practice, take 2 minutes to foam roll. The hardest part is not doing the task, but rather getting started!