



# PAW PRINTS

Pitt Panthers Team Up With Youth



**Pathway to Success!**



# Healthy Living

## Ask the Expert

**Being active and eating right are two very important aspects of living a healthy lifestyle. Pitt student-athletes are physically active everyday to improve in their particular sport. Staying active and practicing not only makes them a better student-athlete but it also can help relieve stress and promote a healthier lifestyle. Some tips from Pitt's student-athletes and experts in the Pittsburgh community on being active and healthy are....**



### Leslie Bonci

The Director of Sports Nutrition at the UPMC Center for Sports Medicine and a Nutrition Consultant to countless organizations in Pittsburgh and Nationwide.

*"As the sports dietitian for the Pitt Panthers, it is my job to educate student-athletes on the importance of taking care of their bodies. All student-athletes from baseball to wrestling need equipment for their sports (pads, bats, balls, helmets, and shoes) but that is the external equipment. Their internal equipment is the food, fluid, and health of their body. So that means every day they need to do the following"*

- 👉 Get enough sleep (at least 8-10 hours a night)
- 👉 Eat breakfast every day
- 👉 Eat 3 meals a day plus 1-2 healthy snacks
- 👉 Drink plenty of liquids especially skim milk and water
- 👉 Drink less soda and fruit punch

#### Create a winning plate:

- 👉 Lean protein: eggs, poultry, fish, lean meat
- 👉 Healthy grains: cereal, whole wheat bread, pasta, rice, tortillas
- 👉 Powerful produce: fruits and vegetables

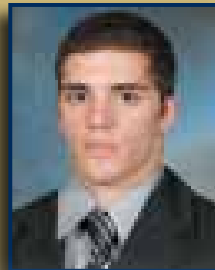
*Doing this helps student-athletes play well, recover well, and learn well. It works for them, and it will work for you!*



### Kaitlyn Flynn

Women's Track and Field

*"I make sure that I eat a balanced diet and I always make time for exercise. I have found that if I exercise in the morning it provides me with energy to make it through the entire day."*



### Zach Grove

Wrestling

*"Eating the right foods and getting the proper amount of rest will make you feel more energetic, active, and ultimately give you an edge on your life and competition."*

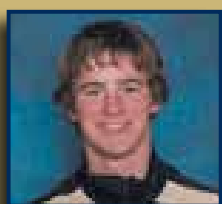




# Academic Excellence

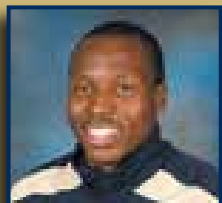
## The Importance of Education

**Pitt has a great tradition of student-athletes being successful academically, socially, and athletically. In order for student-athletes to be successful in their sport, they first need to be successful in the classroom. Going to class, doing your school work, and getting good grades are all important if you want to be successful in your future. In order for Pitt student-athletes to be successful, they must show just as much dedication academically and socially as they display athletically. Here are some tips from Pitt student-athletes that makes them as successful in the classroom as they are in their sport.**



**Jacob Van Roekel**  
Men's Swimming and Diving

*"When I was younger I had a rule that I couldn't go play outside until I finished all my school work. That trait carried over and now I make sure I do all my work before I do anything fun. If you set a good work ethic from the beginning it will help you forever. Education in the classroom affects your work on the field, court, and pool. If you succeed in the classroom you can succeed in the pool."*



**Antony Hobwana**  
Men's Track and Field

*"Take your school work and education seriously. A quality education is an important and vital tool to a successful future. An education is something that you will have for life, long after your athletic career and playing days are over."*



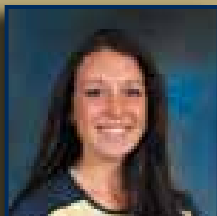
**Shannon Vafiadou**  
Gymnastics

*"I try to keep on top of my work so I don't fall behind. Keeping a list of all my assignments keeps me organized and on track. Always staying on top of your assignments and having good organization skills will open many doors for your future."*





# Only Big Dreams When I Grow Up I want to be...



**Jenn Katona**

Volleyball

*"A wildlife veterinarian and conservationist because I find medicine and animals fascinating. I appreciate that our planet is full of beautiful things that should be protected for future generations. In my free time I volunteer at animal shelters."*



**Joe Prince-Wright**

Soccer

*"Since I was young I have dreamed about being a professional soccer player. While pursuing that dream I am focusing my studies and academics on being a sports journalist. No matter what happens in my athletic career, sports will always be a part of my life. Therefore, I want a career in athletics because I enjoy talking about and being around sports."*



**Jeremiah Davis**

Football

*"Being from Toledo, Ohio and seeing all of its potential, I have developed an interest in commercial real estate. After graduation I plan on getting my real estate license and starting my own business."*



**Anita James**

Women's Track and Field

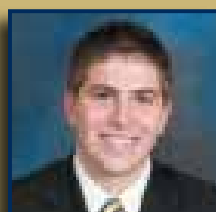
*"I always wanted to help people. I am going to graduate school for Social Work so I can pursue a career that will give me the opportunities to aid and inspire those in need."*



**Imani Harper**

Volleyball

*"I want to be an elementary school teacher. I love interacting with kids and I volunteer my time to help children in different communities."*



**Jeff Kelly**

Baseball

*"When I grow up I would love to take my baseball playing career to the Major Leagues. If that doesn't work I would like to be a sports agent."*



## Pitt's Pathway to Success

In order for Pitt student-athletes to be successful during their years of college and prepare for success in their futures, they make sure they develop in every area of their lives. Through the Panther Game Plan, these are the areas Pitt student-athletes focus on:

-  Academic Achievement
-  Athletic Achievement
-  Career Development and Graduate School Preparation
-  Community Service
-  Character and Leadership Development
-  Personal Development
-  Financial Education
-  Health and Wellness

To find out more about The Panther Game Plan, Visit us on the Web at <http://www.pittsburghpanthers.com/ot/panther-game-plan.html>

Show your team spirit by joining the Jr. Panthers Fan Club! Official fan club for kids ages 14 and under. Please call 412-648-8181 to join.