



This time away from school will prove just how valuable Teambuildr can be to our program. Everyone of my students should have the Teambuildr app on their phone OR they can log onto teambuildr.com and get their training session each day.

I know some of our students will have access to free weights during this time while others will not, so there will be options for each situation in Teambuildr.

Please understand that I will NOT be checking progress for grades during this time. I simply want to give our students options to continue making progress.

If your child has a problem logging onto teambuildr please contact me through email and we will get it fixed.

Teambuildr

Teambuildr is an online platform that I use for creating training programs for each of our students. This platform also allows me to organize data that is collected through our training sessions and daily survey.

Each day before your child's class meets, they are to answer a survey. This survey can be answered on a smartphone (free app for IOS and Android), tablet, or computer. The survey consists of 10 questions and takes less than 2 minutes to complete. On following newsletters I will use this section to explain what the Daily Survey questions are and why they are important.





SLPHrs
8
8
6
10
7
5
7
7
8

The first question on the daily survey that each student is expected to fill out is about the hours of sleep from the previous night. Quality sleep is one of the most important things that our students can do for their health, physical performance, and mental performance.

On the picture to the right is an example of what I see when I look at the daily survey report each day before class. The names and other answers have been cut out of this response. The reason sleep hours is the first question on their survey is because of its importance in the ability for our students to recover properly. Click on the picture to the right to read an article about sleep and its importance.



TEAMBUILDER

The second question on the daily survey that each student is expected to fill out is about eating breakfast. It is a simple 1 for no and 2 for yes. I don't ask them what they ate for breakfast as each person will have individual needs.

If you click on the image on the right you will find an article with some information about the benefits of eating breakfast. The adage that “breakfast is the most important meal of the day” has become somewhat controversial when it comes to adults who are mainly focused on getting their macronutrients to a certain number. On the other hand when it comes to teenagers who are still developing mentally and physically it is pretty widely agreed that a healthy breakfast is a big step in the right direction.

Breakfast
2
2
2
2
2
2
2
2
2



The third question on the daily survey that each student is expected to fill out is about their readiness level. Although this is a subjective measure it is still beneficial for me to understand how each student feels.

A “1” indicates that the student doesn’t feel capable of doing the training for the day, a “2” indicates that the student feels good enough to perform at an adequate level, and a “3” indicates that the student feels great. When a student records a “1” for their score I pull them aside and talk with them about an alternate plan of attack and if it is needed.

If you click on the image on the right it will take you to a post with information about recovery. One of the parts of recovery that isn’t covered in the article is self massage or “rolling out”. We have several different tools in the weight room that our students can use to perform this soft tissue work before, after, or during a training session.

Readiness
3
2
2
3
2
2
2
2
2
3



The 4th question on the daily survey that your child fills out each day is about their hydration level. The question asks how many water bottles short of their daily goal they were the previous day. Obviously the goal is 0, but being just 1 short still puts them in the green. In the weight room there is a chart that informs each child how much water they should be drinking each day, outside of training and practice, based on their body weight.

Hydration is one of those things that is simple to do but for many people it isn't easy. I hope that our students at WCA are consistently making better choices about what is going in their body. When it comes to what's in their cup I hope it is almost always water.

If you click on the image on the right it will take you to a post with information about hydration. If you have any questions about strategies for better hydration feel free to let me know.

H2O
2
2
1
2
0
0
0
2
2
1



TEAMBUILDOR

The 5th question on the daily survey that your child fills out each day is about the amount of meals and snack they've had in the past 24 hours. It is important for all students, especially for student-athletes, to eat enough to fuel the body for the demands of their activities. Far too often students aren't prepared to eat enough to reach their goals. While most students who have goals of gaining strength and increased performance will want to eat 2-3 meals a day as well as 2-3 snacks, it is important to remember that the size and amounts of food in those meals and snacks will differ based on the goals of the student.

If you click on the image on the right it will take you to a video about nutrient timing. If you have any questions about strategies for better meals and snacks feel free to let me know.

FoodIntake
3
5
3
3
4
4
3
3



Two of the questions that regularly get “red” results are the questions about how many servings of fruit and vegetables the students ate the previous day. One of the ways I challenge students to combat not getting enough fruit is to make better choices at lunch. Our lunch room usually offers different types of fruit such as apples, oranges or bananas. I encourage our students to choose fruit instead of the candy bars, cookies, and candy that they often choose. Vegetables can be harder to come by at breakfast and lunch, but I still encourage them to choose them whenever they have the opportunity.

If you click on the image on the right it will take you to a video about the importance of having a variety of food in your diet.

Fruit	Veg
1	1
0	1
1	0
2	0
1	0
0	0
1	2
1	0



One of the questions on your child's daily survey is "how many sugary foods have you had in the past 24 hours?". It is common knowledge that too much added sugar can have negative effects on our health. I encourage our students to choose foods that do not have added sugar. It is important that our students make choices that are building healthy habits that will last a lifetime.

Sugar
1
0
2
3
2
2
0



TEAMBUILDOR

One of the questions on your child's daily survey is "do you have a plan for your post workout/practice snack?". After a training session or practice the body is weaker than before the session so it is vital to start the recovery process as quick as possible. One of the key ways to recover is to fuel the body as soon after the session as possible. There are several options our students could choose when having a post workout/practice snack; protein shake/bar from home, peanut butter sandwich, chocolate milk from the cafeteria, or even our critical reload program offered in the weight room. If you would like information on why a post training snack is important click on the picture to the right.

PW Snack
1
2
1
2
2
2
1



TEAMBUILDOR

The last question on the daily survey, but certainly not the least important, is about the student's personal stress. Students can answer between 0-5 with 0 being low stress and 5 being abnormally high levels of stress. This question is important because of the impact that stress can have on the student's physical and mental readiness. If a student gives a score of 0-1 it indicates that life is pretty calm. If a student gives a score of 2-3 the indication is that life is a little hectic but not overwhelming. A score of 4-5 indicates that stress levels are high and we may need to modify training for the day. Reviewing the answer to this question also gives me an opportunity to talk to the high stress students individually to see if I can be of any assistance in handling or understanding stress loads. You can click the image on the right to read an article about how stress can impact training and performance.

Per.Stress
3
3
2
0
2
4
0
3