



# TrueSport®

MINDSET OF A TRUESPORT CHAMPION VIRTUAL TOWN HALL



## Family Guide: Clean & Healthy Performance

*The TrueSport coach, educator, and family guides are designed for use together to achieve a community approach toward learning and teaching. These activities provide powerful pathways that connect to [TrueSport's mission](#) to change the culture of youth sports by providing powerful educational tools to equip young athletes and students with resources to build life skills and core values for success on and off the field of play. To support this mission, all activities should be taught in collaboration with each other, rather than in isolation. This holistic approach will help develop an athlete as a person and not just a performer. All guides can be used by coaches, educators, community members, and families to support the cornerstones of Sportsmanship, Character-Building & Life skills, and Clean & Healthy Performance.*

### OVERVIEW

TrueSport's goal is to help young people apply the cornerstones of healthy, ethical athletic pursuits to all aspects of their lives. One of these cornerstones is Clean & Healthy Performance. Family members have an incredible impact when it comes to helping young people develop positive habits of preparation, recovery, nutrition, and hydration. Your habits and actions matter—read on to see how you can help your student build a healthy foundation.

This guide focuses on preparation and recovery, a cornerstone of *Clean & Healthy Performance*. Nutrition and hydration are key components of good preparation and recovery. Let's break down these concepts:

- [Preparation and Recovery](#): Preparation helps you to develop and commit to a plan, build confidence, and create focus. Recovery allows you to replenish your body and mind, and reflect on the outcome of an experience.

- [Nutrition](#): Eating the right foods, in the right amounts, helps you grow properly and perform your best.
- [Hydration](#): Proper hydration helps you feel your best and prevents injury.

In this activity, you and your family will be guided through a series of STEM (science, engineering, technology, and math) activities based on the building blocks of *clean and healthy performance*. First, you'll examine the concepts of preparation and recovery through the eyes of a TrueSport champion. Next, you'll explore nutrition by completing a sugar density lab with various drinks. Then, you'll participate in a discussion about the impacts of a high-sugar diet and diseases that have been linked to poor nutrition. Finally, you'll work as a family to create a social media video to encourage others to practice *clean and healthy performance*. As you'll learn, good preparation and recovery begin at home—when your team practices good habits together, those habits are more likely to stick. [Click here](#) to access the *TrueSport Parent Handbook*, a resource that demonstrates the many ways that families can support the development of their young athletes.

## OBJECTIVES

### Students will be able to...

- **Understand** how nutrition, hydration, preparation, and recovery impact health
- **Analyze** the sugar content in soft drinks and correlate a high-sugar diet with non-communicable diseases like diabetes
- **Create** a social media video that shows others how to practice clean preparation and recovery habits

## MATERIALS

### Pre-Virtual Town Hall activity: Preparation and Recovery

- Building blocks
- Markers
- Tape (optional)

### During the Virtual Town Hall activity

- Internet access
- Tablet or computer
- *Mindset of a TrueSport Champion* Virtual Town Hall Video

### Post-Virtual Town Hall Activities

#### Activity 1: Hydration and Nutrition in Action

- Three different sugary drinks: one soft drink, one juice, and one sports drink
- Piece of paper and pencil
- Water
- Paper towels
- Food scale

- Eyedropper
- Test tube or clear glass
- Internet access
- Tablet or computer

**Activity 2: Spreading Healthy Habits on Social Media (optional)**

- A smartphone, tablet, or other internet-enabled device
- A TikTok, Instagram, Twitter, Facebook or YouTube account

## HAVE YOU EVER WONDERED...

### What do the world’s best athletes eat before they perform?

The world’s best athletes know that nutrition, hydration, preparation, and recovery are just as important to their performance as the work they put in on the field of play. Top athletes work closely with nutritionists, athletic trainers, and other health professionals to make sure their bodies are fueled and are conditioned appropriately to avoid injury.

## MAKE CONNECTIONS!

How does this connect to students?	How does this connect to careers?	How does this connect to our world?
<p>Everyone knows how hard it is to concentrate if you are hungry or tired. It’s also very easy to get injured if you are not properly conditioned to participate in an athletic activity, or if you do not recover appropriately. This activity series will educate students on the science behind these common experiences and instill in them the importance of taking good care of our bodies.</p>	<p>It is very easy to neglect self-care when we are busy or stressed. In this activity set, families will discover how nutrition, hydration, preparation, and recovery apply to things like giving a big presentation or leading an important meeting as much as they apply to athletic performance. Clean and healthy performance has an impact on overall success.</p>	<p>Social media is an integral part of modern life, and students likely engage with it every day. While social media is a powerful way to connect with others, it can also lead to negative consequences like poor self-image.</p> <p>In this activity set, students will work with their families to create an inspiring social media post that promotes positive behavior. This will show students how to harness the power of social media to create positive change.</p>

## PRE-VIRTUAL TOWN HALL ACTIVITY

1. Introducing [Preparation and Recovery](#)
  - a. Begin by reading the following prompt aloud to your family:
    - i. Imagine that you are on a reality show. In order to avoid getting eliminated and advance to the next round, you have to complete a task. The task is that you must perform a piece of music on a cello without missing a note. You have never played cello before in your life.
  - b. Now, ask the following questions:
    - i. What skills do you need to have in order to complete the challenge?
    - ii. How can you acquire these skills?
    - iii. Can you acquire these skills quickly enough to be successful?
    - iv. What do you think will happen if you can't acquire these skills?
  - c. After discussing the questions with your family members, introduce the concept of preparation. Explain that preparation is the process that you undergo in order to complete a task successfully.
  - d. Ask your family members to each share a time they had to prepare for something. Encourage your family members to talk about the situation and discuss what their preparation looked like.
  - e. Share that there are many things someone might want to prepare for. As an example, it's a good idea to prepare before you give a presentation or performance. Now, ask your family members to imagine that they're participating in the next Olympic or Paralympic Games. What would they do to prepare, and why?
  - f. Take out the building blocks. Explain that each building block represents an action you would take to prepare for an athletic performance.
    - i. Now, ask your family members to build a pyramid with the building blocks. The bottom of the pyramid should be composed of behaviors and actions that must build over time. In the example of learning to play the cello for the reality show competition, the foundation skills might be things like learning to read music and learning how to play the cello. As your family members identify foundational actions, ask them to label a block with that action and place it at the base of the pyramid (if you do not want to write directly on the block, consider writing on tape, and attaching to the block).
    - ii. Explain that the next level of the pyramid is made up of behaviors and actions that you would do to ramp up your performance. This would be things like practicing the cello or listening to other performers play the same piece of music. Encourage your family members to label these "ramp-up" actions and place them on the next level of the building block pyramid.



- iii. Finally, explain that the top of the pyramid represents things that go into developing a truly exceptional performance. These are game-changing behaviors that set you apart from others. Examples could be things like years of experience, access to great resources, or something else.
- g. Once you've built your group pyramid, explain to your family that each of the pyramid levels represents something important:
  - i. The base level represents where the vast majority of your time and effort go when you've decided to commit to something. This is the foundation of your skill—the solid base upon which everything else rests.
  - ii. The middle level represents an area of growth. Once you've mastered the fundamentals, this is where you advance.
  - iii. The top of the pyramid represents an added bonus, like additional resources. These things matter, but they aren't as important as the base. They're just things that help you go the extra mile.
- h. Ask the following discussion question:
  - i. How do a solid foundation, areas of growth, and added bonuses combine to create an exceptional performance?
- i. Conclude the activity by leading the following recovery sequence:
  - i. Instruct each of your family members to close their eyes.
  - ii. Ask everyone to take 60 seconds to silently reflect on the activity.
  - iii. Once the 60 seconds are up, ask everyone to answer the following fill in the blank questions:
    - 1. We stretch after working out because \_\_\_\_\_.
    - 2. We review notes after a class/meeting because \_\_\_\_\_.
    - 3. We celebrate after completing a stressful project because \_\_\_\_\_.
  - iv. Often, we think about preparation and fail to think about recovery. Recovery is as important, if not more so, than preparation. Without the proper recovery, injury, illness, and/or fatigue are more likely to occur.
    - 1. As a family, consider how you can incorporate recovery into your daily lives. Recovery includes adequate sleep, nutrition, hydration, warm up/cool down before physical activities, and stretching.
    - 2. Work with your family to develop a preparation and recovery plan. Make sure to think about how you will hold one another accountable.

## DURING THE VIRTUAL TOWN HALL

1. As a family, watch *Mindset of a TrueSport Champion*. Pay attention to how Richard Torrez Jr. uses nutrition and hydration to prepare and recover as an athlete.
  - a. Have a discussion about how Richard's journey connects with your family. Why were preparation and recovery so important to him? Why is it vital that you and your family also focus on these elements?
  - b. What are ways that you, as a family, ensure that you have proper nutrition and hydration?

## POST-VIRTUAL TOWN HALL ACTIVITIES

### Activity 1: Hydration and Nutrition in Action

#### Part I

Lead your family in completing a sugar density lab. Make sure to connect this hands-on learning experience to the Virtual Town Hall.

1. Begin by finding and arranging the materials you'll need for the lab:
  - a. Three drinks: a juice, a soda, and a sports drink
  - b. A test tube, or glass
  - c. A scale (a food scale works best, but if you don't have one, use a regular scale and weigh your test tubes/glasses before you put any liquid in them)
  - d. An eyedropper (if you don't have this, use a squeezey water bottle)
  - e. Paper towels
2. Once all your materials are together, ask your family members to develop a hypothesis about which beverage has the most sugar. Record everyone's responses on a piece of paper.
3. Next, place a beaker or glass on the scale. Either zero out (also called "tare") the scale, or measure how much the item weighs. If you are unable to zero out, or tare your scale, you will need to subtract the weight of the glass from the overall mass of the glass and liquid in order to obtain the weight of the liquid alone.
  - a. Add 10 mL of water to the glass.
  - b. Record the mass of the water as 10 mL—this will serve as your control.
  - c. Dump out the water and clean the glass.
  - d. "Tare" the scale again to return it to zero.
  - e. Add 10 mL of the soda to the eyedropper, and then put it into the glass.
  - f. Record how much it weighs.
  - g. Repeat steps c-f for the juice and sports drink.

4. Once you've measured each of the liquids, make the following observations:
  - a. Which liquid had the highest density? *Note:* Density is defined as mass per unit volume and can be used to note the compactness of a substance.
  - b. Look at the nutrition labels from each of the three beverages. Does the highest sugar content correlate to the liquid with the highest density? Is this what you expected?
  - c. How do you think other elements of the beverage affect its mass, and why? *Note:* Mass is defined as the amount of matter contained in an object.
  - d. What assumptions can you make about how the mass of sugar in these beverages affect us after consuming them?
  - e. Are you surprised by the results of the experiment? Why or why not?
5. Share the following facts with your family:
  - a. Sugar is one of the biggest culprits of cardiovascular disease (Harvard Review, 2019).
  - b. An increase in sugar consumption leads to an increased risk of obesity, which leads to an increased risk of heart disease (Cleveland Clinic, 2021).

## Part II

6. Visit the TrueSport Nutrition and Hydration pages to read more about nutrition and hydration: <https://TrueSport.org/Nutrition> and <https://TrueSport.org/Hydration>
  - a. What did you learn about nutrition?
  - b. What are some steps you can take to have a well-balanced diet and fuel yourself properly?
  - c. Learn more about how to prepare balanced meals, as a family, on the USDA My Plate website: <https://www.myplate.gov/myplate-kitchen/recipes>.
  - d. Create your own menu, as a family, and choose foods that will support a well-balanced diet and proper nutrition. If needed, use the Create Your Own My Plate Menu resource found here: <https://myplate-prod.azureedge.net/sites/default/files/2020-12/Create%20Your%20Own%20MyPlate%20Menu.pdf>.
7. Conclude by asking your family the following questions:
  - a. What are some ways we could encourage good nutrition in our family?
  - b. Why is it important to hydrate with clean beverages like water, instead of sugary drinks?
  - c. What are some things we're doing well when it comes to nutrition and hydration?
  - d. How can we encourage one another to pursue proper nutrition and hydration?
8. Below are some additional resources on family nutrition to help encourage healthy eating, hydration, and preparation/recovery habits:
  - a. TrueSport Nutrition Guide—Fueling for Performance: <https://truesport.org/wp-content/uploads/TSNutritionGuide.pdf>



- b. TrueSport Nutrition Resources: <https://truesport.org/teach-learn/truesport-topics/nutrition>
- c. TrueSport Hydration Resources: <https://truesport.org/teach-learn/truesport-topics/hydration>
- d. TrueSport Preparation & Recovery Resources: <https://truesport.org/teach-learn/truesport-topics/preparation-recovery>
- e. Explore nutrition specific to the needs of an athlete: <https://truesport.org/wp-content/uploads/athlete-plate.pdf>
- f. Food and Nutrition Programs: <https://www.usda.gov/topics/food-and-nutrition>
- g. Cook healthy Recipes: <https://www.usda.gov/media/blog/2020/08/03/cook-healthy-home-nutritiongovs-new-recipe-page>

## Activity 2: Spreading Healthy Habits on Social Media (Optional)

- 9. Begin by sitting down with your family members and asking the following “true or false” questions:
  - a. True or False: Social media is a positive tool
  - b. True or False: Social media makes me feel good about myself
  - c. True or False: I can use social media to enact positive change
- 10. As a family, you will create a fun video that teaches other families why healthy eating, hydration and preparation/recovery habits are important.
  - a. Decide whose social media account you will use to post your video. Maybe you create one together, to use as a family!
  - b. Write down your script for your video and rehearse it.
    - i. Make sure you present your ideas in a fun, memorable way!
    - ii. Include the entire family (even if it is as a scriptwriter or cameraperson)!
    - iii. Think about what core idea you want to share with your audience. Ensure that your script has a “why” and includes actionable ways families can incorporate healthy eating, hydration, or preparation/recovery habits into their daily lives.
  - c. Record your video and share with your friends! You just might start a movement around *clean and healthy performance*!
    - i. If you are posting please tag:
      - 1. Twitter: @TrueSport @DiscoveryEd and use the hashtag #TrueSportChampion
      - 2. Facebook and Instagram: @TrueSportUSA @DiscoveryEd and use the hashtag #TrueSportChampion
  - d. Consider exploring all of the TrueSport topics and create a video series, using social media, which encourages other families to maximize their potential on and off the field. Visit [TrueSport.org](https://truesport.org) to learn more!

## NATIONAL STANDARDS

### Common Core State Standards Connections

- **CCSS.ELA-LITERACY**

Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.

- **CCSS.ELA-LITERACY**

Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration.

### NGSS

- **MS-PS1-1 Performance Expectation**

Develop models to describe the atomic composition of simple molecules and extended structures.

- PS1.A Disciplinary Core Idea:

- Substances are made from different types of atoms, which combine with one another in various ways. Atoms form molecules that range in size from two to thousands of atoms.

### National Health Standards

- **1.12.1**—Predict how healthy behaviors can affect health status.
- **8.12.3**—Work cooperatively as an advocate for improving personal, family, and community health.
- **8.12.4**—Adapt health messages and communication techniques to a specific target audiences.