

E ATHLETE PERFORMANCE NEWSLETTER

OCTOBER
2022



Team Of The Month:

Women's Volleyball

The Women's Volleyball team has EARNED the EGR Team Of The Month! These ladies started the season with a brand new coaching staff - and have fully embraced their new system and style of head coach, Kylie Patton. Their dedication has been renewed and has risen as the season began! They have put forth consistent, hard work in their strength training sessions and have shown exemplary teamwork coming into their 2022 season. We are proud of these student-athletes and are ready to see them dominate the court during this new chapter of EGR Volleyball! Way to go ladies!

Athlete Spotlights:



KENDAL BRITTON

Volleyball

Senior

Kendal Britton has shown impressive consistency! Kendal was dedicated leader all through her summer workouts and has maintained this level of focus as her season began! Her strength and athleticism are staying at a high-level with her in-season active recovery sessions. Kendal always brings a positive attitude to her training sessions and pushes herself and teammates to always give their very best! She sets a great example for all Pioneer athletes!

Tip Of The Month:

Why Athletes Shouldn't Skip Breakfast

Eating a healthy, protein-packed breakfast helps athletes to fuel their brain and body for their daily activities. Athletes burn a ton of calories throughout the day! Athletes that skip breakfast go up to 16-18 hours without fuel! This drought of nutrients reduces recovery from physical performance and decreases their supply for sustained energy levels. Having lower energy in the morning makes student-athletes more lethargic and forgetful - negatively impacting their classroom potential and performance. Eating in the morning kickstarts the brain's neurotransmitters which increases alertness and drive. Starting things off right in the morning is then carried through to the afternoon for more optimal readiness for athletic competition!

Recipe Of The Month: Breakfast Baked Casserole

Chop 1 x Bell Pepper

Chop 1 x Zucchini

Combine 12 Eggs in dish, stir together and add a dash of salt, pepper, and coconut milk

Cook 1.5 lbs Ground Beef on stove top



Combine all ingredients in a large bowl and stir together. Pour bowl of ingredients into a separate baking pan and sprinkle cheese on top. Preheat the oven to 400 degrees. Bake for 15 minutes. This produces 3-5 breakfast meals out of this one casserole to fuel your strong mornings!



MASON CLARK

Basketball

Junior

Mason Clark is 100% dedicated and dialed-in with his off-season training as he prepares for his upcoming basketball season. He has high goals for himself and his team this year. Mason has built upon the work he did in the summer and since then, he's already another 5lbs of muscle to his frame! His increased strength, explosiveness, and stamina will serve him well on the court this winter and beyond!