

E ATHLETE PERFORMANCE NEWSLETTER

NOVEMBER
2022



Team Of The Month:

Women's Swimming & Diving

The Women's Swimming & Diving Team has EARNED the EGR Team Of The Month! These athletes are a force to be reckoned with and delivered EGR Swimming & Diving its fifth straight State Championship title last season and its 24th State title in history. These ladies are on track for an undefeated season with all 13 wins for their regular season and only 2 conference meets remain. EGR Swimming & Diving is proof-positive of what can be accomplished when teammates challenge one another to remain focused and consistent with their strength training on top of a tough practice and meet schedule. Way to go ladies! Let's go for year 6 and title 25!

Athlete Spotlights:



Allison Alguire

Swimming & Diving

Senior

Allison Alguire is a swimming machine! At the 2021 State Championships, she led off her 400 Yard Freestyle Relay team with a time of 53.53 and they won their race an entire 3-seconds ahead of the field - an eternity in swimming where tenths of a second is the difference between first and last. She has also accomplished strong individual State finishes in the 200 Yard Medley and 100 Yard Butterfly. Allison earned All State, All Conference and All American. Her success is a testament to her consistent strength training and outstanding leadership for the Lady Pioneers. We look forward to seeing her close out her High School swim career strong!

Tip Of The Month:

In-Season Strength Training - Why It Matters

PowerStrength Coaches often get asked if strength training during an athlete's sports season is "too much?" When programmed and administered properly, maintaining an athlete's strength training throughout the sports season is one of the most successful things an athlete can do! Athletes put their body through A LOT with grueling practices and competition. PowerStrength adjusts the training program to complement what an athlete is doing during the season. These adjustments help to aid in recovery, prevent injury, and maintain overall strength to safely, and optimally, continue supporting the physical demands of their sport.

Recipe Of The Month: Overnight Oats

1 cup oats
1/2 cup milk
2 tablespoons greek yogurt
Berries



Combine all ingredients in a large jar. Put the lid on the jar and shake it well. Put in fridge overnight. Take out in the morning and mix in 1/2 or 1 scoops of your favorite protein powder.



Joshua TeWinkle

Track & Field

Freshman

Joshua TeWinkle's got speed! Joshua made great strides with his strength training this past summer and continues to crush it! He put in 100% effort into his workouts and because of his hard work and consistency, he added 10 pounds of muscle to his frame. This added strength will support his explosiveness on the track when he competes in the 110 Meter Hurdles. Joshua pushes everyone around him to be the best they can be and as a freshmen, he's already displaying strong leadership qualities. Keep up the great work, Joshua! We look forward to seeing you light up the track this spring!