

**PROJECT COMBINA
SPRING 2018
ASSIGNMENT PACKET
(COMBINED C1-C3)**

ASSIGNMENT PACKET OVERVIEW

TO CONTINUE TO THE NEXT YEAR OF COMBINA, YOU **MUST** COMPLETE THE FOLLOWING ASSIGNMENTS AND TASKS AND TURN THEM IN BY **SUNDAY, JUNE 3, 2018 at 10PM** Mountain TIME.

All assignments should follow the format put forth in the prospectus (available on our website, projectcombina.org).

CLASSIFICATION		ASSIGNMENTS/ TASKS
C1 (FRESHMAN) (Class of 2021)	1	Nutrition Reading and questions
	2	Send in your GRADES
	3	Send in any book reviews – make sure to include number of pages!
	4	Log volunteer hours
C2 (SOPHOMORES) Class of 2020	1	Personal Statement- 1 school
	2	Mock Call
	3	Nutrition Reading and questions
	4	Send in GRADES
	5	Send in any book reviews -- make sure to include number of pages!
	6	Log volunteer hours
C3 (JUNIORS) Class of 2019	1	Personal Statement- 1 school
	2	Mock Call (if you didn't already do it as a sophomore)
	3	Nutrition Reading and questions
	4	Send in GRADES
	5	Send in any book reviews -- make sure to include number of pages!
	6	Log volunteer hours

ONCE AGAIN, ALL ASSIGNMENTS DUE SUNDAY, JUNE 3, 2018 by 10:00 PM MOUNTAIN TIME. NO EXCEPTIONS.

ASSIGNMENT: PERSONAL STATEMENT

TO: C2s and C3s

FROM: Director, Project Combina

Date: Spring 2018

RE: Personal Statement Instructions.

INSTRUCTIONS:

1. Visit the website of a couple of your preferred colleges and universities.
2. Research what essay(s) they require for admissions.
3. Pick one (1) of the essay prompts. If it has multiple parts, pick just one.
4. Organize your writing using OPA! Method, then write a quick draft. Focus on the story and flow of your writing.

- In your write-up: **include the name of the school, and original prompt word for word as it is written by the school.**
- Remember to adhere to “OPA!” for formatting, and answering questions.
- Make sure implicit questions from the reader are also addressed. Implicit questions such that apply to this exercise include:
 1. Why should we let you in?
 2. What makes you special?
 3. Are you qualified?
 4. What do you want in the future? (Including what do you want to study here, if you know)?

If you have suffered through a specific stressful event, write about it. If you have not, that's fine too. Make sure you give specific examples about what you want to study, for example.

Make your writing double-spaced, 12 point Times New Roman.

ASSIGNMENT: MOCK CALL FOR C2s and new C3s

This assignment is composed of three steps: (1) Research and prepare; (2) take action (make the call); and (3) keep track and make notes.

OBJECTIVES & WHY YOU ARE DOING THIS

There are a number of key objectives as to why you are being asked to do this. First, this is an exercise in planning and conquering nerves. Many of you do not like to speak to teachers/coaches/mentors unless you have to. This is natural for you to feel this way to a degree. However, if you want to achieve the best possible soccer and college potential, you must learn to conquer those nerves and speak to different individuals with confidence and effectively. Second, this is an exercise in persistence. If you do not reach the person on the other side, **KEEP TRYING** until you do. "I left a message" is unacceptable unless you have tried multiple times.

STEP 1: RESEARCH AND PLAN (20-30 mins)

- Research of a college team at any level (NAIA, NCAA, NJCAA, etc.). We recommend you look at a DIII school and use the website called **D3soccer.com**
- Prepare some sample remarks you want to say about yourself, and some questions you have for the coach. (Write these down, as you will need to turn them in).

STEP 2: TAKE ACTION/ EXECUTE (15 minutes)

- You will be calling one of Project Combina's Directors, Mauricio Lastra. Mauricio will be playing the role of an assistant coach to the program you researched. His number is 915-258-5227
- Call him between the hours of **5pm and 8:30PM on weekdays, and between 12 and 3 on Saturday, MOUNTAIN TIME. DO NOT CALL HIM BEFORE OR AFTER THIS TIME UNLESS HE INSTRUCTS YOU TO DO SO.**
- Call him and tell him you are calling from Project Combina. Introduce yourself as if you have never met him, and as if he were the assistant coach.
- Tell him your points and ask him your questions.
- Be loud on the phone and don't mumble. Do not be timid.
- IF you get a voicemail, leave a voicemail and call back. **DO NOT GIVE UP UNTIL YOU REACH MAURICIO!**

STEP 3: SUMMARIZE & TRACK (5 minutes).

- Write a brief (no more than one paragraph) summary of what happened. Include details such as: (i) how many calls it took for you to get through; (ii) what you said; etc.

NUTRITION READINGS

Recovery Between Games In Youth Soccer Tournaments

January 30, 2014 01:45 PM

By Michael Morris, MD

Medical Director and Orthopedic Surgeon, Seattle Sounders FC Department of Sports Medicine, Virginia Mason Medical Center, Seattle, WA

Youth soccer tournaments present a unique challenge not present in the upper levels of soccer. Playing multiple games a day over several days does not happen in college or professional soccer. Clearly, performance in the latter games can suffer and injury risk does go up. What are some strategies to mitigate these issues?

Hydration is critical for recovery between matches and maintaining performance. During a game in warm weather, a player can lose as much as 3-4 pounds of fluid. It has been shown that a loss of just one percent of body weight can lead to decreased performance. Greater than two percent loss of the body weight in hot weather can be a safety issue, leading to issues such as heat exhaustion.

Water or sports drink? There remains some controversy over this, but in general, before a game, water is best. During or after a game, to help replace electrolytes and some carbohydrates, a sports drink should be utilized.

How much should a player drink? Here are a few suggestions. Within a few hours before playing, drink 16-20 ounces of water. During a game, drink 20 ounces of a sports drink at halftime. Weigh yourself before and after a game. Any weight loss is mainly attributed to fluid loss. For every pound of weight loss, drink 22 ounces of a sport drink or water. This last tip is especially important for tournaments where you will play more than one game in a day. (Take a scale for the team to use).

Another trick to evaluate hydration is to check the color of your urine. Dark urine indicates dehydration. If it is the color of lemonade, hydration is good. If it looks like apple juice, you need to hydrate more.

Hydration is not just for kids. We have signs to remind the Sounders to stay hydrated in their training room.

Obviously, tournament situations drain the player's energy stores. Replacing these is vital and specific, focused strategies are critical. To understand this, a brief bit of science. Glycogen is stored in our muscles and is the fuel our muscles need to work. Exercise depletes the glycogen stores in our muscles. Carbohydrates replenish muscle glycogen stores. Studies in high-level professional soccer players in the English Premier League showed that those players who optimally replaced their glycogen stores in the first 30 minutes of a game performed up to 25-percent better in the next game situation.

We also need protein to perform our highest level. During a game, our muscles break down and need protein after play to help rebuild. It is important to get carbohydrates and protein into your body shortly after training. If one waits for a couple of hours and then eats, it will not have the same effect. Optimum effect requires eating in the first 30 minutes after games and training. Here is a good rule of thumb: eat one gram of carbohydrate for every two pounds of body weight, and

eat 10-20 grams of protein. So, a 120-pound player would eat 60 grams of carbohydrates and 10-20 grams of protein.

Chocolate milk is a very good recovery drink. One cup of chocolate milk contains 30 grams of carbohydrates and eight grams of protein; so two cups of chocolate milk would cover the appropriate amount of replenishment that a player needs. A good choice for this is the packaged chocolate milks that are available at Costco and other retailers. Other options include nutrition bars or a combination of sports drinks and bagels with peanut butter. Be sure to check the nutrition labels to see how many grams of carbohydrates and how much protein are available.

How about meals during a tournament? Low carbohydrate and caveman diets are not for youth soccer players. Players need carbohydrates; they are the fuel that replenish the muscle and liver glycogen stores. Decreased glycogen is the major reason for fatigue at the end of a match and during a tournament. How many carbohydrates does a youth soccer player need when competing? They should eat at least four grams of carbohydrates per pound per day. Here is a list of a few substances and their carbohydrate value:

- Rice: 45 grams per cup
- Bagel: 60 grams
- Beans: 45 grams per cup
- Banana: 20 grams
- Yogurt with fruit: 45 grams

Protein is also critical to build and maintain muscle and strengthen the immune system, but protein is only useful if you consume enough carbohydrates to provide the body with energy. How much protein should a youth soccer player take in when competing? About 0.5-0.7 grams for each pound of body weight.

Rest between games is critical. Get those lights out early, put away the phones and sleep. Eight to nine hours is a minimum for youth athletes. Sleep is when our bodies recover and regenerate. Between two games in a day, rest quietly with the legs up. If there is a long period between games, a short nap may be beneficial, but not longer than 30 minutes.

Some of the following regeneration strategies can help recover and prepare your body for games that are close together. Although ice baths are somewhat controversial, there are studies that show they can be of benefit and most professional athletes use these after games. Try to get this done as soon as possible after the game to slow the inflammatory process in your muscles. Ten to fifteen minutes in the bath at 50-60 degrees is about right. Light, passive stretching or more active pool work — such as gentle exercises in the hotel pool — may help prepare the muscles for the next game as well.

The bad news is that no matter how hard we try, our performance level after five games in 2-3 days is going to suffer. The good news is that if you are in that fifth game, you are battling for the championship. Use the strategies above to help you raise that first-place trophy.

ARTICLE AVAILABLE AT:

http://www.washingtonyouthsoccer.org/recovery_between_games_in_youth_soccer_tournaments/

ASSIGNMENT: NUTRITION QUESTIONS.

ATTENTION: DO NOT WRITE A SUMMARY OF THE NUTRITION READING. SIMPLY ANSWER THESE QUESTIONS BASED ON THE READING BELOW AND TURN THEM IN. YOU CAN HANDWRITE THEM AND EMAIL A PICTURE TO projectcomcombina@gmail.org, or type them. (No need to re-type the question).

1. How much protein should you intake while competing?

2. What should you do when you have a long break between games?

3. What is the optimum time to ingest nutrients after a match?