

Local Football Schedules 2011

BRIARCLIFF			Saturday, 10/1	at Clarkstown S.	3:00
Saturday, 9/10	at Irvington	1:30	Thursday, 10/6	John Jay (EF)	6:00
Saturday, 9/17	Putnam Valley	1:30	Friday, 10/14	at John Jay (CR)	7:00
Saturday, 9/24	Edgemont	1:30	Saturday, 10/22	Carmel	4:00
Sunday, 10/2	Yonkers	3:00	HORACE GREELEY		
Sunday, 10/9	Ardsey	4:00	Saturday, 9/10	Roosevelt	1:30
Saturday, 10/15	at JFK Catholic	1:30	Saturday, 9/17	at Sleepy Hollow	1:30
Saturday, 10/22	at Pleasantville	7:00	Friday, 9/23	Nyack *	7:00
BYRAM HILLS			Saturday, 10/1	Rye	1:30
Saturday, 9/10	at Peekskill	1:30	Thursday, 10/6	at John Jay (CR)	4:30
Saturday, 9/17	Yonkers	1:30	Friday, 10/14	at Ossining	7:00
Saturday, 9/24	at Westlake	1:30	Saturday, 10/22	Harrison	1:30
Sunday, 10/2	Pelham	1:30	PLEASANTVILLE		
Thursday, 10/6	at Lakeland	6:00	Friday, 9/9	at Putnam Valley	7:00
Saturday, 10/15	Sleepy Hollow	1:30	Saturday, 9/17	at Nanuet	1:30
Saturday, 10/22	at Beacon	1:30	Friday, 9/23	Ardsey	7:00
FOX LANE			Saturday, 10/1	Westlake	1:30
Saturday, 9/10	at New Rochelle	1:30	Thursday, 10/6	at Lourdes **	6:30
Friday, 9/16	Mahopac	7:00	Saturday, 10/15	Croton-Harmon	1:30
Friday, 9/23	at Mamaroneck	7:00	Saturday, 10/22	Briarcliff	7:00

VALHALLA		
Saturday, 9/10	at Dover	1:30
Friday, 9/16	Dobbs Ferry	7:00
Saturday, 9/24	at Pawling	1:30
Saturday, 10/1	Palisade Prep	6:30
Thursday, 10/6	Haldane	6:30
Saturday, 10/15	Lincoln Hall	6:00
Saturday, 10/22	at Blind Brook	6:30
WESTLAKE		
Saturday, 9/10	at Ardsley	1:30
Saturday, 9/17	Lourdes	1:30
Saturday, 9/24	Byram Hills	1:30
Saturday, 10/1	at Pleasantville	1:30
Thursday, 10/6	at Nanuet	4:30
Saturday, 10/15	Putnam Valley	1:30
Saturday, 10/22	Croton-Harmon	1:30

* at Purchase College

** at Overlook Park

ANDY JACOBS PHOTO



Horace Greeley's Justin Ciero

Supersizing Athletic Performance Through Good Nutrition Key for Best Results

By Dr. Robert Silverman

To be an exceptional athlete, proper nutrition is critical. Knowing what to eat and when to eat is critical for performance. Nutritional and proper supplementation is the edge over your opponents. It does not only impact strength, speed and stamina, it impacts recovery as well. You must provide your body with proper and efficient fueling to optimize your performance.

Athletes are unable to reach their full potential when they go to practice without eating breakfast or lunch or skimp on fluid intake during hot summer practices. They put themselves at risk for injuries, which can ultimately affect the performance of the whole team. Know facts about diet and dietary habits in order to perform at optimum level. You cannot run a high-performance race car on kerosene. Excess weight in the form of fat reduces speed and endurance of any athlete.

Eat Quality Carbs, Lean Protein, Healthy Fats

Carbohydrates fuel short bursts of intense energy. Ideally, athletes require 50 to 55 percent of their daily caloric intake to come from carbohydrates, 25 percent from protein and 20 to 25 percent from fat. Carbohydrates with lower fat should be emphasized, such as whole grain bagels over doughnuts, mashed potatoes over fries, grilled chicken over fried, frozen yogurt over ice cream. Increasing the amount of carbohydrates in your diet will provide you with more available energy during practice and games. Avoiding fried foods decreases the risk of an upset stomach, which hinders performance.

Carbohydrates should be the main fuel source for athletes. Players will not recover in time for the next practice unless carbohydrate intakes are adequate. Watch your protein intake. While it's needed in an athlete's diet to build and maintain muscle mass, excess protein consumption

will be stored as fat and may dehydrate the body. Good protein sources are turkey, chicken, wild game, fish, lean beef, low-fat cheese, egg whites and whey protein.

Pre-Game Meals

The objective of pre-game meals is to fuel the body for competition. Best choices are lower fat foods as fats take longer to digest. This means that fried foods and processed fatty foods like bacon and sausage are out. Favor leaner proteins that are grilled, baked or broiled and carbohydrates (complex carbohydrates that are lower on the G.I. index) like breads, cereal, salads and fruits. Stay away from creamy sauces.

Tip for great pre-practice snacks: whole wheat bread with natural peanut/almond butter and sugar-free jelly. Add a fruit.

Hydration is Key for Performance

Fluids should be replaced during exercise as dehydration decreases exercise performance. Two hours before exercise, consume 12 to 20 ounces of fluid with your pre-event meal. Then 10 to 15 ounces within 15 to 20 minutes prior to the event, followed by five to 15 ounces of fluid during exercise every 15 to 20 minutes.

Sports drinks should include electrolytes, sodium, potassium, magnesium and chloride, which are lost in sweating. They should incorporate a combination of sugars that enable the drink to maximize absorption during exercise. (The combination of glucose and fructose is proven to allow for the best performance production.)

Post-Game Intake

For optimal recovery after a game or activity, you need to consume a protein-carbohydrate mix. (Remember to replenish your fluids immediately after a game.) The protein mix (meal or protein shake) should be in a 2-1 ratio of carbs to protein. Carbohydrate amount should be approximately .8 grams of carbs plus .4 grams of protein per kilogram of body weight, taken within 30 minutes after a game. The timing is critical as this quick timeframe optimizes the absorption of all the nutrients into the body. Team sport should be a 3-1 ration and endurance should be 4-1.

Tip: Drink fat-free milk after training. Researchers found that milk ingested after weight training promoted post-exercise protein synthesis.

Dr. Rob's 5 Key Nutritional Take-Away

1. Formulate a hydration plan. Drink early and often and hydrate before, during and after training.
2. Fueling is like part of your athletic equipment. Eat 30 to 60 minutes before practice, eat within 30 minutes after practice and fueling is the "parenthesis" around exercise.
3. Eat like it is a part of the game-plan. Consume five to six small meals throughout the day at three-hour intervals. Small nutritious meals throughout the day provides sustained energy and promotes muscle growth
4. Composition of your plate: 1/3 carbohydrates, (brown rice, pasta, sweet potatoes, yams) 1/3 fruits and vegetables and 1/3 lean protein. (chicken/turkey white meat, skinned, lean beef (loin or round), fish)
5. Be consistent. If you are an athlete, you are an athlete seven days a week. Therefore, eat like an athlete every day.

Chappaqua resident Dr. Robert G. Silverman is a certified nutrition specialist, certified clinical nutritionist and certified strength and conditioning specialist. Dr. Silverman is also a chiropractor and sports injury consultant with a practice in White Plains and serves as a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlon and multiple international Iron Man events, and local sports venues. He can be reached at 914-287-6464 or by e-mail at info@DrRobertSilverman.com. Also visit www.DrRobertSilverman.com.

Smart Kid.

Smart Parent.

BACK TO SCHOOL SCHEDULES

- Now Scheduling K-12
- Call Now to Secure Your Schedule Preferences

SENIORS - Still time to get your College App Essay Written

JUNIORS - Develop your SAT/ACT Plan

Proven Programs and Excellent Tutors

Flexible Hours

273-2353

475 MAIN STREET

ARMONK, NY 10504

We will help you get on top of your game

Tutoring Club
A Class Above. Guaranteed.
Family Since 1961
www.TutoringClub.com

MATH • READING • WRITING • ALL SUBJECTS • ACT/SAT PREP