

Soccer Snack Schedule 2016-2017



Parents/Guardians:

Below is a list for the snack schedule for the 2016-2017 season. On your child's date, please bring a snack and a beverage for his/her team only. The girls have **18 players total and the boys have 18 total**.

We are focusing on healthy eating habits. Here are some examples: Bananas, quartered oranges, granola bars (preferably less in sugar), apples, carrots (in separate bags per student), Kids Cliff bars, small Gatorades or water.

Padres/Tutores:

Abajo hay una lista del horario de bocadillo. El día que le toca a su hijo/a, por favor traiga unos bocadillos y bebidas solamente **para su equipo** (niños o niñas). Las niñas tiene **18 jugadores en total y los niños tiene 18 jugadores**. *Nos estamos enfocando en los hábitos de alimentación saludables. Aquí hay algunos ejemplos: Plátanos, naranjas acuartelados, barras de granola (preferiblemente sin mucha azúcar), manzanas, zanahorias (en bolsas separadas por alumno), barras de Kids Cliff, Gatorades chico o agua (12oz.)*

Game	Date/Fecha	Location/Lugar	Girls/Niña's	Boys/Niño's
1	3/6/17	Home vs. Oak Park	Alicia Chapa	Alejandro Hernandez
2	3/8/17	LAS @ MLK	Aminah Davis-Macias	Alijah Amour
3	3/10/17	Home vs. SES	Anahi Perez	Andres Gonzalez
4	3/13/17	Home vs. PS7	Jessica Gonzalez	Angel Larios
5	3/15/17	Home vs. Carson	Kelly Santiago	Bryton Botello
6	3/17/17	Away @ Still	Martina Gonzalez Faber	Cristobal Trujillo Gonzalez
7	3/20/17	Home vs. LdV	Isabella Sue	Daniel Ochoa
8	3/22/17	Away @ Didion	Esmeralda Rosas	Daniel Gonzalez
9	3/24/17	BYE-No game	Natalia Hurtzig-Lopez	David Escareno
10	3/27/17	Away @ Oak Park	Paola Pasqua	Evan Gonzalez
11	3/29/17	Home vs. MLK	Sofia Bacsafrá	Fernando Garcia
12	4/3/17	Home vs. SES	Teaghan Brodstrom	Jared Ramos
13	4/5/17	Away @ Carson	Yaneri Rodriguez-Reyes	Josue Garcia
14	4/19/17	Home vs. Still	Daisy Chavez	Ricardo Jauregui
15	4/24/17	Home vs. Didion	Evelyn Cortes	Uziel Sandoval
16	4/26/17	Away @ LdV	Christina Romero	Victor Noble
May- Playoff game		TBA	Ximena Herrera	Xavier Rodriguez

Sample Team Snack Schedule

SJ Ball



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Eat Like a Champion Jill Castle, 2015-07-08 It's hard keeping up with the nutritional needs for kids and even harder getting them to actually eat many of these foods. Learn how to get your athlete on the right track. With athletic kids there's even more to pay attention to. Most young athletes are not eating properly to compete too many convenient but empty calories that are doing them more harm than good. As a result these young athletes are losing energy when they should be increasing it, feeling deterred when they should be motivated and decreasing muscle mass when they need it more than ever. Fortunately with the right nutrition young athletes can increase their energy, bolster their motivation, gain muscle mass, overcome fatigue and improve their performance. Registered dietitian and childhood nutrition expert Jill Castle has written this must-read resource for every parent of active kids ages eight through eighteen. In *Eat Like a Champion* parents will find help in tailoring diets for training, competition and even off season. Finding the best food options whether at home or on the go. Addressing counterproductive or unhealthy patterns. Understanding where supplements, sports drinks and performance enhancing substances do and don't fit in. Complete with charts, recipes and practical meal and snack ideas that can help athletic youngsters eat to win. *Eat Like a Champion* just may be the difference maker in your athlete's next game.

Weight-Related Behaviors and Outcomes in Children and Youth with Intellectual and Developmental

Disabilities Aviva Must, April Bowling, Linda Bandini, Carol Curtin, Sarabeth Broder-Fingert, 2023-10-30 **Coaching Youth Soccer** Kevin McShane, 2010-06-28 The popularity of youth soccer in the United States has increased dramatically in recent years. The number of players and spectators has risen and soccer now rivals the more traditional American sports of baseball, basketball and football. This is a study of current youth soccer training methods at professional clubs in Europe where soccer is an extremely competitive sport and a guide to applying those methods to young people in the United States. The author draws much of his information from personal observation of the FC Barcelona, Newcastle United, Glasgow Celtic, Munich 1860 and Slavia Prague professional teams in Europe and provides an overview of the state of youth soccer in the United States. Chapters cover such topics as facilities, equipment, organization and environment, player evaluation, training timetables and components, coaching and philosophies of youth soccer. Also included are approximately 100 diagrams of soccer training exercises for youth coaches.

Exploring Biological Diversity, Environment, and Local People's Perspectives in Forest Landscapes: Methods for a Multidisciplinary Landscape Assessment Douglas Sheil, Rajindra K. Puri, Imam Basuki, Miriam van Heist, Meilinda Wan, Nining Liswanti, Rukmiyati, Mustofa Agung Sardjono, Ismayadi Samsoedin, Kade Sidiyasa, Chrisandini, Edi Permana, Eddy Mangopo Angi, Franz Gatzweiler, Brook Johnson, Akhmad Wijaya, 2002-01-01 Operational overview Villages and communities. Field sample selection. Village based activities. First community meeting. Community landscape mapping. Selecting local informants. Community based data collections. Field based activities. Site vegetation and trees. Plants and site ethnoecological data. Soil assessment. Data control and management. Plant taxonomy and verification. Database. Conclusiones.

Soccer Fitness and Skill Training Darren Pitfield, 2010-02 Personal Soccer Training booklet for players wanting to self improve their fitness and skill levels 52 week program contains 70 unique personal training activities Designed by professional academy soccer coaching staff and contains drills for youth high school college and professional level players Also includes detailed nutrition plans for players for training and games

Teaching in Inclusive Classrooms Diane P. Bryant, Deborah D. Smith, Brian R. Bryant, 2024-02-20 Teaching in Inclusive Classrooms guides educators through inclusive education using the ADAPT framework Packed with practical examples evidence based practices and hands on strategies the Third Edition empowers educators to effectively teach students with disabilities in inclusive environments

Creating the Moms Group You've Been Looking for Jill Savage, 2004 How's Your Motherhood Network People in all professions know the importance of networking How about you Are you enjoying the support and connection you need in the most demanding career of all motherhood You can Whether you're improving the group you're already in or starting one from scratch developing a mothers group is practical doable and indescribably rewarding Here are the guidance and resources you need you need for a can do attitude Drawing from years of experience Jill Savage offers a resource manual packed with vision and a wealth of ideas You'll find sage road tested upbeat advice on Different kinds of groups Mentoring and accountability relationships Attracting members raining leaders and volunteers Handling conflicts Policy and procedure Arranging for childcare Gaining church support Bible study and prayer and much more Motherhood is an incredibly important and rewarding profession You don't have to do it alone The supportive and trusting relationships you long for are within your reach and some will last a lifetime Chockful of resources Creating the Moms Group You've Been Looking For will help you and other moms like you find friends grow in your faith and keep your sanity in the process of raising your children

Practical Applications in Sports Nutrition Heather Hedrick Fink, Alan E. Mikesky, 2020-02-10 Every new print copy of Practical Applications in Sports Nutrition Sixth Edition includes Navigate 2 Premier Access which includes numerous learning tools and study aids including a full eBook 15 case study modules workbook exercises in writable PDF format and much more

Skills for Success Karen E. Wolffe, 1999 This innovative handbook offers special education teachers career counselors and parents a comprehensive range of tested techniques and strategies to help youngsters who are blind or visually impaired begin to build the skills they need for successful careers It introduces specific activities for preparing visually impaired children from preschoolers through middle school for the next level of schooling and to become independent in daily life confident about their career choices and skillful on their future jobs

Creative Bible Lessons in Revelation Randy Southern, 2009-08-08 Was the book of Revelation penned by the crazy uncle in the family of Bible writers You try to convince yourself that the apostle John is just another New Testament writer kindly gentle loving You know normal But he's just so weird Most of the time you have no idea what John is talking about in his revelation When you must interact with his wild otherworldly book you escape as soon as you can to familiar saner Bible texts Like Matthew's Gospel or one of

Paul's letters after all they straight up tell you what Jesus did and what you should do Yet Creative Bible Lessons in Revelation will quickly convince you and your students that St John wasn't so much a crazy guy as he was a visionary inspirational and worshipful guy And you don't have to subscribe to any pre or post eschatology theory in order to learn all sorts of good stuff from the apostle So while these 12 sessions complete and ready to teach won't help your students identify who the antichrist is or give them the coordinates of Armageddon's opening salvos they will however acquaint your youth group with the mysterious nature of Revelation then demonstrate how these apocalyptic principles actually provide practical application for us today Here's what's inside every session Detailed overviews for clear convenient prepping Intriguing activities and games with a point that introduce that session's topic Hardcore Bible studies and provocative questions that trigger dialogue in both large and small groups Application exercises that translate John's visions into practical attainable actions and attitudes for students' daily lives Plus you'll get these bonuses Let's Get Theological lite intros to the various interpretations of the reactions to the events Revelation predicts More More More helpful supplements to activities and discussions Worthy of Worship top drawer suggestions for turning ordinary youth meetings into extraordinary times of praising God Questions about the future lurk in everyone's minds especially in the minds of teenagers Now is your chance to explore the book of Revelation with your students to glimpse at the never ending worship to come to grab hold of God's promises and his mercy and to bring some ease to troubled hearts

[Serving Up MyPlate](#), 2012 This is a collection of classroom materials that helps elementary school teachers integrate nutrition education into math science English language arts and health Introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands on activities The MyPlate nutrition program replaces the MyPyramid food pyramid

Leading Effective Meetings, Teams, and Work Groups in Districts and Schools Matthew Jennings, 2007-06-15 Teachers share one vital characteristic with students they function best in settings that are organized enough to provide structure and focus yet flexible enough to respect developmental and personality differences In Leading Effective Meetings Teams and Work Groups in Districts and Schools author and veteran educator Matthew Jennings provides everything you need to help the teachers in your school or district achieve their full potential An overview of the research on collaboration and what it means for educators Step by step guidelines for designing and facilitating meetings Strategies for avoiding and resolving conflicts among educators Checklists questionnaires and rubrics for designing implementing and assessing work groups and teaching teams Whether you're setting up a complex district level task force or a simple school faculty meeting this comprehensive guide will ensure that you do so as efficiently and effectively as possible Packed with field proven activities worksheets and metrics it is an indispensable resource for all educational leaders

The Complete Guide to the Learning Styles Inservice System Rita Dunn, Kenneth J. Dunn, 1999 Renowned experts on learning styles Drs Rita and Kenneth Dunn show staff developers how to use teachers' learning styles in in service programs so they can model alternative strategies for their students Step by step

procedures help in service coordinators assist in retraining professional teachers **Fundamentals: Perspectives on the Art and Science of Canadian Nursing** david Gregory, Tracey Stephens, Christy Raymond-Seniuk, Linda Patrick, 2019-01-03
Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. Master the unique, multi-faceted role of the Canadian nurse. Confidently embark on a lifelong learning journey and prepare for the daily realities of Canadian nursing practice. This comprehensive Canadian-focused text, developed specifically for your needs by talented Canadian students, practicing nurses, scholars, and educators, **Fundamentals: Perspectives on the Art and Science of Canadian Nursing, 2nd Edition**, delivers an integrated understanding of nursing fundamentals through a continuum that guides you from one chapter to the next and from learning to understanding. **New Interprofessional Practice** helps you achieve positive patient outcomes through effective collaboration with the healthcare team. **New Diversity Considerations** alert you to important patient care considerations related to culture, sexuality, gender, economics, visible minorities, and religious beliefs. **New NCLEX-style questions** at the end of each chapter test your retention and ready you for success on your exams. **Revised Skills chapters** familiarize you with a wide variety of advanced skills to broaden your clinical capabilities. **Enhanced focus on LGBTQ-related considerations**, demographic shifts in Canadian society, end of life, palliative care, substance abuse, crises, and refugee communities helps you ensure confident care across diverse Canadian populations. **Case Studies** place chapter content in a realistic context for the most practical understanding. **Think Boxes** encourage critical thinking and challenge you to apply your knowledge to different situations. **Through the Eyes** features familiarize you with patients' perspectives to help you provide thoughtful and effective care interventions. **Research** equips you with the latest and most relevant Canadian healthcare findings based on clinical evidence. **Critical Thinking Case Scenarios** strengthen your clinical focus and critical thinking through real-life situations. **Practical Applications In Sports Nutrition - BOOK ALONE** Heather Fink, Alan Mikesky, Lisa Burgoon, 2011-07-26 **Practical Applications in Sports Nutrition, Third Edition**, provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals. This text not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the real world. It demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change. Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients, micronutrients, and water and their relation to athletic performance. Later chapters focus on the practical and applied aspects of sports nutrition, including behavior change through consultations and weight management. Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant, vegetarian, or have chronic diseases. The text concludes with a chapter dedicated to helping readers discover the pathway to

becoming a sports dietitian through education and experience **Brandweek** ,2007-10 **Educational Technology Use and Design for Improved Learning Opportunities** Khosrow-Pour, D.B.A., Mehdi,2014-05-31 The rise of technology within educational settings has allowed for a substantial shift in the way in which educators teach learners of all ages In order to implement these new learning tools school administrators and teachers alike must seek new research outlining the latest innovations in the field Educational Technology Use and Design for Improved Learning Opportunities presents broad coverage of topics pertaining to the development and use of technology both in and out of the classroom Including research on technology integration in K 12 higher education and adult learning this publication is ideal for use by school administrators academicians and upper level students seeking the most up to date tools and methodologies surrounding educational technology **Diabetes Mellitus** ,2007 This portable practical guide to diabetes mellitus covers the entire spectrum of disease management wherever health care professionals encounter the disorder including hospitals clinics and physicians offices It contains guidelines for the lifelong management of both acute and chronic complications behavioral approaches to care the latest pharmacologic therapies management plans for patients diabetes education and therapeutic lifestyle changes such as nutrition exercise and the latest information on treatment and self management The book includes sample meal plans and food exchange lists such as lean protein medium fat protein and high fat proteins all with serving portion sizes **Coaching Youth Baseball** Babe Ruth League, Inc.,2019-01-22 Congratulations on your commitment to coach youth baseball If you re new to coaching you ll find Coaching Youth Baseball invaluable in making your first season a success If you have previous coaching experience you re sure to discover tips and strategies that will help you improve on last year Coaching Youth Baseball will help you manage your team with confidence This age specific and field tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach communicate with players officials other coaches and parents teach baseball skills and strategies using a combination of more than 30 drills and 40 coaching tips minimize the risk of injury establish a safe playing environment and administer basic first aid plan and conduct efficient practices manage your team on game day and keep it all fun Written for coaches of players ages 18 and under this book is a valuable component of the Coaching Youth Baseball the Babe Ruth League Way online course the official certification course of Babe Ruth League the premier amateur baseball program in the world With this book you will create and nurture an athlete centered environment that promotes player development enjoyment motivation safety and sportsmanship an environment that inspires players to perform at their best and come out for the team year after year **American Dietetic Association Guide to Eating Right When You Have Diabetes** Maggie Powers, MS, RD, CDE,2008-04-21 The definitive guide to eating well and staying healthy with diabetes Nutrition is pivotal to diabetes care This book is a terrific tool for managing diabetes through good nutrition It s a guide you can use every day a treasure chest of advice on how to eat healthfully Richard M Bergenstal MD Executive Director International Diabetes Center Minneapolis

Minnesota From the American Dietetic Association comes this authoritative guide to choosing foods to control your blood sugar and maintain an active healthy lifestyle It provides the must know basics of daily diabetes care from designing a food plan and preventing low blood glucose levels to losing weight and carbohydrate counting so you can personalize diabetes and food decisions to fit your needs You ll see how to manage blood fat levels and blood pressure an important part of diabetes care and gain invaluable insight into making healthy food choices and planning tasty meals You ll also find tips on reducing sugar and fat in foods quick and easy meal ideas and a special section on prevention of type 2 diabetes Detailed menu plans for daily caloric levels of 1 200 1 500 1 800 2 000 and 2 500 calories Includes fast food restaurant and ethnic food guides Ratings for high low and moderate glycemic index foods

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she often squeezes the pus out of the lesions

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skin eruption typically due to a viral or some bacterial systemic disease excoriation similar to erosion but from self inflicted

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