

The Mark A. Smith ProPower Foundation

Mission Statement:

“Our mission is to empower young people to realize their dreams and goals through involvement in local athletics and Pro Power Football Camp participation. Our ultimate goal is to decrease incarceration and gang involvement while increasing high school graduation and college admissions.”



-ProPower Foundation

Mark A. Smith

Founder of ProPower Foundation
Teacher Montgomery County Schools

Tony Dorsett

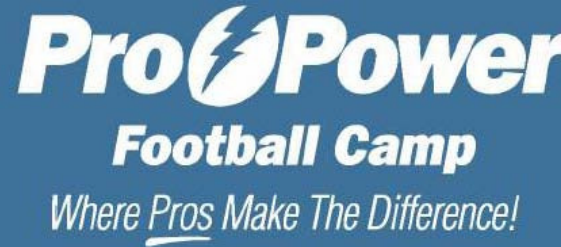
NFL Liaison
Heisman Trophy Winner 1976
Super Bowl Champion and Rookie of the Year 1977
NFC Player of the Year 1981
NFL and NCAA Hall of Fame 1994

Irene A. Brodsky, M.Ed.

Executive Director ProPower Foundation
Teacher Montgomery County Schools

Wiemi A. Douoguih, M.D.

Medical Director ProPower Foundation
Director of Sports Medicine
The Washington Hospital Center



Presented by The ProPower Foundation

Information Courtesy of:

- United States Department of Drug Control Policy
- United States Department of Agriculture

The ProPower Foundation

ProPower Health

A Guide for Athletes Made By Athletes



How To Maximize Your Athletic Performance

Presented By John DiNardo, Jr.

In Partner With

The ProPower Foundation

WHAT DOES IT MEAN TO BE A TRUE ATHLETE?

Proper Nutrition:

A well balanced athletic diet must be high in protein and carbohydrates, and should contain minimal foods that are high in sugar and fat.

Carbohydrates: Carbs are your bodies fuel source. It is important that you fuel up on carbohydrates before your athletic event, especially if your event calls for long periods of intense exercise. Foods that are high in Carbohydrates include:

- Whole grains (wheat bread and granola)
- Steamed Rice
- Pasta

Protein: Protein is essential for rebuilding muscles after a hard workout. It is important that you put protein in your body at least a 1/2 hour after you finish your workout. Foods that are high in protein include:

- *Low fat* meats, poultry, and fish.
- Peas, nuts, beans, and seeds
- McDonalds® and Burger King® are **not** good sources of Protein.

Consequences of Improper Nutrition:

- Muscle cramps and fatigue
- Dehydration (can lead to head exhaustion)
- Exhaustion which will decrease overall performance.

Proper Stretching:

Proper stretching before an event is just as important as proper stretching after an event*. Proper stretching technique includes:

- Hold each stretch for a minimum of 30 seconds and repeat at least twice
- Stretch every major muscle first, no matter the event or sport (such as quads, hamstrings, deltoids, and pectoral muscles) and then stretch the muscles that you will be using during your specific event
- Do not bounce or jump while stretching
- Remember to breath throughout the stretch
- Stretching should be pain free and relaxing

Consequences of NOT Stretching:

- Decrease in performance
- Increase in lactic acid which causes muscle pain and fatigue
- Pulled and/or torn muscles and tendons
- Rate of injury jumps severely

*Stretching after your workout will decrease lactic acid build up which is the cause of muscle pain and stiffness.

The Consequences of Performance Enhancing Drugs:

- Liver Cancer
- Heart Attack
- High Cholesterol
- Hair Loss
- Steroids can stunt bone growth in children and young adults.

The Human Growth Hormone (HGH) is an illegal substance in the United States. Not only is HGH dangerous and potentially lethal, it comes with many other consequences. All steroids are banned from sporting leagues across the United States. For example, the USOS, MLB, NCAA, NFL, and the NBA all have similar drug policies that result in heavy fines, suspensions, expulsion from the league, and criminal charges. The fact is:

**REAL ATHLETES WILL ALWAYS
SAY NO TO DRUGS!**

