

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Athlete Note

Educating and Forming Champion Athletes

MOVE! Keeping Athletes Active in a World Without Sports

These are difficult days for our world as we face the COVID-19 health crisis; In order to care for our own health and the well-being of others, we all must do our part to adhere to the [recommended social distancing guidelines](#). While schools are closed and students engage in distance learning, *Play Like a Champion* reminds everyone that including physical activity in your schedule each day is extremely important.



Daily rigorous activity is essential for your body, mind and soul. In addition to the physical health benefits of movement, a person's mental acuity gets a boost by increasing focus, concentration and attention to learning. Additionally, physical activity improves mental health, which is important to attend to during a time when it is normal to feel isolated, lonely, stressed, confused or depressed. What can you do?

You can MOVE!

Since athletes are not able to play together with class/teammates, we may need to get creative with our home-based environment. Sometimes the easiest skills can be practiced solo and with little to no equipment: stairs can be used for calf raises, sprints, or modified lunges and push-ups; a sidewalk crack can be used to jump over side-to-side for agility training; a brick wall can be used to work on throwing accuracy or for wall-sits.

Consider which of these suggested activities would be most fun for you and start moving:

- Running around the block or neighborhood (for endurance training)
- Interval training with sprints
- Jump Rope
- Ride bikes with your family
- Play catch with your family
- Hit or throw into a net
- Go for a 1 mile power walk
- Fly a kite (and run with it)
- Jumping jacks
- Push-ups
- Sit-ups
- Wall sits (4 sets for 30 seconds)
- Play wall ball
- Throw a ball or a frisbee for your pet
- Skip to the end of your street and back
- Play hopscotch (improves balance and coordination)
- Yoga or Stretching (increases body flexibility)
- Have your own personal dance party

**As many of these activities may take place outside and in public spaces, please be sure to follow the recommendations of local authorities and public health officials. While these are great ideas for the majority of people, some cities or individuals may have limitations during the COVID-19 pandemic.*

You can also use multimedia to motivate you and facilitate physical activity. Go to [YouTube](#) or [Instagram](#) and search for your favorite activity, such as:



[Beach Body Kids Workouts](#)
[Hip Hop Aerobics](#)
[Cardio Dance](#)
[Kickboxing](#)
[Yoga Home Workout](#)
[Pilates Home Workout](#)

We also recommend searching "home workouts" for your favorite sport, as many coaches have uploaded home training exercises and workout plans that may be perfect for achieving your goals.

Make a goal to move EVERY DAY for at least 30 minutes total. *Play Like a Champion's* GROW approach understands the importance of setting and tracking Goals for motivation. We have created [this worksheet that you can use to set goals and track your physical activity](#) each day of the week.

Your Mental & Spiritual Health is also Important!

While we strive to maintain our physical health in a time of social distancing and isolation, it's also critical that we recognize the impact on mental health in athletes as well as our family and friends. The *Association for Applied Sport Psychology* put out an excellent blog with [Tips for Athletes, Coaches, Parents and the Sports Community](#). We encourage you to check out their tips and information, including links to other great resources and reading on this topic.

In addition to physical and mental health, we encourage you to set a daily goal of prayer in order to bolster your spiritual health in these days of uncertainty. Great options for prayer include the [Rosary](#), reading scripture by [practicing Lectio Divina](#), or finding other spiritual reading. During this Lenten season, you can combine both movement and prayer through the sports-themed [Stations of the Cross](#) provided at the bottom of this note. There are also many places offering [Daily Mass](#) online while public masses are canceled in many places.

It is certainly tempting to use screen time as a solution to keep yourself occupied, but it can be detrimental to your mood and energy when used for a prolonged period of time. Let's all make a commitment to continue to Move, Grow and Pray "Like a Champion" Today... and Everyday.

Weekly Scripture: *Be strong and of good courage; be not frightened, neither be dismayed; for the LORD your God is with you wherever you go.* (Joshua 1:9)

Summit to Consider COVID-19 Response in Youth & High School Sports



Play Like a Champion is hosting a series of partner Summits with our national community on the topic of the COVID-19 pandemic. Our goal is bring together leaders to assess the impact of the coronavirus on our youth sports community and consider solutions. This one hour discussion will be moderated by *Play Like a Champion* Program Director Kristin Sheehan and include discussion on how partners are responding to the crisis, what needs organizations and teams have, and what ideas or best practices

may help other partners as we move forward. We invite you to join us at **12:00 pm EDT on Wednesday, April 1st** in this group discussion. We are all stronger together and your input is vital to assuring our community has the information and resources necessary as we move through this unprecedented situation. Click the link below to register!

Register for Play Like a Champion's Partner Summit on April 1st

We want to hear from you! What are you doing to communicate with athletes and how are you working to keep athletes active in lieu of organized sports? We'll collect best practices to share with others who may be considering how to respond. Send us photos and videos of your athletes MOVING!

Email us at information@playlikeachampion.org.

Sports Stations of the Cross

During Lent many of us traditionally attend Stations of the Cross. While we are not able to go to our church this year, we can still commemorate Jesus' journey to his crucifixion as a family. *Play Like a Champion* has created Athletic Reflections on the Stations of the Cross. We encourage you to pray these Stations together as a family. Your family can also engage in physical activity together with each station. [Click here to see an example of a team completing this exercise.](#) Below are some ideas on movement following each station. Theology and Physical Education teachers, you may find this tool helpful in your remote classroom: [Sport Stations of the Cross Reflections and Physical Activity](#)



- Jumping Jacks
- Wall Sit
- Sit ups
- Push ups
- Burpies
- Lunges
- Squats
- Jog in place
- Alternating High Knee Jog
- Boat hold
- Plank hold
- Double Jacks (2 bounces out/2 bounces in)
- Tuck jumps
- Mountain Climbers (high knees/arms reaching with each knee up)
- Skaters (lateral glide to each side touching floor)

**Access Resources & Learn More at
PlayLikeaChampion.org**

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