



# WEEK SEVEN: Score Sheet

Welcome to another game week! All the information needed for this score sheet can be found on the guide attached. Our [10 Week Virtual Season link](#) on our website also has all the training videos and Zoom training/competition days and times. This week we will have a normal leaderboard scoring system like the first four game weeks. The winning team will receive **custom Seattle Select Stridelines!** Good luck and let me know if you have any questions about this week's challenges.

Good luck!  
Coach Chase Young // chaseyoung206@yahoo.com // 206-930-7975 // [seattleselectbasketball.org](http://seattleselectbasketball.org)

**Due date: Sunday, June 7 @ 9 PM on the [Virtual Season Page](#)**

# 7

Name	Team Name	Grade
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<b>Mindset</b>	1. Post your score sheet to your refrigerator, mirror, or highly visible area. (1 point for completion)	Point Total
	2. Watch "Body Language Matters" speech by Geno Auriemma. (2 points for completion)	Point Total
	3. Clean your bedroom and perform 3 helpful chores each day. (1 point per day, up to 5 total)	Point Total

Mon    Tues    Wed    Thur    Fri

<b>Energy / Nutrition</b>	4. Watch and read Dr. Bethany's piece on "Immune Support." (5 points for completion)	Point Total
	5. Drink recommended ounces of water each day. (1 point per day, up to 5 total)	Point Total
	6. Add vitamins + healthy foods that boost your immune system each day. (1 point per day, up to 5 total)	Point Total
	7. Sleep 7-9 hours each night. (1 point per day, up to 5 total)	Point Total

Mon    Tues    Wed    Thur    Fri

<b>Strength &amp; Conditioning</b>	8. Watch Tim Manson's R3BAR Activity Prep Series #3 video. (5 points for completion)	Point Total
	9. Complete R3BAR Series #3 each day. (2 points per day, up to 10 total)	Point Total
	10. Run/walk 1 mile each day. (1 point per day, up to 5 total)	Point Total
	11. S&C workout of choice (min. 20 mins) each day. (2 points for completion, up to 10 total)	Point Total

Mon    Tues    Wed    Thur    Fri

<b>Basketball Skills</b>	12. Hyppa Ball Handling, 15-25 mins each day (3 points per day, up to 15 total)	Point Total			
	13. Seattle Select Shooting Footwork , 15-25 mins each day (3 points per day, up to 15 total)	Point Total			
	14. Monday, <b>June 1</b> Ball Handling Zoom Training with Coach Chase Young (5 points for completion)	Point Total			
	<table style="width:100%; border:none;"> <tr> <td style="width:33%;">3rd - 8th Grade Girls Monday, June 1 at 5 PM <b>Zoom ID:</b> 710 3594 7612 <b>Password:</b> Dribble</td> <td style="width:33%;">3rd - 6th Grade Boys Monday, June 1 at 5:30 PM <b>Zoom ID:</b> 787 8948 3287 <b>Password:</b> Dribble</td> <td style="width:33%;">7th - 11th Grade Boys Monday, June 1 at 6 PM <b>Zoom ID:</b> 756 2525 9295 <b>Password:</b> Dribble</td> </tr> </table>	3rd - 8th Grade Girls Monday, June 1 at 5 PM <b>Zoom ID:</b> 710 3594 7612 <b>Password:</b> Dribble	3rd - 6th Grade Boys Monday, June 1 at 5:30 PM <b>Zoom ID:</b> 787 8948 3287 <b>Password:</b> Dribble	7th - 11th Grade Boys Monday, June 1 at 6 PM <b>Zoom ID:</b> 756 2525 9295 <b>Password:</b> Dribble	Point Total
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15. Wednesday, <b>June 3</b> Shooter's Zoom Training with Coach Chase Young (5 points for completion)	Point Total				

Mon    Tues    Wed    Thur    Fri

16. Most valuable thing I learned this week (2 points for completion):	Point Total
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Total points earned for Week 5 (max of 100 points): \_\_\_\_\_

Parent signature: \_\_\_\_\_



# WEEK SEVEN: Score Sheet Guide

All videos referenced on this Score Sheet can be found on our [Seattle Select 10 Week Virtual Site](#). Remember, if you miss a day, you can always make it up on Saturday or Sunday.

## 1. Tape your score sheet to some place visible to you.

I suggest you tape your Score Sheet and Score Sheet Guide in a highly visible place like your refrigerator or bathroom mirror.

## 2. Watch Geno Auriemma's speech "Body Language Matters." (2:38 mins)

You can find the video on YouTube, titled "[Body Language Matters](#)."

## 3. Clean your bedroom and perform 3 helpful chores each day.

Clean your bedroom every morning. It's a great habit to form and shows gratitude. Also, choose 3 chores or ask which chores you can help the family with and complete them each day.

## 4. Watch and read Dr. Bethany's piece on "Immune Support."

You can find the article on the following page (Page 3 of this Guide) and you can watch the video on [YouTube here](#) or on our [Virtual Site](#).

## 5. Drink your recommended ounces of water each week day.

Research recommends you drink half your body weight in ounces of water each day. For example, if you weight 180 pounds, you would drink 90 oz of water each day.

## 6. Add vitamins + healthy foods that boost your immune system.

After reading Dr. B's Immune Support, implement it by adding vitamins and healthy foods to your diet each day.

## 7. Sleep 7-9 hours each week night.

Sleep 7-9 hours a day. We recommend putting phones or other devices away 30 min before bedtime.

## 8. Watch Tim Manson's Welcome Video with the R3BAR Series #3 exercise.

Watch Tim Manson's [R3BAR Series #3 workout video](#) to prep for the R3BAR workout this week.

## 9. Complete R3BAR Series #3 before your workout 5 days this week.

Do workout #3 before your activities for the day. The video shows 3 reps but you should do 6-10 of each.

## 10. Run/walk 1 mile each day.

run or walk at least 1 mile each day. Time how long it takes you to complete the mile and work to beat your time!

## 11. Strength & Conditioning YOUR CHOICE each week day.

This week, include an additional 20 minutes of a strength and/or conditioning workout to your routine. These can include: running stairs, hills, lines, go for a jog, bike, lift weights, plyometrics, agility, jump rope, line drills, wall sits, pushups. Get creative!

## 12. Hyppa Ball Handling, 15-25 mins each day

Watch this video of coach [Chris Hyppa's ball handling drills](#). Choose any or all of the drills that you want to work on. You can also opt to do your own ball handling. These are just recommended.

## 13. Seattle Select Shooting Footwork, 15-25 mins each day.

Watch this [Seattle Select Shooting Footwork video](#) and execute. You can also opt to do your own shooting drills. These are just recommendations.

## 14. Basketball Skills - Zoom Ball Handling Training with Coach Chase Young.

This week, join us for a live Zoom Training on Monday, June 1 for 5 points. You just need your phone, a ball, and 10 feet of space.

### 3rd - 8th Grade Girls

Monday, June 1 at 5 PM  
Zoom ID: 710 3594 7612  
Password: Dribble

### 3th - 6th Grade Boys

Monday, June 1 at 5:30 PM  
Zoom ID: 787 8948 3287  
Password: Dribble

### 7th - 11th Grade Boys

Monday, June 1 at 6 PM  
Zoom ID: 756 2525 9295  
Password: Dribble

## 15. Basketball Skills - Zoom Shooter's Training with Coach Chase Young.

This week, join us for a live Zoom Training on Wednesday, June 3 for 5 points. You will need your phone, a ball, and basket.

### 3rd - 8th Grade Girls

Wednesday, June 3 at 5 PM  
Zoom ID: 770 1933 2782  
Password: Shooting

### 3th - 6th Grade Boys

Wednesday, June 1 at 5:30 PM  
Zoom ID: 782 0640 0319  
Password: Shooting

### 7th - 11th Grade Boys

Wednesday, June 3 at 6 PM  
Zoom ID: 732 6751 7875  
Password: Shooting

## 16. What is the most valuable thing you learned this week?

Think about the entire week of work and write down the most valuable thing that you learned or improved on.



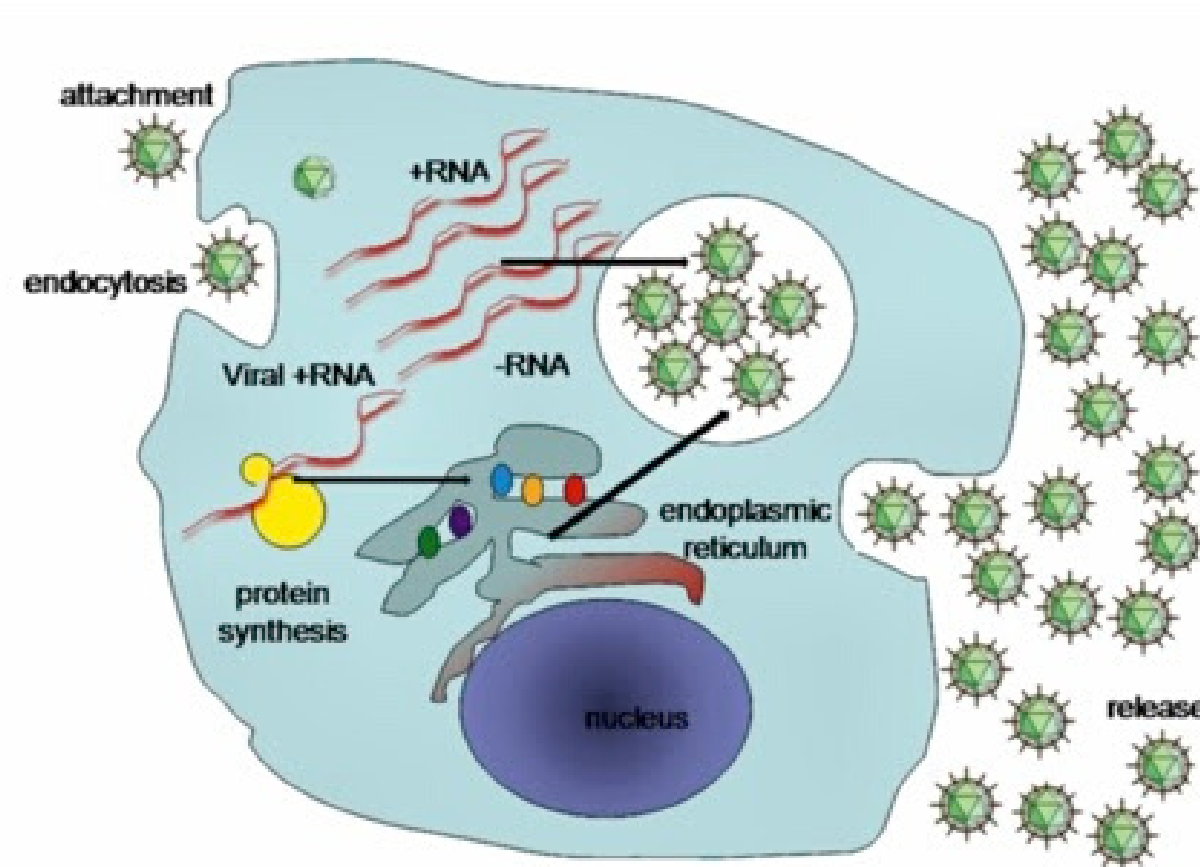
# WEEK SEVEN: Immune Support

By Dr. Bethany Tennant, ND CNS

This week it's all about the elephant in the room- virus and immune support. Your immune system is an essential component to keeping you healthy and playing at your best. It's important that it responds appropriately to foreign invaders like bacteria, parasites, mold and viruses. It's not good if it doesn't respond enough or if it responds TOO much.

Some of the ways you can support your immune system include:

1. **Sleep.** Getting 7-9 hours of sleep and a consistent sleep-wake cycle can support immune function. When you don't have enough sleep, it impairs your immune system.
2. **Exercise.** Hopefully you are staying active with other aspects of virtual training. Stay moving – and invite a sibling or parent to join you. Movement helps increase blood flow, mobilize the immune system, and it even increases something called heat shock proteins that really impact immune function.
3. **Hydration.** Making sure you get enough water will support your immune system- especially your the immunity in your lungs. Be sure to drink half your body weight in ounces and strive to get 1 cup of water down within the first hour of waking.
4. **Nutrition!** Viruses work by invading a cell, taking parts of the cell to replicate and then releasing them which increases the viral load. Various pharmaceutical drugs target each of these actions as treatment against viruses and nutrition can also work in these ways.



## How Nutrition Acts as Treatment Against Viruses - Suggestion On How You Can Incorporate this Week

- Foods that Block Viral Binding to the Cell
  - Gingerol (ginger): try ginger tea or chopped ginger root in stir fry
  - Allicin (garlic): add garlic to an omelette or pasta dish
  - Vitamin D: get sunshine (when you can!), add mushrooms to a dish, salmon and/or eggs
- Antiviral Foods (Prevents Replication)
  - Zinc: nuts, seeds, whole grains like brown rice, quinoa
  - Quercetin: apples, onions, dark berries, grapes and herbs such as dill and cilantro
  - Vitamin D: see above
  - NAC: high protein foods like lentils, chicken or beef
- Foods that Support Immune Modulating (Balancing)
  - Quercetin: see above
  - Vitamin A, C, D: citrus, peppers, strawberries, kiwi, broccoli
  - NAC: see above
  - AI Foods (anti-inflammatory): turmeric, ginger, salmon, flaxseeds, blueberries, garlic
  - Omega-3 Fats: walnuts, chia seeds, salmon, tuna

Be creative with ways you can incorporate immune boosting foods- maybe it's a vitamin C rich smoothie, or an anti-inflammatory stir fry with garlic over brown rice.

I hope this helps you all stay healthy and safe! Let me know if you have any questions or concerns.

Thank you,

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