



# WEEK NINE: Score Sheet

Finish Strong! All the information needed for this score sheet can be found on the guide attached. This is our final week of competitions and score sheets, so let's finish strong. This week is a team comp so we will average all the scores from each team. We will have prizes for the winners. I've really enjoyed this [Virtual Season](#) and seeing everyone's enthusiasm and support in making this happen. These final two weeks with restrictions lifted somewhat, please get out there and train on all the things we have been working on. Attitude of Gratitude!!!

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

Due date: Sunday, June 21 @ 9 PM on the [Virtual Season Page](#)

# 9

Name	Team Name	Grade
------	-----------	-------

<b>Mindset</b>	1. Post your score sheet to your refrigerator, mirror, or highly visible area. (1 point for completion)	Point Total
	2. Revisit your goals, directions, and intentions from Weeks 1 and 3 and assess your progress and results. (2 points for completion)	Point Total
	3. Attitude of Gratitude: Email, text, write or say thank you to someone who has helped you become a better student-athlete over the past 9 weeks. *See guide for more info. (1 point per message, 6 points total)	Point Total
	Who did you thank: _____	Point Total

<b>Energy / Nutrition</b>	4. Watch and read Dr. Bethany's Gut Check. (5 points for completion)	Point Total
	5. Complete Dr. B's challenge of 10 portions of fruits and vegetables per day. (1 point per day, up to 5 total)	Point Total
	6. Include 2 or more fibers, prebiotics, and probiotics per day. *See guide for more info. (1 point per day, up to 5 total)	Point Total
	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Mon</span> <span><input type="checkbox"/> Tues</span> <span><input type="checkbox"/> Wed</span> <span><input type="checkbox"/> Thur</span> <span><input type="checkbox"/> Fri</span> </div>	Point Total

<b>Strength &amp; Conditioning</b>	7. Watch Tim Manson's R3BAR Workout #4. (5 points for completion)	Point Total
	8. Complete R3BAR Series #4 each day. (3 points per day, up to 15 total)	Point Total
	9. S&C workout of choice (min. 20 mins) each day. (3 points for completion, up to 15 total)	Point Total
	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Mon</span> <span><input type="checkbox"/> Tues</span> <span><input type="checkbox"/> Wed</span> <span><input type="checkbox"/> Thur</span> <span><input type="checkbox"/> Fri</span> </div>	Point Total

<b>Basketball Skills</b>	10. Your choice ball handling at least 20 mins each day. (3 points per day, up to 15 total)	Point Total
	11. Your choice shooting for at least 20 mins each day. (3 points per day, up to 15 total)	Point Total
	12. Tuesday, <b>June 16</b> Ball Handling Zoom Training with Coach Chase Young @ 6PM (3 points for completion) 3rd-11th Grade Girls & Boys Ball Handling with Chase Young Tuesday, June 16 @ 6 PM <b>Zoom ID:</b> 721 5626 8542 <b>Password:</b> Dribble	Point Total
	13. Track your makes per day. (1 point per day that you log your number of makes, 5 points total)	Point Total

Monday: \_\_\_\_\_ Wednesday: \_\_\_\_\_ Friday: \_\_\_\_\_

Tuesday: \_\_\_\_\_ Thursday: \_\_\_\_\_

	14. What is the most valuable thing I learned over the past 9 weeks in this virtual season? (3 points for completion):	Point Total
--	--	-------------

Total points earned for Week 9 (max of 100 points): \_\_\_\_\_

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



# WEEK NINE: 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. Revisit your goals, directions, and intentions from Weeks 1 and 3 and assess your progress and results.

Revisit what you wrote for your vision + goals when we started this journey. How are you doing? What went well? What can you do better? Is your vision the same, or would you like to change or add to it?

## 3. Attitude of Gratitude: Email, text, write or say thank you to someone who has helped you become a better student-athlete over the past 9 weeks.

Let them know who are, how they helped you in basketball, training, knowledge, inspiration, mindset, nutrition, or just made you feel good to connect with and learn. It is fine if it's just a couple sentences. A great way to say thank you and help support these businesses is to thank them over social media and post to their account or tag them.

Here is a list of the coaches and people who have helped us.

- Tim Manson (R3BAR) tmanson00@me.com
- Chris Hyppa (Ball Handling) chrishyppa@gmail.com
- Donald Watts (Shooting) dwatts@wattsbasketball.com
- Dr. Bethany (Nutrition) dr.bethanytenant@gmail.com
- Kadee Gray (Mindset) hello@abovethegametraining.com
- Stacy Eakman (Prizes) stacy@eakmanconstruction.com

## 4. Watch and read Dr. Bethany's Gut Check.

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. Complete Dr. B's challenge of 10 portions of fruits and vegetables per day.

Dr. B says that microbiome diversity is also more beneficial to health which means you have to diversify your fruit and veggie portfolio. In one study, researchers found the greatest health benefit came from eating 10 portions of fruits and vegetables a day. How can incorporate this challenge into each meal?

## 6. Include 2 or more fibers, prebiotics, and probiotics per day.

Include 2 or more of these fibers, prebiotics, and probiotics per day.

**Fiber:** Oatmeal, walnuts, apples, chia seeds, sweet potatoes

**Prebiotics:** Asparagus, bananas, artichoke hearts, jacama, garlic

**Probiotics:** Sauerkraut, miso, kimchi, pickles, kombucha

## 7. Watch Tim Manson's Welcome Video with the R3BAR Series #4 exercise.

Watch Tim Manson's [R3BAR Series #4 workout video](#) to prep for the R3BAR workout this week.

## 8. Complete R3BAR Series #4 before your workout 5 days this week.

Do workout #4 before your activities for the day. The video shows 3 reps but you should do 6-10 of each.

## 9. 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!

## 10. Ball handling YOUR CHOICE 20 minutes each week day.

You can use any of the past Chris Hyppa ball handling drills or choose anything else you want to work on. Is there a move you want to get better at? Is there a weakness you can improve on?

## 11. Shooting YOUR CHOICE 20 minutes each day.

You can use our past shooting drills from Donald Watts, the Seattle Select footwork drills, or find your own shot selection and moves to work on.

## 12. Tuesday, June 16 Ball Handling Zoom Training with Coach Chase Young @ 6PM.

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-11th Grade Girls & Boys

Ball Handling with Chase Young

Tuesday, June 16 at 6 PM

Zoom ID: 721 5626 8542

Password: Dribble

## 13. Track your shots per day.

Use the Score Sheet to track your number of makes per day.

## 14. What is the most valuable thing you learned over the last 9 weeks?

Think about the entire Virtual Season and write down the most valuable thing that you learned or improved on.



# WEEK NINE: Gut Check

By Dr. Bethany Tennant, ND CNS

Congrats on getting through this virtual season! The last aspect of Natural Sports Medicine I want to share with you is GutCheck!

This week I hope you understand that your gastrointestinal (GI) tract is not just about digestion. Have you ever had a “gut feeling”? Or “trusted your gut” or felt a “gut instinct”? Those terms refer to a feeling you might have and it’s because there are so many NERVES in your gut.

## Did you know that it is considered the second brain?

There is a highway of communication that also exists along the Vagus Nerve that allows information from your brain to get to your gut and from your gut to your brain.

Sometimes this is called the “gut-brain axis”- and it can influence mood, motivation, brain function and immune function. (70% of your immune system is found there!) It’s amazing to learn how interconnected our bodies are.

The microbiome of the gut is the collection of bacteria (viruses and fungi) in your large intestines which impacts metabolism, mood (neurotransmitters), cardiovascular health, immune function and brain/cognitive function. Some refer to the microbiome as a separate organ because of how much it influences the body.

There are good bacteria and bad bacteria that both share that space... and the one you feed will grow. The good bacteria produces short chain fatty acids, enzymes and vitamins, and can help protect against intestinal infection. Here are a few ways you can optimize your gut health for performance!

## Fiber

- Oatmeal
- Walnuts
- Apples
- Chia Seeds
- Sweet Potatoes

## Prebiotics

- Asparagus
- Bananas
- Artichoke Hearts
- Jicama
- Garlic

## Probiotics

- Sauerkraut
- Miso
- Kimchi
- Pickles
- Kombucha

Having more microbiome diversity is also more beneficial to health which means you have to diversify your fruit and veggie portfolio. In one study, researchers found the greatest health benefit came from eating 10 portions of fruits and vegetables a day. Though not fully understood, research has connected the gut microbiome to use energy from the diet. By taking care of your gut you can significantly improve overall health and performance!

Thank you,

Dr. Bethany Tennant, ND CNS  
Naturopathic Physician / Certified Nutrition Specialist  
dr.bethanytennant@gmail.com  
drbethanytennant.com

