

“Together We Can!”

Midlothian ISD Athletic Department

January 13, 2011

From the desk of the AD, Steve Keasler

Happy New Year!

As we close out 2010, a year that has seemed to fly by and begin 2011, I want to wish each of you the very best. May this upcoming year bring happiness, health and lots of Panther Wins! Your continued support of our athletic program and student-athletes is a true blessing and has me fired up for 2011 and beyond.

Sports, Sports, and More Sports!

Basketball continues district play with the boys and girls playing together at the same locations for the next month. We will have several special little guests over the next couple of weeks joining our teams on the bench – all of them are part of the Junior Panther Club and we are very excited to have them “Grow up with the Panthers!”

Wrestling is also in the full swing of things and I am so proud of our student-athletes and the commitment they showed with numerous workouts over the holiday break. They will host their final home meet on January 26th in the MHS Blue Gym at 6:00 pm.

If you have driven by our stadium lately, you may have noticed something a little different; our goal posts have been taken down and replaced with soccer nets which means... Boys and Girls Soccer has kicked off! We look forward to another exciting year of Panther Soccer and I encourage you to brave the colder weather to come out and support them as they work towards winning their first district title in Class 5A.

MHS Tennis will get their spring season underway on January 28th and I look forward to watching them pickup where they left off last fall. I would like to congratulate Head Girls' Coach, Greg Owen, and his wife on the recent birth of their first child!

The MHS Powerlifting Teams are full of energy and enthusiasm! I have been in several practices and am very impressed with the number of student-athletes we have participating as well as their willingness to learn new things. The Panthers will host the Midlothian Invitational on January 29th at Walnut Grove Middle School.



MHS Panther Football

Coach Lee Wiginton was honored at the Cowboys-Redskins game on December 19th. He was selected as the U.S. Army - Dallas Cowboys Coach of the Week for the Panthers performance during week seven of the regular season.



Track practice is off and running and as with many of our other sports, the participation numbers have grown from last year and both Coach Gann and Coach Broom are very excited about having the opportunity to compete at such a high level.

Softball and Baseball will begin their try-outs and practice towards the end of January and I cannot thank Ronnie Joe Clanton enough for the hours he has put in to making our fields the best in the district.

I look forward to seeing each of you out and about in 2011.

Go Panthers, Cubs and Wildcats!

Steve Keasler
MISD Director of Athletics



Fun Facts in Athletics

Sports Nutrition

FLUIDS

A major key to successful workouts is staying well hydrated before, during and after your workouts. Long workouts, excessive heat and humidity and fluid losses through sweat can significantly affect your ability to exercise and compete.

Hydration Tips:

- Drink one to two glasses of water when you get up in the morning.
- Keep a water bottle with you throughout the day.
- Drink 17-20 fluid oz. water or sports drink 2-3 hours before exercise.
- Drink 7-10 fluid oz. 10-20 minutes before exercise.
- Drink 7-10 fluid oz. every 10-20 minutes during exercise
- Replenish lost fluids after workouts (21/2 cups for every pound lost).
- Water is fine for lower intensity exercise lasting 45 minutes or less. Sports drinks are a better option for higher intensity exercise lasting 45 minutes or more.

FUEL YOURSELF REGULARLY

Eat three to six (or more) meals or snacks each day. EAT BREAKFAST! Eating breakfast helps you fuel up your muscles and get your body ready for a busy active day. Don't forget lunch. Fueling up early in the day means you'll be ready for your afternoon or evening workout instead of running on fumes. Refuel after your workouts. Try carbohydrate rich foods and fluids for your evening meal like potatoes, vegetables, pastas and fruit/fruit juices. Eating carbohydrates after hard exercise keeps you from feeling chronically fatigued and gets you ready for exercise and activity the next day.

CARBOHYDRATES

- Carbohydrates are the preferred fuel of the muscles.
- Athletes performing moderate intensity exercise should try to consume 5-7g of carbohydrate per kg body weight or 2.3-3.2g/lb. per day.
- Athletes in high intensity endurance exercise should eat 7-12g carbs per kg or 3.2-5.5g/lb/body weight
- Get a variety of carbohydrates at each meal or snack.

WHAT ABOUT PROTEIN?

Protein helps your active muscles stay strong and healthy. Choose lean protein to repair tissues and build muscle. A good goal is 3 servings of dairy products daily (1 cup of yogurt or milk, 1 oz of cheese, 1 cup frozen yogurt), AND at least one good meat or high quality vegetarian protein source (3 oz. turkey, a chicken breast, hamburger, bean burrito, hummus or pita). An easy calculation for athletes is 0.5 – 0.8 grams/pound or 1.2 –1.7 g kg of body weight.

FAT

Your body needs healthy fats to function properly. Athletes can accomplish this by incorporating nuts, olive oil, avocados, flax seed and fish (such as salmon and tuna) into their diet. Moderation is the key here. Fat is a good energy source, carries fat soluble vitamins (A, D, E, K) to tissues and adds flavor and texture to foods. Generally, if you are eating a balanced diet with a variety of different foods your fat intake will be just about right. Don't stress about counting fat grams, choose healthy low-fat choices most of the time.

PRE-EXERCISE EXERCISE GUIDELINES

The goal of eating prior to exercise is to ensure adequate energy for the body during workouts and to avoid stomach upset. Keep the following in mind:

- Carbohydrates are the best choice.
- Eat a small meal or snack two hours before exercise to allow for digestion.
- Avoid foods high in fat, protein, and fiber which take longer to digest.
- Drink plenty of liquids for pre-exercise hydration.
- Eat foods that you know won't bother your stomach.

POST-EXERCISE EATING GUIDELINES

- Focus on carbohydrate-rich foods to replenish glycogen stores.
- Eat carbohydrate-rich foods/fluids within one to two hours after hard exercise.
- 6-20 gm protein after two hours post-exercise should be enough to start repairing damage to muscle tissue.
- Try full strength juices instead of a sports drink. Juices contain more carbohydrate, potassium and nutrients than the more dilute sports drinks.
- Eat at least 50-100 grams of carbohydrate (200-400 calories) within two hours of a hard workout. Examples: 16 oz. fruit juice, a banana with 4 graham crackers, 1 1/2 cups pasta with tomato sauce or a cup of yogurt with cereal and fruit.
- Drink plenty of fluids!

Information provided by University of Illinois: www.mckinley.illinois.edu/handouts/pdfs/sports_nutrition.pdf

January Birthdays

- Reid Craft – January 3rd
- Dietrich Blakes – January 10th
- Chris King – January 13th
- Danny Harrison – January 16th
- Ryan Rodgers – January 20th

Happy Birthday to our Coaches!

MIDLOTHIAN ATHLETIC DEPARTMENT

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Junior Panther Club

Growing Up Blue and White

Open to all kids 6th grade and younger

\$2 admission for **MHS HOME** Volleyball, Sub-Varsity Football, Basketball, Wrestling, Soccer, Softball & Baseball

Junior Panther Club T-Shirt & Membership Card

Periodic Members only e-Newsletters

Opportunities to meet Panther Coaches and Athletes

Chances to participate in fun events exclusive to Junior Panther Members ex. Ball boy or Ball girl, Run the Bases with the Panthers, Honorary Football Captain and much more

A birthday card from the Panther Coaches!

Visit our website to learn more:
www.midlothian-isd.net/athletics

Junior Panther Members: Cade, Jeremiah and Marco had the opportunity to meet the Panther Basketball Team and Coaches when the Panthers took on Cedar Hill!



Athletes of the Month

Midlothian High School

Hannah Miller is a senior at Midlothian High School. She is a four-year varsity athlete for the Lady Panthers and has been a key player and asset for the Midlothian Basketball program this year. As a senior leader, her continuous enthusiasm for both life and basketball has been contagious to her teammates. Hannah possesses a remarkable sense of self-discipline and work ethic as she works daily to make herself and her teammates better. Head Coach, Brooke Walthall, describes Hannah on the court as, "a spark of energy; she is continuing to grow as a scorer."



Senior Blaine Blackburn is a three-year letterman on the basketball team. He has been a starter for the Panthers the last two years. During his junior season, he was selected first-team All-District while leading the Panthers to the Regional

Quarterfinals. This year, Blaine tied a school record in the Panthers first district game against South Grand Prairie with seven three pointers made in a game. Head Coach, Glenn Hartson, says, "He is not only a leader on the hardwood, but he excels in the classroom as well taking multiple AP classes and is currently ranked in the Top 10% of his class. Blaine is a big asset to the basketball and baseball programs here at MHS."

Frank Seale Middle School

Hannah Roark is a 7th grader at FSMS. She is competing in volleyball, cross country and basketball for the Lady Cubs. Hannah is an extremely hard worker with a great attitude. Girls Coordinator, Sandy Fish, says, "She does everything asked of her and goes above and beyond to push herself to be a better athlete."



Hannah is in all Pre-AP classes, on the A-Honor Roll, and participates in both band and the Myln1 Otions anti-bullying club on campus. Frank Seale is so proud of Hannah!

Jayceek Jackson is an 8th grader at Frank Seale Middle School. He played on the "A" football for the Cubs this year. Boys Coordinator, Brian Garrison, says Jayceek, "Works hard daily in every sport

he is involved in, he is diligent in the classroom, his behavior is top notch, and he is a role model for his peers." Jayceek is what Midlothian athletics is all about!

Walnut Grove Middle School

Harley Floyd is an 8th grader at Walnut Grove Middle School. She plays volleyball and basketball for the Lady Cats; she is also a member of the NJHS at Walnut Grove. Harley is a very dedicated and hard working athlete. She believes in giving 110% in everything she does. Girls Coordinator, Audrie Bowers, recalls a time when, "In one of our basketball games, Harley ran right out of her basketball high top and kept right on playing without it. There is never a dull moment with Harley! She is very funny and a team player." Thanks for giving it your all Harley!

Grant Upchurch is a 7th grader at Walnut Grove Middle School. He has shown tremendous ability and work effort during the basketball season, and has helped lead the Wildcats to a 5-3 record overall and a 3-2 record in district play. Coach Panny Harrison, says, "Grant is a leader on the court, and plays point guard for the Wildcats." He is averaging 10 points, 6 assists and 8 rebounds a game. He had a season high 20 points in a win over Mansfield Howard. Grant was also very vital in the Wildcats 3rd place finish in the Kennedale Tournament.



January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy New Year!
2	3 MHS Boys & Girls Freshman Basketball @ Duncanville - 6:00 pm	4 MHS Boys & Girls JV/Varsity Basketball vs. Duncanville @ 6:00 pm FSMS 7 th Boys Basketball @ Coleman - 5:45 pm FSMS 7 th Girls Basketball @ Coleman @ 5:30 pm WGMS 8 th Boys Basketball vs. Howard @ 5:00 pm WGMS 7 th Girls Basketball @ Howard - 5:30 pm	5 MHS Wrestling @ Richardson Berkner - 6:00 pm	6 FSMS 8 th Boys Basketball vs. Coleman @ 5:30 pm FSMS 8 th Girls Basketball @ Coleman - 5:30 pm WGMS 8 th Boys Basketball @ Howard - 5:30 pm WGMS 8 th Girls Basketball vs. Howard @ 5:30 pm	7 MHS Girls/Boys JV & Varsity Basketball @ Mansfield Legacy - 6:00 pm MHS Girls/Boys Freshman Basketball vs. Mansfield Legacy @ 6:00 pm FSMS & WGMS 7 th 8 th Boys "B" Tournament @ Frank Seale (Jan. 7-8)	8 FSMS & WGMS 7 th 8 th Boys "B" Tournament @ Frank Seale (Jan. 7-8)
9	10 MHS Boys & Girls Freshman Basketball @ Cedar Hill - 6:00 pm	11 MHS Boys & Girls JV/Varsity Basketball vs. Cedar Hill @ 6:00 pm	12	13 MHS Varsity Girls & Boys Soccer @ Frisco Tournament (Jan. 13-15) MHS Girls & JV Boys Powerlifting Tri-Meet @ Michigan	14 MHS Varsity Girls & Boys Soccer @ Frisco Tournament (Jan. 13-15) MHS Girls/Boys JV & Varsity Basketball @ Grand Prairie - 6:00 pm MHS Girls/Boys Freshman Basketball vs. Grand Prairie @ 6:00 pm FSMS & WGMS 8 th Boys Tournament @ Kennedale (Jan. 14-15)	15 MHS Varsity Girls & Boys Soccer @ Frisco Tournament (Jan. 13-15) MHS Wrestling @ Eules Trinity Tournament - 9:00 am FSMS & WGMS 8 th Boys Tournament @ Kennedale (Jan. 14-15)
16	17 MHS Girls JV & Varsity Soccer vs. McKinney Boyd @ MISD Stadium - 4:00 pm	18 MHS Girls/Boys JV & Varsity Basketball @ Mansfield Timberview - 6:00 pm MHS Girls/Boys Freshman Basketball vs. Mansfield Timberview @ 6:00 pm MHS Boys JV & Varsity Soccer vs. Sachse @ 5:00 pm - MISD Stadium - 5:30 pm FSMS 7 th Girls Basketball @ Coble - 5:30 pm WGMS 7 th Boys Basketball @ Jones - 5:30 pm WGMS 7 th Girls Basketball vs. Jones - 5:30 pm	19	20 MHS Varsity Girls & Boys Soccer @ Duncanville Tournament (Jan. 20-22) FSMS 8 th Boys Basketball @ Coble - 5:30 pm FSMS 8 th Girls Basketball vs. Coble @ 5:30 pm WGMS 8 th Boys Basketball vs. Jones @ 5:30 pm WGMS 8 th Girls Basketball @ Jones - 5:30 pm	21 MHS Varsity Girls & Boys Soccer @ Duncanville Tournament (Jan. 20-22) MHS Girls/Boys JV & Varsity Basketball vs. Mansfield High - 6:00 pm MHS Girls/Boys Freshman Basketball @ Mansfield High - 6:00 pm MHS JV Wrestling @ Frisco Centennial Tournament (Jan. 22-23) FSMS & WGMS 7 th 8 th Boys "A" Tournament @ Walnut Grove (Jan. 21-22)	22 MHS Varsity Wrestling @ Frisco Centennial Tournament MHS Varsity Boys & Girls Powerlifting @ Kennedale Championships MHS Varsity Girls & Boys Soccer @ Duncanville Tournament (Jan. 20-22) FSMS & WGMS 7 th 8 th Boys "A" Tournament @ Walnut Grove (Jan. 21-22)
23	24 MHS Boys & Girls Freshman Basketball @ South Grand Prairie - 6:00 pm MHS Boys JV & Varsity Soccer vs. Trimble Tech @ 6:00 pm - MISD Stadium / MHS Turf Field FSMS 7 th Boys Basketball @ Jobs - 5:30 pm FSMS 7 th Girls Basketball vs. Jobs @ 5:30 pm WGMS 7 th Boys Basketball vs. Coleman @ 5:30 pm WGMS 7 th Girls Basketball @ Coleman - 5:30 pm	25 MHS Girls/Boys JV & Varsity Basketball vs. South Grand Prairie @ 6:00 pm MHS Girls JV & Varsity Soccer @ Weatherford - 5:30 pm FSMS & WGMS Tennis @ Ermiss - 4:00 pm	26 MHS Wrestling vs. Irving & Hilton @ 6:00 pm - MHS Blue Gym	27 MHS JV Girls & Boys Soccer @ Cement Capital Classic (Jan. 27-29) MHS JV Girls & Boys Powerlifting @ Red Oak Tri-Meet FSMS 8 th Boys Basketball vs. Jobs @ 5:30 pm FSMS 8 th Girls Basketball @ Jobs - 5:30 pm WGMS 8 th Boys Basketball @ Coleman - 5:30 pm WGMS 8 th Girls Basketball vs. Coleman @ 5:30 pm	28 MHS Girls/Boys JV & Varsity Basketball @ Duncanville - 6:00 pm MHS Girls/Boys Freshman Basketball vs. Duncanville @ 6:00 pm MHS Varsity Tennis @ Ennis Frostbite - 8:00 am MHS JV Girls & Boys Soccer @ Cement Capital Classic (Jan. 27-29)	29 MHS Varsity Boys & Girls Powerlifting Hosts Midtown Invitational @ WGNIS MHS JV Girls & Boys Soccer @ Cement Capital Classic (Jan. 27-29)
30	31 MHS Boys & Girls Freshman Basketball @ Mansfield Legacy - 6:00 pm FSMS 7 th Boys Basketball vs. Worley @ 5:30 pm FSMS 7 th Girls Basketball @ Worley - 5:30 pm WGMS 7 th Boys Basketball @ Coble - 5:30 pm WGMS 7 th Girls Basketball vs. Coble @ 5:30 pm					