

**January 5, 2020**

# Sun Prairie Boys Basketball Update

## A Message from the Coach:

I hope you have had an enjoyable holiday and a great beginning to a New Year. We had a couple of nice wins over Milwaukee Bay View and Verona. We continue conference play this week with Madison LaFollette on Tuesday and we travel to Madison East on Friday. It should be a very exciting week of high school basketball. Both of our opponents have demonstrated that they have very competitive teams. I am excited to watch our team continue to grow and compete at a high level. Go Cards!!!

Thanks for your time and your continued support.

Coach Boos

## Important Dates:

**January 7th**  
vs. Mad. LaFollette

**January 10th**  
@ Mad. East

**January 16th**  
vs. Middleton  
Teacher  
Appreciation Night

**January 18th @**  
The LaCrosse  
Center vs. Onalaska  
5:10

**January 20th**  
Sunshine Supper  
4:45PM

**Practice Schedule 1/6 - 1/11**

<b>Team</b>	<b>Varsity</b>	<b>JV</b>	<b>Freshman</b>
<b>Mon</b>	<b>Practice 5:00-7:00PM Film Breakdown 4:40 pm</b>	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50  Practice 4:00-6:00 pm @CHUMS
<b>Tues</b>	<b>Game vs. Mad. LaFollette 7:15PM</b>	Game vs. Mad. LaFollette 5:45PM	Game Vs. Mad. LaFollette Red: 5:30 White: 7:00
<b>Wed</b>	<b>Practice 5:30-7:30PM</b>	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50  Practice 4:00-6:00 pm @CHUMS
<b>Thurs</b>	<b>Practice 3:30-5:30PM</b>	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50  Practice 4:00-6:00 pm @CHUMS
<b>Fri</b>	<b>Game @ Mad. East 7:15PM  Bus departs 4:45PM</b>	Game @ Mad. East 5:45PM  Bus departs 4:45PM	Study Table/Weights 3:10-3:50  Practice 4:00-6:00 pm @CHUMS
<b>Sat</b>	<b>Practice 8:00-10:00AM  VR Game @ Janesville Craig 10AM and 11:30AM  Bus Departs 8:30AM</b>	Practice 8:00-10:00AM	Game @ Mad. East White: 10:00 Red: 11:30

## A Guide to Eating for Sports

Reviewed by: [Sarah R. Gibson, MD](#)

### Eat Extra for Excellence

There's a lot more to eating for sports than chowing down on carbs or chugging sports drinks. The good news is that eating to reach your peak performance level likely doesn't require a special diet or supplements. It's all about working the right foods into your fitness plan in the right amounts.

Teen athletes have unique nutrition needs. Because athletes work out more than their less-active peers, they generally need extra calories to fuel both their sports performance *and* their growth. Depending on how active they are, teen athletes may need anywhere from 2,000 to 5,000 total calories per day to meet their energy needs.

So what happens if teen athletes don't eat enough? Their bodies are less likely to achieve peak performance and may even break down rather than build up muscles. Athletes who don't take in enough calories every day won't be as fast and as strong as they could be and may not be able to maintain their weight. And extreme calorie restriction can lead to growth problems and other serious health risks for both girls and guys, including increased risk for fractures and other injuries.

### Game-Day Eats

Your performance on game day will depend on the foods you've eaten over the past several days and weeks. But you can boost your performance even more by paying attention to the food you eat on game day. Strive for a game-day diet rich in carbohydrates, moderate in protein, and low in fat.

Here are some guidelines on what to eat and when:

- **Eat a meal 2 to 4 hours before the game or event:** Choose a protein and carbohydrate meal (like a turkey or chicken sandwich, cereal and milk, chicken noodle soup and yogurt, or pasta with tomato sauce).
- **Eat a snack less than 2 hours before the game:** If you haven't had time to have a pre-game meal, be sure to have a light snack such as low-fiber fruits or vegetables (like plums, melons, cherries, carrots),

crackers, a bagel, or low-fat yogurt.

Consider not eating anything for the hour before you compete or have practice because digestion requires energy — energy that you want to use to win. Also, eating too soon before any kind of activity can leave food in the stomach, making you feel full, bloated, crampy, and sick.

Everyone is different, so get to know what works best for you. You may want to experiment with meal timing and how much to eat on practice days so that you're better prepared for game day.

Click [here](#) for full article

## Contact Information

### Varsity

Jeff Boos (Head Coach)	<a href="mailto:jboos@sunprairieschools.org">jboos@sunprairieschools.org</a>
Michael Boos (Assistant Coach)	<a href="mailto:Mboos@toptierbasketball.com">Mboos@toptierbasketball.com</a>
Michael Riley (Assistant Coach)	<a href="mailto:mariley@sunprairieschools.org">mariley@sunprairieschools.org</a>
Nick Fuller (Assistant Coach)	<a href="mailto:nickfuller23@gmail.com">nickfuller23@gmail.com</a>

### Junior Varsity

Steve Maselter (Head Coach)	<a href="mailto:sjmasel@sunprairieschools.org">sjmasel@sunprairieschools.org</a>
Charlie Venne (Assistant Coach)	<a href="mailto:venne_3@yahoo.com">venne_3@yahoo.com</a>

### Freshman

Jay Fish (Head Coach)	<a href="mailto:fishjay2010@gmail.com">fishjay2010@gmail.com</a>
Jack Presswood (Head Coach)	<a href="mailto:jspress@sunprairieschools.org">jspress@sunprairieschools.org</a>
Leonard Webster (Assistant Coach)	<a href="mailto:Lwebster12@gmail.com">Lwebster12@gmail.com</a>

### Trainer

Ben Becker	<a href="mailto:bfbecke@sunprairieschools.org">bfbecke@sunprairieschools.org</a>
------------	--

