Recipe for an elite college athlete

* Wake Up
  + Cherish your morning & develop a routine
  + Find a ritual that will motivate you
  + Have a healthy & balanced breakfast with one glass of water
  + <http://morning-routine.com>
    - “When you start every day with healthy habits and focussing on what is important for you in your life you consciously and subconsciously take actions towards the life you want.”
    - “The 10 first minutes after you wake up are the most influential time on your subconscious mind and therefore perfect timing for a powerful routine.”
* Diet
  + Eat 3 balanced meals supplemented by snacks
  + Carbohydrate, protein, vegetables
  + Eat on a schedule, not when you’re hungry
  + (reference Nutrition Playbook)
* Hydration
  + Avoid sugary sports drinks
    - Cut up fruit and place in the water to help flavor it.
  + Use refillable water bottles to measure daily water intake.
    - Have the athlete carry a water bottle to school and to practice.
  + 2-3 GGB’s for women; 4-5 for men
  + <http://breakingmuscle.com/health-medicine/the-importance-of-hydration-for-youth-athletes>
    - While water contains zero calories, it is considered a nutrient, comprising 55-70% of our body’s composition.
    - water is also essential for all major bodily functions, to include:
    - Contrary to popular belief, simply drinking water when you are thirsty is not good advice when it comes to properly hydrating the body.
      * Before Exercise: 16-20 ounces within the two-hour period prior to exercise.
      * During Exercise: 4-8 ounces every 15-20 minutes during exercise.
      * Post Exercise: Replace 24 ounces for every one pound of body weight lost during exercise.
* Recovery
  + Rest Day’s are just as important as workout days!
  + Stretch & drink plenty of fluids
* Academics
  + Don’t fall behind
  + Talk to your professors
  + Plan ahead
  + Organize yourself with a calendar
* Sleep
  + Get plenty of it
  + Ideal is 7-9 hours
  + <https://www.t-nation.com/living/4-sleep-strategies-for-athletes>
    - Athletes who sleep less than 8 hours a night have 1.7 times greater risk of getting injured.
    - To reduce nighttime anxiety, spend a minute planning out the next day. List the top three things you need to get done.
    - Have a high-fat, pre-bed protein snack to avoid blood sugar crashes that will wake you up.

Plugins:

* Slider
* Quiz (iFrame is last resort, try to do a div)
  + function setUpSlider(){
    - addQuiz();

}

* + function addQuiz(){
    - add Scroll();

}

* + function AddScroller(){
    - alert(“done”):

}

* Feature
* Tiny scroll plugin