



# KENT DENVER SCHOOL

## KDS Athletics Off the Field, Court, Ice, and Pool

### COACH SPOTLIGHT

Meet Coach Ann Kennedy

[Link here](#)

### DEI WORK

The Athletic Department will continue to work through Marc Brackett's courses

[Link here](#)

### WELLNESS

Athletic Trainer Jack Pearman talks about how to avoid injury during this down time in athletics:

[Link here](#)

Emily Hin - Kent Denver's yoga teacher has put together a mindfulness video

Use this video to take a break and breathe!

[Link here](#)

### SUN DEVILS OF THE WEEK

Congratulations to Dylan Agron, Elizabeth Barker, Sally Carrington, Jane Johnson, Bricin Mahoney, and Claire Murphy!

[Link here](#)

### **Coaches' Breakfast Meeting - January 5th 8:00am**

**Topic:** How do we plan to help support our students during all of the changes in school and afternoon programs? What ways can our department support your work?

**Zoom link:** <https://kentdenver.zoom.us/j/91749741823>

### **UPDATED Athletics' Calendar January-June**

Link for schedule : [click here](#)

### **Wise words from Coach Chris DeAntoni**

There are two critical components to getting back in shape: diet and exercise. Most successful diets have one thing in common. Paleo, Keto, South Beach, and Mediterranean all include getting rid of the obvious refined sugar and starches. If you can do that, all else will generally take care of itself. Try doing that for one week, and see the improvement start.

The most important aspect of exercise is sustainability. Some people prefer a predictable and methodical routine. For these people, running three miles, doing 100 kettlebell swings or 20 minutes of yoga every day might be a great option. Those who thrive in variety often enjoy participating in CrossFit classes. While CrossFit is not for *everyone*, it is for *anyone*, not matter the age or level of fitness. CrossFit has excellent prescription for fitness in 100 words:

- Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat.
- Practice and train major lifts: Deadlift, clean, squat, presses, clean and jerk, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits and holds.
- Bike, run, swim, row, etc, hard and fast.
- Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports.

And lastly, remember that however long it took to get into your current condition, it will take that time to get back into shape. Be patient.