Varsity Sports Article Reflection Topics

1. Strength Training in Season
2. Successful Programs
3. Weight Management Techniques
4. Positive Leadership Characteristics
5. Injury Prevention/Rehabilitation
6. Equipment Quality and Performance Results
7. Proper Failure / Loss Strategies
8. Nutrition/Hydration
9. Mental Preparation for Contests
10. Effect of Sleep on Performance
11. Training Opportunities in the Off Season
12. Final Exam Reflection

Weekly Research Expectations: Each week we will focus on a new Topic. For each Topic, each individual student must research 3 *quality* articles and write a ½ page reflection about each article. All 3 Reflections are due on the final day of the week. Be sure to Cite the source of each article.