

BULLDOG SPORTS AND FITNESS

Newsletter

September 2010

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CHECK OUT OUR EVENTS CALENDAR!
<http://bulldogsportsandfitness.com>



Bulldog Sports and Fitness
at
The Boys and Girls Club



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Healthy Recipe



Bulldog Sports and Fitness is embarking upon a major health, fitness and positive coaching project this fall 2010! After completing a successful pilot project this summer Bulldog has committed to helping the youth of the peninsula at the Boys and Girls Club at three locations: Redwood City, East Palo Alto, and East Menlo Park. On Mondays, Wednesdays and Fridays we will be implementing sports and fitness. We want these kids to stay fit, healthy and learn to love physical activity. On Tuesday and Thursdays we will be implementing the Academic Gameplan. This program is to help student athletes succeed in the "game" of school. "I am so excited to finally, after 10 years of waiting, be able to implement ACADEMIC GAMEPLAN

(<http://www.academicgameplan.com/>) to our services.

BE APART OF THE DIFFERENCE, COME COACH, MENTOR and TEACH THE AT "RISK"



Beer-Battered Fish Tacos with Tomato & Avocado Salsa

Lovers of fried fish get the taste without all the calories, and the salsa adds a fresh, clean note. To complete the Baja theme, serve with black beans, some diced mango and a bit of light sour cream.

2 servings
Active Time: 30 minutes
Total Time: 30 minutes

Ingredients

- Tomato & Avocado Salsa, (recipe follows) or store-bought fresh salsa
- 3 tablespoons all-purpose flour
- 1/8 teaspoon ground cumin
- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper, or to taste
- 1/3 cup beer
- 8 ounces tilapia fillet, cut crosswise into 1-inch wide strips
- 2 teaspoons canola oil
- 4 corn tortillas, warmed

This recipe calls for: [Tomato & Avocado Salsa](#)

About 1 1/2 cups
Active Time: 10 minutes
Total Time: 10 minutes

Ingredients

- 1 large tomato, diced
- 1/4 cup diced red onion
- 1/2 jalapeno, minced
- 2-3 tablespoons lime juice
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 1/2 avocado, diced
- 1/4 cup chopped fresh cilantro, Pinch of cayenne, if desired

YOUTH IN YOUR COMMUNITY!!

BULLDOG WELCOMES OUR NEW COACHES!!



Alex, UC Berkley



Albert, USA Pro Rugby



Mike, U of Oregon

Preparation

Combine tomato, onion, jalapeno, lime juice to taste, salt and pepper in a medium bowl. Stir in avocado and cilantro. Add cayenne (if using).

Nutrition

Per tablespoon: 9 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 1 g carbohydrates; 0 g protein; 0 g fiber; 13 mg sodium; 44 mg potassium.

Exchanges: Free Food

Preparation

1. Prepare Tomato & Avocado Salsa, if using.
2. Combine flour, cumin, salt and cayenne in a medium bowl. Whisk in beer to create a batter.
3. Coat tilapia pieces in the batter. Heat oil in a large nonstick skillet over medium-high heat. Letting excess batter drip back into the bowl, add the fish to the pan; cook until crispy and golden, 2 to 4 minutes per side. Serve the fish with tortillas and salsa.

Nutrition

Per serving: 409 calories; 16 g fat (2 g sat, 9 g mono); 57 mg cholesterol; 40 g carbohydrates; 29 g protein; 8 g fiber; 408 mg sodium; 972 mg potassium.

Nutrition Bonus: Vitamin C (40% daily value), Potassium (27% dv), Magnesium (25% dv), Folate (23% dv), Vitamin A (20% dv).

2 Carbohydrate Serving

Exchanges: 2 starch, 2 vegetable, 3 very lean meat, 2 fat

<http://www.foodnetwork.com/recipes/eating-well/beer-battered-fish-tacos-with-tomato-amp-avocado-salsa-recipe/index.html>

[B Academic Gameplan](#)



Bulldog Sports and Fitness presents
Academic Gameplan to the Boys and



Marque, U of Nebraska

Our Fall Schedule

Bulldog Sports and Fitness Classes for Fall!!
Keep your kids active by signing them up
for one, two, or all of our classes!!

SUNDAY

9:00-11:00 Flag Football league

MONDAY

4:30-5:15 Menlo Children Center
Co-ed Fitness Training and Sports Class

TUESDAY

3:30-4:30
Las Lomitas Flag Football

WEDNESDAY

3:30-4:30
Hollbrook Palmer Park Flag Football

Child Obesity

National Center for Chronic Disease Prevention and Health Promotion states, "Childhood obesity has more than tripled in the past 30 years. The prevalence of obesity among children aged 6 to 11 years increased from 6.5% in 1980 to 19.6% in 2008. The prevalence of obesity among adolescents aged 12 to 19 years increased from 5.0% to 18.1%."

Risks are cardiovascular disease, such as high cholesterol or high blood pressure.

Greater risk of bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem

The Mayo Clinic Staff tells us that, "One of the best strategies to reduce childhood obesity is to improve the diet and exercise habits of your entire family. Treating and preventing

Girls Club. Academic Game-plan is a comprehensive study skills program that teaches students the rules, fundamentals, and techniques of how to Win at the Game of School, but ultimately makes them competitive through the development of life skills.

[Click here for more info!](#)

childhood obesity helps protect the health of your child now and in the future."



The Benefits of Strength Training

1. Weight training tones your muscles which looks great and raises your basal metabolism...which causes you to burn more calories 24 hours a day. You'll even burn more calories while you're sleeping.
2. Weight training can reverse the natural decline in your metabolism which begins around age 30.
3. Weight training energizes you.
4. Weight training has a positive effect on almost all of your 65-plus muscles.
5. Weight training strengthens your bones reducing your risk of developing osteoporosis.
6. Weight training improves your muscular endurance.
7. Weight training improves your posture.
8. Weight training makes you strong. Strength gives you confidence and makes daily activities easier.
9. Weight training makes you less prone to low-back injuries.
10. Weight training elevates your mood!

Jack and Allie's Testimonials



"After coming home from finals week this summer from UCLA and my brother from Stanford we both felt terribly out of shape. It was our parents long time trainer Coach Lawrence that showed us actually how out of shape we really were by giving us the bulldog fitness assessment! I almost passed out and my brother couldn't even finish! After training with Coach Law I have seen improvements and not only can I breathe easily for a mile, but I have beaten all my times on the whole assessment, Jack as well! My whole body is way more toned and I feel a lot stronger and healthier. Coach Lawrence was great in GRADUALLY implementing a progressive tailored program that kept us consistent and accountable. Now my brother and I are feeling unbeatable!"

- Jack & Allie

Jack's June 10th Assessment

Could not complete ANY of his assessment tests...

June 10th
Bench 100lbs 12 reps

August 4th
Bench 100lbs 21reps **75% INCREASE**
1600m-7:20
1200m-5:42
800m-3:07
400m-1:05!!

BEST improvement I have ever seen!

Allie's June 10th Assessment

Crunches 120 mile time 10:38
August 2nd
Crunches 160 mile time 8:03

20% Improvement!