

Living the Life of Excellence



Participation in a school athletic program is an integral part of the High School curriculum for hundreds of Dodge County students; school athletics provide unique opportunities for students to promote their mental, physical, social and emotional development. High school athletics also provide a source of pride for the community and a common ground for social gathering and interaction. Because of the impact of sports on the personal development of the athletes and on the community as a whole, performance matters on and off the field.

Athletes must demonstrate a desire to dedicate themselves to self-improvement as well as to enhance the best interests of fellow teammates, coaches and school. Participation in a sport is a privilege and should elicit great pride in the student. This privi-

lege carries with it certain responsibilities and expectations.

This year consortium schools involved in the Grant to Reduce Alcohol Abuse (GRAA) (Beaver Dam, Dodge, Horicon, Hustisford, Lomira, and Waupun) are supporting the Life of an Athlete program. Life of an Athlete focuses on the potential of an athlete by emphasizing both the negatives of engaging in activities that are detrimental to their goals and the positives of chemical-free peak performance. Although the program focuses on athletes, it speaks to all students and is coined A Life of Excellence by the GRAA team. The information regarding the effects of alcohol on the brain and central nervous system and how alcohol and other drugs affect academic and athletic performance is pertinent to all students.

Developed by John Underwood,

president and founder of the American Athletic Institute (AAI), Life of an Athlete is designed to confront chemical health issues and impact the problems that face today's students. Underwood, a former NCAA All-American and Olympic coach, has been a crusader for drug-free sports and drug-free lives. He has conducted the only physiological case study of the residual effect of alcohol on athletic performance and shares compelling brain scan information that showcases the negative effects of alcohol on the developing brain and body.

Underwood is passionate in his pursuit to share his findings with athletes, students, parents and entire communities.

Through research of over 14,000 subjects conducted by Underwood, the results are clear that alcohol and drug use can greatly affect the brain function of any student or athlete. Studies show that one day heavy drinking

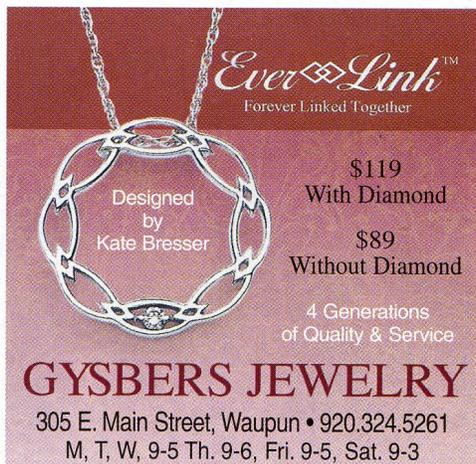
equals 14 days of lost athletic training. The use of alcohol and drugs also increases the risk of sickness and injury and decreases stamina, strength and skills performance. New brain research indicates that the human brain is not fully developed until a student reaches their early 20's therefore it is critical for youth to abstain from using alcohol and drugs, as they may be at increased risk for damage to current and developing brain cells.

The Life of an Athlete/Life of Excellence program is about setting standards and expectations to ensure that students and athletes are at their best. If a student breaks the program rules by using drugs or alcohol there are consequences that are enforced. Yet even with this program the goal is not to just punish the student, but to take time to understand why the student chose to illegally drink. The program allows the student to rededicate their commitment to being alcohol and drug-free and get help if needed.

The program is called "Life" of an Athlete because it integrates all aspects of a student's well being. It's more than another alcohol and drug program. It emphasizes the importance of getting enough sleep, eating the proper foods, and focusing on leadership development, lessons appropriate and essential for all youth. The American Athletic Institute reports in addition to improving athletic performance, the program will produce higher grades, fewer accidents and deaths, fewer discipline or criminal issues, and enhance student morale and community pride.

Life of an Athlete is not a quick fix program and will require school administration, faculty, parents, law enforcement, community

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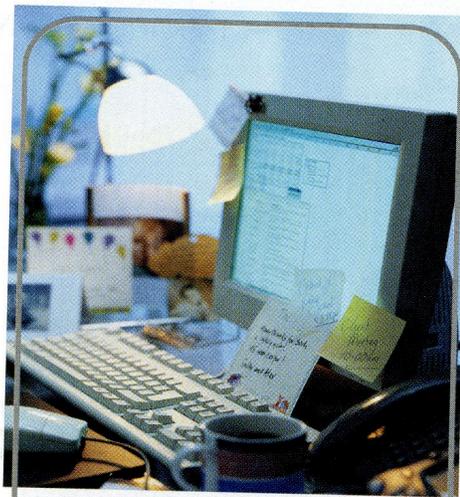


members and students to make the program effective. Our goal is not to punish students, but to provide the support and help needed to ensure their health. As much as high school sports matter, our students and their academic and life-long decision making skills matter most. We as a community need to support our students academically and athletically to be the best they can be whether in the classroom, on the field or in the community.

John Underwood will be sharing Life of an Athlete/Life of Excellence at each of the consortium schools in assemblies on Sept. 21, 22, 23. An open coaches and community meeting will be held Sept. 21 at 7 p.m. in the Beaver Dam High School auditorium. John Underwood is a national and world-renowned speaker and we are fortunate to have him speak to our communities. Mark it on your calendar...this is one you won't want to miss!

If you or your organization would like further information, would like to get involved, or would like information about the Underwood presentation dates/times at area schools please contact Rebecca Glewen, project manager at (920) 553-7470 ext. 1135 or email: glewenr@bdusd.org

*The mission of the Dodge County Visionaries is to promote healthier lifestyles by reducing the number of students that believe underage alcohol consumption is acceptable, reducing the number who binge drink, and by eliminating underage drinking and driving. The Dodge County Visionaries will develop additional partnerships with community members to model responsible behaviors regarding alcohol consumption. **

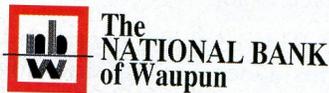


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Cheese And Bacon Stuffed Tomatoes

- 4 medium-sized firm tomatoes
- 12 slices bacon, diced
- 1/2 cups diced green bell pepper
- 1/2 cup diced onion
- 6 ounces (1-1/2 cups) cheddar cheese, shredded
- 2 TBL. chopped lettuce
- 2 TBL. crushed cheese crackers
- 2 TBL. butter



Preheat oven to 400 degrees. Butter 9 inch square baking dish.

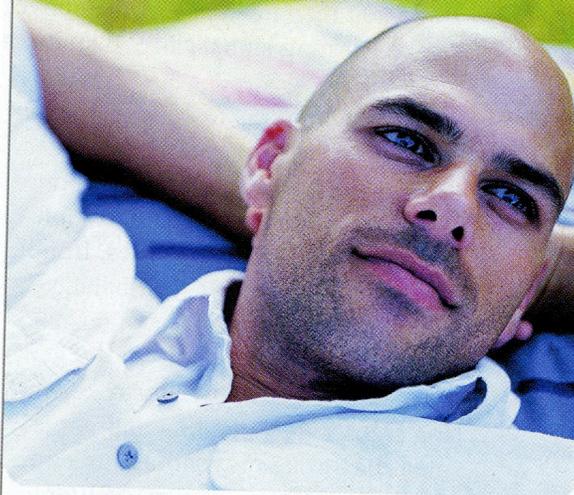
Cut thin slice from the top of each tomato and carefully scoop out pulp; set pulp aside. Drain tomatoes up side down.

Meanwhile, in skillet set over medium heat, cook bacon until almost done. Drain off fat, add bell pepper and onion, and saute until soft. Pour bacon and cooked vegetables into large bowl and add cheese, lettuce, and tomato pulp. Stir to combine.

Fill each tomato shell with one-quarter of mixture, sprinkle with cracker crumbs and dot with butter. Place in prepared baking dish and bake for 25 to 30 minutes.

Recipe featured by: Dodge County Dairy Promotion in partnership with Wisconsin Milk Marketing Board or WMMB.

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