

TINLEY PARK HS
 6111 WEST 175 STREET
 TINLEY PARK, IL
 60477 ATN: AD OFFICE

COACH JOHNSTON
 708-532-1900-3824
 njohnston@bbsd228.com

TITAN FOOTBALL SUMMER 2009

*PLAY HARD, PLAY FAST,
 PLAY SMART, AND PLAY
 TOGETHER! THAT'S
 THE TITAN THE WAY!!*

JUNE 2009

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 9-12	4 9-12	5 9-12	6 SAT
7	8 9-12	9	10 9-12	11	12 9-12	13 ACT
14	15 9-12	16	17 9-12	18	19 9-12	20
21	22 9-12	23	24 9-12	25	26 9-12	27
28	29 9-12	30				



*“DON'T COUNT THE
 DAYS, MAKE THE DAYS
 COUNT!”*



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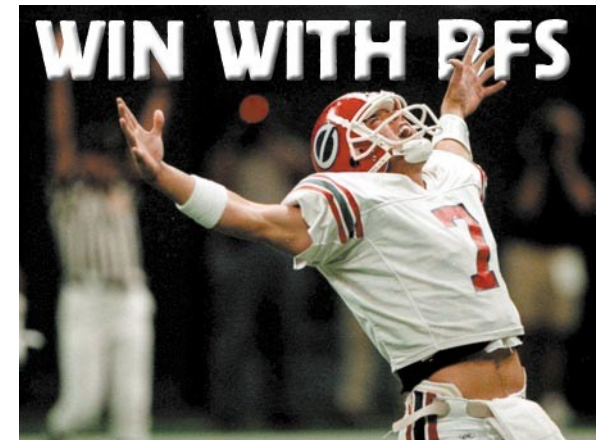
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JULY 2009

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9-12	2	3	4
5	6 9-12	7 OFF	8 9-12	9 9-11 LIFT 7ON7 @12	10 OFF	11
12	13 9-12	14 OFF	15 9-12 7ON7@2	16 OFF	17 9-12	18
19	20 9-11 12-2	21 12-2	22 9-11 12-2	23 12-2	24 9-11 12-2	25
26	27 9-12	28 9-12	29 9-12	30 9-12	31 BREAK	



**“PREPARATION PLUS
 HARDWORK EQUALS
 SUCCESS!”**



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TITAN FOOTBALL SUMMER 2009

AUGUST 2009

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	3-7	3-7	3-7	3-7	3-8	
23	24	25	26	27	28	29
30	31					

PLAY HARD, PLAY FAST,
 PLAY SMART, AND PLAY
 TOGETHER!

What's Your Portion?... Size Matters

The Food Pyramid is a great guide to:
 ● The FOODS you need, each day
 ● The PORTIONS of food you need, each day

Choose Very Small Amounts
 • 1oz low fat spread or 1/2 oz margarine / butter
 Use oils sparingly
 Limit fried foods to 1-2 times a week; oven bake instead
 Choose fats labelled High in Polyunsaturates or High in Monounsaturates, which are healthier for your heart

Choose Any 2
 MEAT, FISH, EGGS, BEANS & PEAS
 • 2oz cooked lean meat or poultry
 • 3oz cooked fish
 • 2 eggs (not more than 7 per week)
 • 9 dessertspoons peas/beans
 • 2oz cheese
 • 3oz nuts (whole nuts should not be given to children under 5)
 Choose 3 servings during pregnancy

Choose Any 3
 MILK, CHEESE & YOGURT
 • 1/2 pint of milk
 • 1oz Cheddar, Barmey or Edam cheese
 • 1 carton of yogurt
 • Milk pudding made with 1/2 pint of milk
 Choose low fat choices often, except for young children
 Choose 5 servings for teenagers or if pregnant or breastfeeding

Choose Any 4+
 FRUIT & VEGETABLES
 • 1/2 glass of fruit juice
 • 1 medium sized fresh fruit
 • 3 dessertspoons of cooked or tinned fruit
 • 3 dessertspoons of cooked vegetables or salad
 • Small bowl of homemade vegetable soup

Choose Any 6+
 BREAD, CEREALS & POTATOES
 • 1 bowl of cereal
 • 1 slice of bread
 • 3 dessertspoons of pasta or rice
 • 1 medium boiled or baked potato
 Choose high fibre cereals and breads frequently
 If physical activity is high, up to 12 servings may be necessary

* FOR YOUNGER CHILDREN, START WITH SMALLER AND FEWER SERVINGS AND INCREASE TO THE RECOMMENDED GUIDELINES, ACCORDING TO THE CHILD'S OWN GROWTH AND APPETITE. DRINK WATER REGULARLY - AT LEAST 8 CUPS OF FLUID A DAY

“TAKE ONE DAY, ONE
 GAME, AND ONE PLAY
 AT A TIME!”

