


## Annotated Bibliography

1. <https://www.youtube.com/watch?v=tKl8rKhvPM> Kelsey Poulter is a sports nutrition coach with a very strong YouTube and Instagram presence. She provides reliable information for young athletes and focuses on health and injury prevention. She is licensed in sports nutrition coach and shares information that is proven. I have learned some important things from her including how to properly eat before race day and how to prevent fatigue. Her videos will help my project give very specific details in the videos I prepare. Some of her videos are very long but I will pull out important information that I can share in easier to understand ways.
2. Coach Lloyd: Coach Lloyd is my coach for the Mt. Airy Club Track Team. Over the years he has shared important information that he learned from his time as an athlete and coach. I will use some of the most critical things he has taught me to create short videos. A couple of things I want to be sure to include are to trust what you feel in your body and not push too hard and to focus on core work.
3. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3805623/> This article is an excellent overview of the different nutrient and fluid needs for athletes based on age, weight and sex. It is very specific and can help me provide information for athletes that are different from me. I don't focus on counting calories or nutrients, I make decisions based on types of food and how I feel but it would be good to provide the specific amounts for people who want that.
4. <https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals> This article is helpful because it shows how different nutrients benefit you and the best foods to get those. I try to get protein at all meals and I don't count out different nutrients but I try to eat a variety of fruits and colors so I know I am getting good nutrition. This article will help me be specific about what some of those nutrients are and how to find them in food.
5. Stretching - Over the years I have learned from coaches and mostly learned by trial and error of what works the best for me. I am going to make a couple of videos based on this information. It really doesn't come from a particular source but the knowledge I have gained and put together over time. One video will be about how to target different areas on the legs. I haven't decided if I will demonstrate the stretches or not. I plan to talk with Ms. Siswick to make this decision. Another stretching video will be about the risks of over stretching. A third video will be about doing mobility before and static stretching after.
6. I plan to interview a couple of my teammates to see what information they might add that I can use in my videos.
7.  [How I WARM UP For a Race | Noah Lyles](#) This video shows how olympic sprinters stretch to prevent injury. He focuses on a lot on hip mobility. This warm up is focused a lot on injury prevention and is more comprehensive than most people. I believe having a

longer warm-up is better for performance. He demonstrates how to properly high knee mobility. I will do a video on this as well because it makes a big difference to technique which helps speed.

8. <https://www.uhealth.org/today/rest-and-recovery-for-athletes-physiological-psychologica-well-being/> This article is useful for breaking down why athletes need rest and recovery. It explains that your body needs time to heal and rebuild after training and games or meets. It goes over the importance of sleep, nutrition and rest days so your muscles can repair from micro tears. Rest, sleep and nutrition help your body but it also helps you mentally recover. Both training and rest are important. This article will be helpful to show that.

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10. <https://www.nike.com/a/stretching-after-running> This article explains how stretching after running is important for recovery. It says that after running muscles are more flexible which is the best time to stretch. Stretching helps reduce muscle soreness and stiffness which lowers risk of injury. This article says a short cooldown like walking before stretching is good as well as focusing on stretching the muscle most used in the workout. Which would be quads, hamstrings, and calves. Overall this article shows the importance of taking time to cool down and stretch after a run so you can stay in the healthiest shape and recover fast.