

COACHING TIPS



JOHN LONGMIRE

PLAYING CAREER
 Games Played 200
 Goals Kicked 511
 Premierships 1

COACHING CAREER
 Senior Coaching Debut 2011
 Premierships 1
 Drives Volkswagen Touareg

FROM SYDNEY SWANS SENIOR COACH JOHN LONGMIRE

Being your best starts with getting a good night's sleep! It's how your body recharges its batteries and gets ready for a new day. You should be aiming for at least 8 hours of sleep each night so that your body can function to the best of its ability.

Eat breakfast it's the most important meal of the day! Imagine you're a car - after a night of sleep, your fuel tank is on empty. Breakfast is the fuel that gets you going so you can hit the road and tackle the day head on.

Drinking water will properly hydrate your body to function at its best. Remember that you need to drink more water on hot days or when you're exercising to put back what is lost through sweat. Keeping a drink bottle on your desk at school and in your backpack is an easy way to make sure you stay hydrated throughout the day.

Little changes can go a long way! Being active isn't hard - things like walking to school, taking the stairs and washing the car are great ways to increase your minutes of daily physical activity.

Joining a sports team is a great way to keep active, learn new skills and make friends. Playing sport is meant to be fun - don't be afraid to try out different sports or activities so you can find the one you enjoy the most. Get active with your family and friends - take the dog for a walk after school, go for a bike ride or play at the park.

BE A VOLKSWAGEN SWANSFIT CHAMPION AND HAVE A POSITIVE ATTITUDE TO BEING ACTIVE!



WORDSEARCH

Can you find all the words hidden in the puzzle? Visit sydneyswans.com.au/vwswansfit to check your answers and play lots more fun activities!

H L V J L Y S D M M S E A Y W X O N
 K A Z W P E P L O G K H C T I A G U
 E G P K I N O V I W I L C I N L L F
 T V Y P V D R V D Y L N E V O G R K
 Q I I M Y Y T H A I L I L I C V V
 V T H R N S E L F F S R E T T K B L
 T E A M D A P E B T S T R C C B A J
 F I V O L K S W A G E N A A A C H U
 R O F T E T L T A V W C T N I O N M
 I F H S Y T N E I U Y Z E S C U F P
 E Y A L N O A T U C A R Y K R E E L
 N N E M I A C R L F S H E N E R G Y
 D I X T I A W E D H P Y S W A N S G
 S R O D L L D S L Y F O O T B A L L
 B M T E I A Y E W Q H Y B G U R K M
 E R T E M O L I K Y S L Y I Q R I X
 S Z T P V R F R E C C O S K R A P E
 J T G S P Z N F S S E N T I F A W P

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|------------|-----------|----------|----------|---------|------------|--------|
| ACCELERATE | ACTIVITY | DISTANCE | FAMILY | FRIENDS | GYMNASICS | TEAM |
| HYDRATE | LIFESTYLE | PHYSICAL | RUN | SPEED | SWANSFIT | HOCKEY |
| ACTION | CAR | DRIVE | FITNESS | FUEL | HAPPY | WALK |
| JUMP | MOTION | PLAY | SKILLS | SPORT | SYDNEY | |
| ACTIVE | CYCLE | ENERGY | FOOTBALL | FUN | HEALTHY | |
| KILOMETRE | PARK | RUGBY | SOCCER | SWANS | VOLKSWAGEN | |