



DID YOU KNOW?
The Roman empire used stretching to keep their soldiers in shape.

An essential guide to stretching

A balanced exercise routine involves cardio, strength training, and—just as important—stretching. Sports doctors say stretching is great on its own, as part of a warm-up, or after exercise. It keeps your body flexible and helps prevent injuries. Try to stretch three or four times a week. Here are some tips to get you started.

How to stretch

Stretches are slow and careful movements, unlike exercises that get your heart rate up. Before stretching, warm up your muscles with five to 10 minutes of light activity, like walking, swinging your arms, or jogging in place. Then gently move into each stretch and breathe deeply in and out. Hold each stretch for 10 to 30 seconds. Don't bounce because that can cause injury. Remember that stretching should never hurt, and stop immediately if you feel any pain.

When to stretch

Before a workout, try dynamic stretching. Roll your shoulders, windmill your arms, or swing each leg in front of you and behind you. Twist gently to one side, then the other. After every workout, spend five to 10 minutes stretching while your muscles are still warm to prevent cramping and soreness.

Three stretches to try

- **Cat cow.** On all fours, curve your back up and tuck your chin to your chest. Breathe in. Now arch your back, raise your head, and exhale.
- **Toe touches.** From a standing position, bend forward at the hips and reach as close to your toes as possible. Keep your legs straight, but don't lock your knees.
- **Cross-body stretch.** Grab the back of one arm and bring it across the front of your body.



COACH OF THE WEEK

Coach's name: **Zachary Hojnacki**

Team: **Boys and Girls Club of Northern Westchester Marlins**

“Coach Zac is amazing because he helps us swim our best. During the coronavirus, he keeps our spirits high with pep talks and team trivia. If you ever felt like you performed badly, Coach Zac would encourage you to look at it as a stepping stone to larger accomplishments.” Lucy, 14, New York



To nominate a Coach of the Week, send your coach's name, photo, sport, and team to hello@theweekjunior.com. Include your name, age, state, and reason your coach is great.

SPOTLIGHT ON...



Skateboarding

What is it?

Skateboarding got its start around the early 1950s, when surfers needed something to do while the ocean was calm. Called “asphalt surfers,” they rode on rectangles of wood with metal wheels. Soon skateboard designers and companies began making better boards that gave riders more control and speed and the ability to do tricks. Today, skateboarding is popular among people of all ages. It will make its debut at the next summer Olympics.

What are the different types of skateboarding?

Skateboarding takes many forms, from riding on a flat surface to freestyle and street riding. These include doing tricks using obstacles in the environment, like stairs. Vert (short for vertical) skateboarding takes place in an empty swimming pool or on a ramp. Park skateboarding can include many styles, like obstacle courses. All of these forms can be done for fun or in competitions, where scores are based on tricks, their difficulty, and the rider's skill at performing them.

What equipment do you need?

Skateboards are found at sporting goods or specialty stores and through online retailers. You'll need a well-fitting helmet plus knee and elbow pads. These protect you during falls, especially if you're just learning how to ride.

How can I get involved?

You can find skateboarding lessons and skate parks at gokate.com. An adult can help you find YouTube videos that teach the basics, like foot position, and more advanced moves.

