



## The Bathroom Sensation That's Sweeping the Nation

Hey, over here! Focus on this instead of your phones and take a peek at the coming events and some fun, Cougar-exclusive writing and information from yours truly, a student in the Journalism class! Eat your Halloween candy and take care of yourself, Coronado!

### Winter Sports are Starting This Week!

Summer sports have ended, and this Monday is the first day of tryouts! Remember to look over all of them and see if there's anything you're interested in, and make sure you're prepared!

- Bring a waterbottle! Most sports are going to make you work hard, and bringing a waterbottle ensures you won't be thirsty and you keep functional throughout practice! Extreme dehydration can lead to puking, dizziness, headaches, and so on! Take care of yourself and practice responsibly!
- If you're new at a sport, be ready to struggle! Practice makes perfect; you can't be perfect right off the bat. It's more fun and rewarding to struggle and figure out how to do better instead of being perfect always.
- Eat well and train well! Eating foods with vitamins and proteins before training will help increase muscle mass, as well as allowing your body to recover, repair and recreate the cells inside your body when damaged. It also reduces muscle loss, and allows you to fight off infection and fatigue much easier. Foods like meats, dairy, eggs, seeds/nuts, legumes/beans are high in protein and are fantastic things to eat right after practice.
- Make goals and make it worth all of the hard work you'll be putting in!

### What sport is the best sport?

What (winter) sport Coronado hosts is the best sport? Perhaps you may say football, wrestling or cross country – because of their sheer physicality. However, a sport many think is, on the surface, pretty easy, is one of the most physically involved with the best benefits possible. That sport is swimming. On the surface, it seems pretty easy – you just splash around all practice, right? But in reality, swimming is one of the most rigorous and difficult sports, but it's also extremely rewarding.

When swimming, you're using your back, arm, shoulder, thigh muscles, and even your glutes and pecks, as well as a variety of other "decorative" muscles. You also train your core and lungs, engaging the entirety of your body even just for freestyle, the basic starting stroke. A lot of the muscles trained are also muscles used in day-to-day life, enhancing your ability to function normally.

Swimming is also a fantastic sport to do to reduce injury in your main sport or regular life. Because it engages the whole body, it does not strain joints the same way dryland sports will. It helps work out injuries and reduce the impact in a low-risk setting.

It also gives you a place to belong. At least in the girl's swim team, everyone is kind and understands each other but also pushes each other to do their best. Before meets, they carboload and have fun together, unwinding before a usually extremely

### Upcoming Events

Monday 11/13	Tuesday 11/14	Wednesday 11/15	Thursday 11/16	Friday 11/17	Saturday 11/18
<b>Winter Sports Begin</b> (All Day) <b>Lunch LinkUp @ Room 212</b> (Both lunches) <b>SAC Meeting @ HELP Center</b> (5:30pm) <b>PTA Meeting @ HELP Center</b> (6:30pm)	<b>D11 Opportunities to Launch Information Night @ Mitchell High School</b> (5pm)	<b>Kaiser Flu Shot Clinic for D11 Insured Staff and their families @ Room 160</b> (3pm) <b>Winter Sports Parents Meeting @ The Gym</b> (6pm)			<b>Cougars Care Thanksgiving Basket Distribution</b> (9am – 12pm)

Want to read more? Find more on our website, [cougardaily.org](http://cougardaily.org) or on Instagram @ [thecougardaily!](https://www.instagram.com/thecougardaily/)



# Cougar Daily's "The Potty Mouth" 11/13-11/17

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stressful and difficult event. They also cheer each other on as they compete!

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