

To: Cotters
Subject: RE: Your November USBC Gold Approach



Gold Tip: Nutrition begins with the basics

Let's start with the basics of nutrition, going back to something that might look familiar. What was "A Guide to Good Eating," "The Food Wheel," or "The Food Guide Pyramid" is now "My Plate" or the United States Department of Agriculture's resource for nutrition. While it might have had different names, the principles are the same – eat healthy and understand the benefits of good nutrition.

So to continue introducing nutrition into the lifestyle of bowlers everywhere, let's take a look at the basic food groups and a few guidelines.

Grains – Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. There are whole grains (containing the whole kernel when processed) and refined grains (removing the bran and germ during processing). Whole-grain cereals, breads and pasta provide a natural source of protein and carbohydrates.

Vegetables – There are five subgroups: dark green, starchy, red and orange, beans and peas, and other. Vegetables provide nutrients necessary for the body to function, such as vitamins A and C, and potassium. Buy them fresh and include them in some variety of every meal.

Fruits – People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide vital nutrients and are a good source of nutrition on the go.

Dairy – Products such milk, cheese, yogurt and ice cream contain calcium and promote healthy bones and teeth. Most choices should be fat-free or low-fat and, to help keep cholesterol levels healthy, limit the amount of these foods.

Proteins – Meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds. Choose a variety of lean protein foods to improve health benefits. Meat and poultry choices should be lean or low-fat; proteins can sometimes be high in calories. Proteins are high in vitamins B and E and iron, good building blocks for muscles. Choose proteins that will provide the right amount of energy without leaving you overloaded.

This quick introduction to the basic food groups will help you make meal-time decisions easier. Remember to balance you portions while including variety. Bowling's physical demands are not unlike other sports. Strength and endurance can be added benefits to maximizing performance, and utilizing good nutrition will complement any physical conditioning.

– Stephen Padilla, USBC Coaching Specialist

Be sure to check your Junior Gold information

If you have qualified for the 2012 USBC North Pointe Junior Gold Championships, registration information will be emailed December 1.

Please be sure to review all information to make certain it is accurate. If there is any problem with your information, please email the Junior Gold Tournament Team at USBCjuniorgold@bowl.com or call 800-514-2695 ext. 3171.

Take part in the USBC Youth Open

The 2012 Youth Open will be in Indianapolis from July 12-28. Last year, more than \$90,000 in scholarships were awarded.

Starting Dec. 1, you can go online to register for the Youth Open. Remember, the tournament is open to all USBC Youth members – there is no qualifying – and there are four average-based divisions so competitors are matched according to skill, not age or gender. Go to BOWL.com/youthopen or click [here](#) for tournament information and to register.

Don't have a team but want to bowl the Youth Open? Sign up with the Friendship Squad and you will be placed on a team. This year, the Friendship Squad is available with all squads. The form for the Friendship Squad can be found on the USBC Youth Open page or by clicking [here](#).

Register now for other events in Indy

The entry forms for the Adult/Youth tournament, Bowling This Month Survivor tournament and Team USA qualifier soon will be available on the BOWL.com/juniorgold page under the Information tab. Please be sure to sign up early for these events.

Find qualifying events are on BOWL.com

Searching for a qualifying event for the 2012 North Pointe Junior Gold National Championships? Go to BOWL.com/juniorgold and you will find a state-by-state list of upcoming Junior Gold qualifying [tournaments](#) and [leagues](#) under the Upcoming Events tab. This information is updated weekly

Don't wait to sign up for the chance to qualify for the 2012 North Pointe Junior Gold Championships and a chance to grab a part of the \$250,000 in scholarships.



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