

*Villanova Special Olympics 2022*

# LDRW NEWSLETTER

July 31, 2022

Hey LDRW athletes! We wanted to introduce ourselves as the LDRW committee for Fall Fest 2022. We hope that you are enjoying your summers and are getting ready and prepped for Fall Fest, we know that we are! Keep up the hard work, we are so excited to meet you!



## Introducing the team:

**Olivia Hoeing:** Hi everyone!! I am soooo excited to be on LDRW! Last year, I helped to run 5v5 soccer at Fall Fest in 2021. This summer, I am doing research at a hospital, waitressing, and going to the beach with my family. I love both walking and running, and am looking forward to connecting with you all at practices and during the big weekend!

**Ryan Grochowski:** Let's go!!! I can't believe Fall Fest is right around the corner. Last year, I was a volunteer coordinator for Volleyball but this year I am on the best sport: LDRW! I cannot wait to meet all of you. This summer I am interning at Pratt and Whitney, hanging out with friends, and maybe doing some traveling with my family. Get hype everyone! This year's Fall Fest is going to be the best one yet!

**Jake Caselli:** Hello LDRW!! We are under 100 days away from Fall Fest 2022 and I cannot wait! Last fall, I was a Local Program Host (Special shoutout to Chester County!), which was an incredible way to experience the weekend for my first time. This summer, I have been taking classes online to earn a business minor, while spending as much time as possible with family and friends. It will be so fun to meet - let the countdown begin!

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## Tip of the Day: Drink lots of water!



As athletes, especially in the summer, drinking water is super important to perform your best. By staying hydrated, you are replacing the water you lose by sweating and help to prevent your body from cramping. Pro tip: add some fruit to your water for extra flavor!

## Snack of the Day: Energy Bites!

These energy bites are super easy and delicious. They are a great snack to eat before you compete!



### Ingredients:

$\frac{3}{4}$  cup peanut butter (sub sunflower butter for peanut-free!)

1  $\frac{3}{4}$  cup oats

$\frac{1}{3}$  cup honey

$\frac{1}{3}$  cup chocolate chips (or anything you want!)

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Add all the ingredients together in a bowl until well combined. If the dough is sticky, you can put it in the fridge before rolling into balls. You can use your hands, a cookie scoop, or a spoon. Keep the bites in a container in the fridge or the freezer. Enjoy!!

## Stretches for the Day



It is important to take care of your body especially after running as much as you guys do! Just 5 minutes of stretching a day can help your body recover drastically. Please take some time out of your busy days to do a couple of these stretches shown above. By doing so, you will be able to perform to your best ability by the time Fall Fest comes around!