

# The Weekly Wave Volume II. - Week #3

Week #3:

BRAIN TOPIC of the WEEK:

**DON'T SAY "NO" TO H2O & SUNSCREEN!  
"SLIP, SLOP, SLAP & WRAP!"**

- Radio Song from Australia and New Zealand

## H2O

Bring and Drink Plenty of H2O (Water)! Before, During and After any activity especially Swimming - you do Sweat when you SWIM - Especially in the HOT Texas Sun!

Sports Drinks and Chocolate Milk are great recovery Drinks - after you SWIM (<https://eatingforperformance.com/2011/07/29/chocolate-milk-vs-sports-drink-for-recovery/>).

## SUNSCREEN

Please put Sunscreen on at least 20 minutes before you go outside and then every 2 hours after. This will let your skin absorb and let the sunscreen stick on your SKIN better and stay on Longer

**Remember** - Minimum **SPF** (Sun Protection Factor) of **15!**

"SLIP, SLOP, SLAP & WRAP!" - Radio Song from Australia and New Zealand

**Slip, Slop - Sunscreen all over your Body**

**Slap & Wrap - Your Body with Sun Gear**

- Hat, Sun Glasses & Shirts w/ UV Protection

\*Cheer Check #3 - "The WINNING TEAM"

\*Cheer Check #2 - "WE ARE THE CYCLONES"

\*Cheer Check #1 - "BLAH BLAH BLAH BLAH BLAH"

PARTY THEME (DURING the 2<sup>nd</sup> PRACTICE):

**BRING H2O, SUNSCREEN & SUN GEAR**

(Water Bottles, HATS, SUN Glasses & Shirts w/ UV Protection!!!)

**Party MOVIE: "Too Much Sun is NO Fun!"**

**During Movie Drink H2O & put SUNSCREEN on  
with a CCC Team Mate**