



In training and competition, there are a lot of valuable principles that come along with understanding and learning technique and making sure your fitness is good to go!

Think about this, we learn:

- 10% of what we read
- 20% of what we hear
- 30% of what we see
- 50% of what we see and hear
- 70% of what we discuss with others
- 80% of what we experience personally, and
- 90% of what we teach.

The principles of learning are:

- Recency- Reinforces information so that athletes can remember what they learned.
- Appropriateness- Teaches information that is important for the need and level of the athlete.
- Motivation- Instructs athletes that want to learn information that is relevant and meets their needs.
- Exercise- Athletes who repeat, perform, and practice information given to them will retain it more effectively.

*For training and getting ready for competition, it's always important to understand what needs to be accomplished, whether it's reading the technique or visually seeing somebody do it!*

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## Healthy Recipe of the Month!

### Black-eyed pea and sweet corn salsa

- 1 cup dried black-eyed peas, picked over and rinsed, soaked overnight, and drained
- 3 cups water
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1/2 yellow onion, chopped
- 1/2 green bell pepper (capsicum), seeded and chopped
- 1 cup fresh corn kernels, cut from about 2 ears of corn
- 1 tomato, seeded and diced
- 1 clove garlic, minced
- Grated zest and juice of 1 lime
- 1 tablespoon white wine vinegar or sherry vinegar
- 3 tablespoons chopped fresh cilantro or fresh coriander
- 1/4 teaspoon freshly ground black pepper

#### Directions:

In a large saucepan over high heat, combine the peas, water and 1/4 teaspoon of the salt. Bring to a boil. Reduce the heat to low, cover partially and simmer until the peas are tender, about 45 minutes. Drain the peas, rinse with cool water, drain again and transfer to a large bowl to cool.

In a large nonstick sauté or frying pan, heat the olive oil over medium-high heat. Add the onion and bell pepper and sauté until softened, about 4 minutes. Add the corn, tomato and garlic and sauté until the tomato is softened and the corn is tender-crisp, about 4 minutes.

Add the corn mixture to the peas along with the lime zest and juice, vinegar, cilantro, the remaining 1/4 teaspoon salt and the pepper. Toss to mix. Serve immediately, or cover and refrigerate for up to 2 days.

#### Nutritional Analysis

Saturated Fat: <1g

Calories: 112g

Protein: 6g

Carbohydrate: 18g

Monounsaturated fat: 1g

Cholesterol: 0mg

Sodium: 298 mg

Fiber: 5g

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