



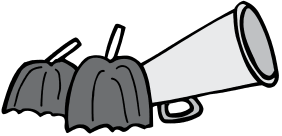
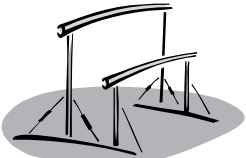


Name:

Date:

Dos and Don'ts

Instructions: Offer five things that athletes should do and not do when they're training for each of the sports listed.

	DO	DON'T
 Running		
 Football		
 Cheerleading		
 Gymnastics		