



**Hanover High School  
Football Players' & Parents'  
Handbook**

**2010**

# Welcome to the Hanover High School Football Family!

Welcome to 2010 Marauder football! We have put together this handbook to help address many of the questions, traditions and events that come up throughout the season. It is divided into two sections, the first being coach directed information and the second is Friends of Hanover Football (FOHF) events and traditions. If you have any questions please feel free to contact either Coach Ivanoski ([coach\\_1@yahoo.com](mailto:coach_1@yahoo.com)) or Laurie Sabatelle ([racsabs@aol.com](mailto:racsabs@aol.com)).

## A Note from Coach Ivanoski, HHS Head Football Coach, 2010

I am *excited* about the 2010 football season. Our team shows a lot of promise, and I know we will be ready for all the challenges, and fun, that come along with high school football. I do request that all parents and fans be supportive and positive. **Please remember that each week we practice and plan specific formations for specific opponents. Do not shout instructions or criticize players, referees, coaches, or opponents.** Hanover Football has always been a class program. Let's keep it that way. The team appreciates and values positive comments from the sidelines.

I'm looking forward to an enjoyable and successful 2010 season!

### 2010 Coaching Staff

Chris Charlebois  
Tom Csatari  
Don Cutting  
Scott MacPhee  
Brian Moulton  
Tim Porter  
Hoyt Sutherland

### **Important Contact Information:**

**Mike Ivanoski, Head Coach, HHS Football**

(603) 298-7495 < [coach\\_1@yahoo.com](mailto:coach_1@yahoo.com) >

**Brian Moulton, JV Coach, HHS Football**

< [brian.moulton@hitchcock.org](mailto:brian.moulton@hitchcock.org)

**Mike Jackson, HHS Athletic Director**

(603) 643-3431 < [Michael.Jackson@hanovernorwichschools.org](mailto:Michael.Jackson@hanovernorwichschools.org)

## Hanover High's Football Philosophy

As **Vince Lombardi** said, ***“Winning isn’t everything, but striving to win is”***. This is the foundation of Hanover High School’s football philosophy. Football is demanding. It is a sport of discipline and will, requiring commitment and hard work. It takes a dedicated athlete. Football is not for everyone. However, playing football will give back to you far more than it will demand.

Football provides a tremendous sense of accomplishment and pride. It fosters confidence, courage, and cultivates lifelong friendships. Being a football player is a state of mind, and it is an honor that only a few share. Although winning is always an objective and is important, we believe in, and work toward, what Vince Lombardi said, *“The harder you work, the harder it is to surrender”*. At the beginning of each season, players make a commitment: *“to strive for victory”*.

*“How can I make the team better?”* will be the question regularly asked throughout the season. **Hard work, discipline, commitment, and sportsmanship are imperative. They are how we define a successful season and football program.**

Being a committed member of the Hanover High School football team translates directly to *behaving as a responsible member* of Hanover High School and the community. We must always remember whom we represent. Each player and player’s parents must sign, as do all athletes at HHS, the “Code of Conduct” forms created by the High School Athletic Department.

## **COMMONLY ASKED QUESTIONS**

### **What summer football camps and conditioning options are available?**

Conditioning with Wayne Burwell will take place on Monday, Wednesday and Fridays, June 7<sup>th</sup> to August 9<sup>th</sup>. at the Hanover High School Track/Turf. 3:15-4:45PM. \$220

Summer Weight Lifting. Supervised weight lifting in the Hanover High weight room June 22 to August 5. Tuesday and Thursday 6am - 7:15am. Additional days may be added if turnout is larger than expected. Free.

Passing/Defensive Skills Camp run by the Hanover coaches. This camp focuses on skill positions but all players are welcome. It will take place every Wednesday evening starting June 23<sup>rd</sup>, 6:00-7:15 PM at the high school Free.

KUA Camp is for all high school players and will take place from July 25<sup>th</sup> through July 28<sup>th</sup> from 5:45 - 8:15 PM. This is an important time for the high school players to work together as a team, so attendance is strongly encouraged. \$115

**\*\*Players attending early summer camps (not KUA) that require equipment should meet at the high school gym on Monday, June 14 from 3:00 - 3:30PM\*\***

**\*\*KUA equipment pick up will be Thursday and Friday, July 22 & 23 at 12:30\*\***

All equipment pick up will be in the High School equipment room, in the back of the school behind the gym.

### **What paperwork is needed by the first day of practice?**

Players need to bring the following paperwork to Mike Jackson, Athletic Director at Hanover High School before, or on, the first day of practice. The paperwork is usually sent home by the Athletic Department during the summer; however, if you do not receive it in the mail, you can download the PDF files from the school website <http://www.hanoverhigh.us/hanover/sports.html>

- Completed Physical Exam Form. Incoming freshmen and all rookies (including seniors) who do not have a current physical form on file in the athletic office, must have a physical form completed by a physician before practice begins on August 11<sup>th</sup>. Please check right away if you are unsure. Players will not be allowed to practice until proof of a physical is filed.***
- "Code of Conduct" form signed by player
- Health Questionnaire completed and signed by parent
- Consent/Permission to Treat Form signed by parent

- ❑ \$125.00 fee payable to Hanover High School Athletics. *(If this is a hardship, please write to Mike Jackson, Athletic Director to request a waiver.)*
- ❑ Practice Jersey. Rookies will be given Practice Jerseys. *Returning players should bring their jersey from last year.*

### **When does the football season begin?**

The 2010 High School football season *will begin with double sessions, which start on Wednesday, August 11<sup>th</sup> at 7:00 AM and continue through Friday, August 20<sup>th</sup>. Players should report to the High School Locker Room. The practice schedule is as follows:*

- Wednesday, August 11<sup>th</sup> - 7:00 AM to Noon and 4:30 PM to 7:00 PM*
- Thursday, August 12<sup>th</sup> - 7:00 AM to Noon and 4:30 PM to 7:00 PM*
- Friday, August 13<sup>th</sup> - 7:00 AM to Noon and 4:30 PM to 7:00 PM*
- Saturday, August 14<sup>th</sup> - 7:00 AM to Noon*
- Sunday, August 15<sup>th</sup> - No practices on Sundays throughout the season*
- Monday, August 16<sup>th</sup> - 7:00 AM to Noon and 4:30 PM to 7:00 PM*
- Tuesday, August 17<sup>th</sup> - 7:00 AM to Noon and 4:30 PM to 7:00 PM*
- Wednesday, August 18<sup>th</sup> - 7:00 AM to Noon and 4:30 PM to 7:00 PM*
- Thursday, August 19<sup>th</sup> - 7:00 AM to Noon and 4:30 PM to 7:00 PM*
- Friday, August 20<sup>th</sup> - 7:00 AM to Noon and 4:30 PM to 7:00 PM*

*Players may go home after the first session of the day but must be back for the afternoon session. Don't be late!*

### **What are Double Sessions?**

**Double sessions** are mandatory practices. They include two practices daily, with conditioning in the AM. The boys and coaches will also meet 2-3 times per day as a team. Because football is a game of mental and physical preparation, **double sessions** are vital to the process of preparing for, and competing during, the season. Players will also be required to take playbooks home to study.

### **What do I need to bring to Double Sessions?**

Players should bring a pair of athletic shorts, cleats, 2-3 T-shirts, 2-3 pairs of athletic socks, jock strap and cup, good running shoes, and a good football attitude daily. To avoid blisters, break in new cleats a month before the season starts. After a few days, football equipment will be issued. Many players like to wear under armor shorts under their practice uniforms and/or under armor shirts, depending on the weather. Bring last year's practice jersey.

### **Do I have to go to every practice?**

From Coach I: *As in any sport, practices are extremely important. Practices give players the "opportunity" to work at skill improvement, conditioning, team building, and game*

*preparation. Missing practices should not be an option. However, we do realize that there are circumstances that may require an excused absence. If this is the case, please let us know with as much notice as possible. All players will be required to make up missed conditioning during the "opportunities" session at the end of each practice. (See explanation of "opportunities", below).*

### **After Double Sessions, what is the practice schedule?**

Players should report directly to the locker room after school on practice days. Practice will be held from 3:30-5:45 PM daily, except Saturdays and Sundays. Pre-practice will be held at 3:20 PM for specialists (kickers, punters, punt & kick returners, centers, long snappers, quarterbacks and receivers).

Varsity games will be played on Friday nights and Saturdays, and Junior Varsity games will be played on Mondays. For more details, refer to the calendar at the end of this section for game schedules.

### **What are "Opportunities"?**

From Coach I: *"Opportunities" are conditioning (and/or skill building) drills that are held at the end of each practice for players to make up missed work during the season. "Opportunities" will be given for missed practices and games. If you miss school you must make up the work, the same applies to football.*

### **What is a rookie"?**

A rookie is a player in any grade level who has never played football at Hanover High. Thus a senior who has never played football at HHS is still considered to be a rookie. Rookie players have additional responsibilities after practice such as collecting and putting away equipment after practice.

### **Is there a "Hazing" policy?**

From Coach I: *There will be no hazing. If you feel as though you or another player is being threatened in any way, please see a coach ASAP. In order to stop hazing, we need to be aware of any and all occurrences. We pride ourselves on the "team" concept, and we consider each other to be family.*

### **If I have a question, how do I get in touch with Coach I?**

From Coach I: *I am willing to answer any questions about a player or about our team philosophy. As a rule, I do not discuss game strategies or formations with parents. Games and practices are an intense time for all of us. I would prefer that people call or set up a scheduled time to meet with me (before 9 PM). My home phone is (603) 298-7495, and my email address is < [coach\\_I@yahoo.com](mailto:coach_I@yahoo.com) >*

### **Who do players see if they suspect they have an injury?**

The team trainer, Jeni Evans, attends all home games and is available at the beginning of practices. She is a great resource and the players should be encouraged to see her first to determine how to treat aches, pains, injuries, etc. She can also help determine whether you should be seen by a doctor.

### **What medical personnel are available at games?**

Our team trainer, Jennie Evans, attends all home Varsity and JV games. There is also a physician on hand at all home Varsity games. At away games, the home team provides at least a trainer and most have a physician or other emergency personnel on site.

### **If I have been out for an injury, when can I return to play?**

If you have been seen by a doctor (including at the emergency room), you will need a note from the doctor specifying when you can return to practices and games. Without such a note, you may not play in practice or games.

### **Will I play in Varsity games?**

*From Coach I: Every player will play football, but not every player will play Varsity football. Unlike most high school sports, we do not hold try-outs or make cuts for the Varsity team. We consider ourselves a family and work together as one unit, creating an atmosphere of camaraderie and teamwork. In essence though, we are one team with two titles. We have a Varsity squad and a Junior-Varsity (JV) squad. Coaches will determine the make up of Varsity and JV squads, based on choosing players who can successfully compete against difficult Varsity opponents. Also, we will not put any player in a Varsity game who is not prepared physically and/or mentally for that level, with the exception of opponents playing JV players at the end of a game, or other occasions when the coaches deem it safe. Although we may practice and prepare together, there are times when the JV squad will break away from the Varsity squad to work on hitting and tackling drills, or to prepare for an upcoming game. Please understand that as the program grows, individual playing time (in some cases) may be more limited. Although the coaches will do their best to have every player participate, some situations may not allow this.*

### **Should I attend Varsity games if I play on the JV team?**

*From Coach I: Because we believe we are one team, we strongly request that JV players dress for Varsity games. We have found that in the past most, if not all, of our JV players want, and find it important, to support the Varsity team. There may be situations that allow JV players to play in a Varsity game.*

From Coach I: *If the team size is over 40, a varsity travel roster may be needed. The travel roster for away games will be determined by the coaching staff prior to the weekend of away games. Players not on that week's traveling team roster are welcome to come to the games on their own, wear their jersey and be on the sidelines.*

**When are the Varsity and JV games played?**

JV games are generally played on Monday afternoons and Varsity games are played on Friday nights or Saturday afternoons. (See schedule at back of booklet.)

**Do I have to take the team bus to and from away games?**

From Coach I: *All players dressing for an away game are required to take the team bus to the game. If there is a family circumstance, or academic conflict preventing this, parents and players must inform captains and coaches, and write and sign a note of permission. Students are not allowed to drive to away games. Occasionally, players drive home with parents **after** an away game. This is fine, but a written note is required by the Athletic Director.*

**Will I have to leave school early to play games?**

Yes, the timing of some games requires that players leave classes before the end of the school day in order to prepare for and/or travel to the game. The Athletic Department notifies teachers of athletic absences due to travel, but each player is responsible for contacting teachers about missed work PRIOR to missed classroom time.

**Are there scheduled scrimmage games that parents, families and supporters can attend?**

Yes! Though the details are being worked out, here is what we know so far:

Saturday, August 21<sup>st</sup> - Marauders will play at Hartford at 10:00 AM.

Tuesday, August 24<sup>th</sup> - Marauders will play Kearsarge at Home. JV at 4 PM and Varsity at 5 PM.

Friday, August 27<sup>th</sup> - Marauders will play Pelham away at 6pm.

***Go Marauders!!***  
**2010 VARSITY FOOTBALL SCHEDULE**

<b>DATE</b>	<b>OPPONENT</b>	<b>HOME/AWAY</b>	<b>TIME</b>
F 9/3	LACONIA	AWAY	7:00 PM
F 9/10	TRINITY	HOME	7:00 PM
S 9/18	LEBANON	AWAY	7:00 PM
F 9/24	KENNETT	HOMECOMING	7:00 PM
S 10/2	PLYMOUTH	AWAY	1:30 PM
F10/8	KINGSWOOD	AWAY	7:00 PM
F 10/15	MONADNOCK	HOME	7:00 PM
S 10/23	JOHN STARK	AWAY	1:30 PM
F 10/29	MERRIMACK V.	HOME	7:00 PM

**2010 JV FOOTBALL SCHEDULE**

<b>DATE</b>	<b>OPPONENT</b>	<b>HOME/AWAY</b>	<b>TIME</b>
M 9/6	LACONIA	HOME	4:00
M 9/13	TRINITY	AWAY	4:00
M 9/20	LEBANON	HOME	6:00
M 9/27	MERRIMACK VALLEY	HOME	4:00
M 10/4	PLYMOUTH	HOME	4:30
M 10/11			
M 10/18	MONADNOCK	AWAY	4:30
M 10/25	JOHN STARK	HOME	4:30
M 11/1	JV JAMBOREE (@ Souhegan)	AWAY	

**JV COACH: BRIAN MOULTON**

# Friends Of Hanover Football

Friends of Hanover Football (FOHF) is an independent, non-profit organization dedicated to the promotion and enhancement of Hanover football programs for grades two through twelve. The purpose of this group is to provide year-to-year consistency in program support, including, but not limited to fund raising, recognition, and celebratory activities. As part of our fund raising mission, we purchase much needed football equipment that is not covered by either the High School or Hanover Recreation Department budgets. We also coordinate activities designed to promote team spirit (i.e. team dinners, football banquet, etc.) and recognize the accomplishments of our players within the broader community.

We encourage you to become more involved in your player's football experience and become a part of FOHF. You can help support us with a membership donation, by coming to one of our meetings or both.

We have many great events and capital improvements planned for this year. Please take the time to read through the manual and feel free to contact one of us with any questions.

We look forward to a successful football season both on and off the field.

Sincerely,  
Laurie Sabatelle  
President, FOHF  
[rcsabs@aol.com](mailto:rcsabs@aol.com)

## 2010 Friends of Hanover Football Executive Board Members

Vice President – Richard Bradley

Treasurer – Chris Keating

Secretary – Norah Geraghty

7/8 Grade Parent Representative – Mike Campbell

4/5/6 Grade Parent Representative – Jay Rozzi

HHS Captains' Parents – To be determined after the start of the season

### Grade Parents

9th Grade – Vicki Fish

10<sup>th</sup> Grade – Tracy Cutting

Teri LaRock

11<sup>th</sup> Grade – Alison Gorman

12<sup>th</sup> Grade – Catherine Anderson

Some of the questions that we get asked most frequently are:

**How do I become a member of FOHF?**

Everyone is welcome to participate in Friends of Hanover Football. We hold monthly meetings throughout the year on the first Monday of every month except September, October and November when we adjust our meetings around the football schedule. Check the web site for time and location of our upcoming meetings.

**What is the Membership and Fundraising money used for?**

Each year we raise money through membership and fundraising events to supplement the football budgets of the High School and the Hanover Recreation Department. This year we are making several capital improvements in addition to our regular expenses. We will be purchasing new game pants for the High School, a new tackling sled, a tent to be used at the snack shack and we will be improving the lighting conditions by the snack shack/entrance to the field area to improve safety and visibility for everyone.

**How does FOHF raise money outside of membership?**

**Oktoberfest Celebration:** This event is our main fundraiser, it is open to the public and friends and family are encouraged to attend. **September 11, 2010 from 6:30-11:00 at the Hanover Inn.** Dinner, Silent Auction and Music by John Stallsmith and His Spare Parts. Tickets are \$25 per person. For ticket information or donating an item to the silent auction, please contact Laurie at [racsabs@aol.com](mailto:racsabs@aol.com)

**Lockhearn Dock Removal Fundraiser:** This is one of our team building events that also allows the players to be directly involved with fundraising. This event has become a tradition that goes back to the early days of Friends of Hanover Football. The players are all highly encouraged to participate. As the event draws closer we will have more information please be sure to check the website for updates. This event usually takes place in September or early October. The boys remove the floating docks from the lake at the camp on Lake Fairlee and the Duncklees provide barbecue for the boys afterwards. At least one coach attends.

It is each player's responsibility to arrange for transportation and get permission from his parent/guardian if he will be riding in a car driven by another player. Some parents may prefer to drive players themselves and are welcome to do so.

**Marauder Wear:** FOHF sells clothing and other items for Hanover Football to support our program. Items are available at Information Night, during home games at the snack shack and by contacting Laurie at [racsabs@aol.com](mailto:racsabs@aol.com)

**Snack Shack and 50/50 Raffle:** During home football games we run a concession stand and a 50/50 raffle. Parents are asked to help out by providing food items such as chili, mac n cheese or a baked good to the game they are assigned or to work at the snack shack or at the 50/50 raffle during the game. If you are unable to cook/work the game you are assigned, you are responsible to find a replacement.

**Game Day Programs:** We give away game day programs at each home game and as a parent you are invited to place an "ad" to support your child. Each game program will highlight a different grade and at that time you are invited to place an ad with or without a picture.

**Website/Program Advertising:** Businesses are invited to advertise in our game day programs as well as on our website. If you would like more information please contact Laurie at [racsabs@aol.com](mailto:racsabs@aol.com)

### **How do we get information about football events?**

We have three ways of communicating with parents and players, email, our website and twitter.

Be sure that your email is updated with Norah Geraghty [norah@pgeraghty.com](mailto:norah@pgeraghty.com) our FOHF secretary so you can receive the latest news via email.

Parents and players should also visit our website [www.hanovernhfootball.com](http://www.hanovernhfootball.com) regularly as we will post all updates and last minute changes on the website.

We also have a twitter account. Sign up for a twitter account through our website if you would like to receive FOHF messages, game scores and highlights. You can also have the twitter messages sent directly to your phone if you prefer.

### **Is there anything extra that we should keep around the house?**

Many families find it useful to have an extra jock strap and cup, mouth guard, and extra cleats & wrench if their son's shoes have removable cleats. Other potential supplies include an ace bandage, cold pack (a.k.a. frozen peas!), and athletic tape.

### **Should I wear anything extra under my uniform at games if it is cold?**

Some players find it helpful to wear a sweatshirt or extra layer under their uniform if they will spend a lot of time standing on the sidelines. Some like to wear sports tights or heavier socks. Others seem to be warm enough in their regular uniform no matter what the outside temperature!

### **What should I wear to school and on the bus on game day?**

Attire for game day is decided by the players at Thursday's practice. In the past home games have generally been a game jersey and away games have been a shirt and tie with nice pants (no jeans).

### Will I need food or money for the bus ride for away games?

We have coordinated food for all Varsity games and Away JV games. Be sure to read about our team dinners to see what is planned for each game.

### What do I do with the uniform during the year and at the end of the season?

Game uniforms should be washed by each family in time for the next game. (Soaking uniforms in Oxyclean prior to washing can help remove ground in stains!) *Please keep the darks separate from the whites to keep from having a "pink" uniform.* Practice uniforms should be washed as often as necessary to keep the "stench-level" low.

On the Monday following the last game of the season, all football equipment is to be returned to the locker room at a designated check-in time. All game and practice uniforms need to be WASHED and turned in CLEAN at check-in.

### What are some of the HHS Football traditions and events that I should know about?

**Note:** Players need parental permission to ride as a passenger in a car driven by other players to any of these FOHF-sponsored events.

**Double-Sessions Buffet:** Typically, on the Saturday during Double Session practices, the team goes to a buffet for lunch. Players pay their own way (~\$10-15, including tip). Rides are needed. This event is organized by the players, so it is up to them to decide if something like this will occur this year.

**Team dinners: All players, Varsity and JV, are expected to attend.** (Note: this is not an event for family members). This year team dinners will be held in the basement of St. Denis Church next to the school. The team will walk over from practice and a group of parents coordinated by the senior parents will serve dinner. Please note the schedule posted below. Dinner assignments for player's parents will be sent out at the beginning of the season. If you are unable to contribute on the day you have been assigned, you are responsible to find a replacement. Team dinners are very important for team bonding throughout the season.

Laconia AWAY - Before game snack on bus, money to stop on the way home

Trinity HOME - Thursday 9/9 Dinner served at St. Denis after practice

Lebanon AWAY - Saturday 9/18 Lunch served at St. Denis before game.

Kennett HOME - Thursday 9/23 Dinner served at St. Denis after practice.

Plymouth AWAY - Saturday 10/2 Breakfast served at St. Denis before game.

Kingswood AWAY - Before game snack on bus, money to stop on the way home.

Monadnock HOME - Thursday 10/14 Dinner served at St. Denis after practice.

John Stark AWAY - Before game snack on bus, money to stop on the way home.

Merrimack HOME - Thursday 10/28 Dinner served at St. Denis after practice.

**Tailgate parties:** Away games invite tailgating as a fun event for the parents to get to know each other and just have fun before the game. Look for emails prior to game days and plan to bring your favorite foods!

**Cheering BOTH Teams On and Off of the Field at Games:** This is a tradition that really shows the HHS spirit! Fans line the walkway between the HHS parking lot and the track at the beginning of the game, at half time, and at the end of the game and cheer the officials, and players and coaches of both teams. This is one of our favorite traditions!

**Homecoming Game:** Alumni are invited to return to HHS for a football game during Homecoming Weekend. This year homecoming is **9/24 vs. Kennett**.

**Senior Recognition Day: 10/29 vs. Merrimack Valley** Senior players and their parents are recognized in a ceremony just before kick-off. Please **come** to the game **early** so we have fans in the stands to show support for the seniors and their families in their last regular season home game!

**Football Banquet: November 21, 2010** Each year at the end of the football season, the Varsity captains' parents, supported by FOHF, organize a team banquet. The banquet includes a program of dinner, awards, and season highlights, and a good time is had by all! This event is meant for all players, JV and Varsity. Shirt and tie is the usual attire. Dinner for the players is covered by FOHF. Parents and family are invited and usually attend in large numbers. There is a charge for the meals of family members. Expect to receive an invitation towards the end of the season.

**Not sure what to feed your player before football? Here are some smoothie recipes. They're perfect for before games/practice/DOUBLE SESSIONS!**  
All make 2 8oz servings: Great energy without the bulk!

### **Strawberry Smoothie**

1/2 C. low-fat vanilla yogurt  
1 C. Skim milk/1%  
2 tsp. peanut butter  
1c. frozen/fresh strawberries  
2 tsp. whey powder  
6 crushed ice cubes

186 cal. 11 g protein 29g carbs 5g fat 2 g sat fat 3g fiber 151 mg sodium

### **PB&J Smoothie**

3/4 c low-fat vanilla yogurt  
3/4 c 1%/skim milk  
2tsp peanut butter  
1 med banana  
1/2 c frozen strawberries/fresh  
2tsp. whey powder  
4 crushed ice cubes

235 cal. 11 g pro, 39carbs.  
5g fat 2gms sat fat, 4 g fiber, 154 Na

### **Ultimate Power Smoothie**

1 c 1% milk  
2tsp. low-fat vanilla yogurt  
3/4 c instant oatmeal (or rolled oats already cooked)  
2tsp peanut butter  
2tsp chocolate whey powder  
6 crushed ice cubes  
220 cal, 12g protein, 29g carbs, 4g fat, 1.5 sat fat, 3g fiber, 118 Na.

### **Summer Smoothie**

2/3 frozen (unsweetened) strawberries/fresh  
1 med banana  
1/2 c cubed honeydew melon  
1/2 c low-fat vanilla yogurt  
3/4 c 1% milk  
2 tsp. whey powder  
3 crushed ice cubes

199 cal. 9 g protein, 39g carbs, 2g fat, 1g sat fat, 4g fiber, 117 mg Na

### **Banana Split Smoothie**

1 med banana  
1/2 c low-fat vanilla yogurt  
1/8 c frozen orange juice concentrate  
1/2 c 1% milk/skim  
2 tsp whey powder  
6 crushed ice cubes

171 cal, 8g pro, 33g carb, 1g fat, 2g fiber, 94 mg Na