

WOMEN'S BASKETBALL  
SOUTH CAROLINA

UNIVERSITY OF SOUTH CAROLINA PRESENTS...



# HEALTHY HEROES

WITH COACH DAWN STALEY



SOUTH CAROLINA COACH AND OLYMPIC CHAMPION  
DAWN STALEY DELIVERS HER STORY OF EXERCISE, EATING  
WELL, AND STAYING ON TRACK FOR A LONG LIFE. BUT CAN SHE HELP  
ONE YOUNG STUDENT, AS HE TRIES TO HEAD INTO A WORLD OF...

SPONSORED BY

**FIREHOUSE  
SUBS**

FOUNDED BY FIREMEN

## ...HEALTH AND NUTRITION?



# WOMEN'S BASKETBALL SOUTH CAROLINA



Welcome to the **Health and Nutrition** segment of the "Read with the Gamecocks" reading program! In its eleventh year, the program has significantly continued to promote literacy in elementary school children. Due to the success of last year's program, in which 103 schools and 4,395 students participated in reading over 1.9 million pages, South Carolina has extended the program by creating a three-part Reading Heroes comic book series. This new initiative allows students three opportunities to "Read with the Gamecocks!"

The **Health and Nutrition** segment of the program took place December 14th through December 26th. Each participant recorded the amount of pages read with his/her parent or guardian's approval. At the end of the contest, participants submitted their results to their teachers. Winners from each grade (K-5) were selected and will be honored at the **Health and Nutrition** game on January 17, 2010.

Congratulations to everyone who participated. Coach Staley and the University of South Carolina applaud you!

For information on participating in this program, please email [Readgc@mailbox.sc.edu](mailto:Readgc@mailbox.sc.edu) or visit [www.gamecocksonline.com/readingprogram](http://www.gamecocksonline.com/readingprogram).

HEALTHY HEROES 2010 - CREATED BY STARBRIDGE MEDIA GROUP FOR THE UNIVERSITY OF SOUTH CAROLINA WOMEN'S BASKETBALL PROGRAM.

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HELLO, I'M **COACH DAWN STALEY**, AND I'M HERE WITH **COCKY** TO TELL YOU A STORY ABOUT SOME FRIENDS OF MINE! THEY EAT AND EXERCISE SO WELL, WE CALL THEM THE...

# HEALTHY HEROES

**Ka Kaw!**



**MAX!** UP EARLY, AND READY FOR SOME CORN FLAKES!

**TAYLOR!** WHOLE WHEAT PANCAKES WITH FRESH FRUIT ARE HER FAVORITE!

**CINDY!** SHE HAS A HEALTHY BREAKFAST WITH HER GRANDMOTHER EVERY DAY!

**ZOEY!** HER MOM SERVES BREAKFAST AT SCHOOL, SO SHE IS ALWAYS WELL FED...

EAT ALL YOUR EGGS, DEAR!

AW, MOM!

This comic book created especially for  
University of South Carolina Women's Basketball by

**STARBRIDGE**  
MEDIA GROUP



BUT, NOT EVERYONE  
STARTS OFF THE DAY  
SO WELL...

...TEDDY! HE BARELY  
STIRS, AS THE SNOOZE  
ALARM GOES OFF FOR  
THE THIRD TIME...

WHA? OH NO,  
IT'S PAST EIGHT  
O'CLOCK!

I OVERSLEPT-  
AGAIN!

...QUICKLY, TEDDY IS UP, AND OUT THE DOOR!

HEY  
TEDDY-- HOW  
ABOUT SOME  
BREAKFAST?

THANKS,  
BUT THERE'S  
NO TIME,  
DAD!...

DON'T  
WORRY, I'LL  
GRAB SOMETHING  
AT SCHOOL...

...LIKE A  
CANDY BAR!

IT LOOKS  
LIKE OUR TEDDY  
HAS SOMETHING  
TO LEARN ABOUT  
HEALTHY EATING!

Ka  
Kaw!

RIGHT  
COCKY, AND  
SLEEPING  
TOO!

THINGS DON'T LOOK MUCH BETTER FOR TEDDY AS SCHOOL BEGINS...

TEDDY,  
ARE YOU  
OKAY?

HE LOOKS  
HORRIBLE!

WHAT'S  
WRONG,  
BUDDY?

HUH? OH,  
I WAS UP LATE  
PLAYING VIDEO  
GAMES.

OH,  
BROTHER!

I JUST GOT THIS NEW GAME,  
AND I HAD TO PLAY IT-- IT'S  
TOTALLY EDUCATIONAL!

I GUESS I LOST  
TRACK OF TIME!

ONLY TWO  
MILLION MORE  
POINTS...

...AND I CAN  
REACH LEVEL  
TEN AND HIT  
THE HIGH  
SCORE!

**POW!**

**BAM!**

**SMASH!**

**SMASH!**

**BAM!**

**ZING!**

I FORGOT  
TO DO MY HOMEWORK  
AND STUDY, BUT IT WAS  
TOTALLY WORTH IT!

I HOPE YOU  
THINK THAT IN A MINUTE,  
BECAUSE I THINK MISS  
IRWIN IS GOING TO  
HAVE A...

OKAY CLASS,  
PULL OUT YOUR  
PENCILS FOR A...

**...POP  
QUIZ!**

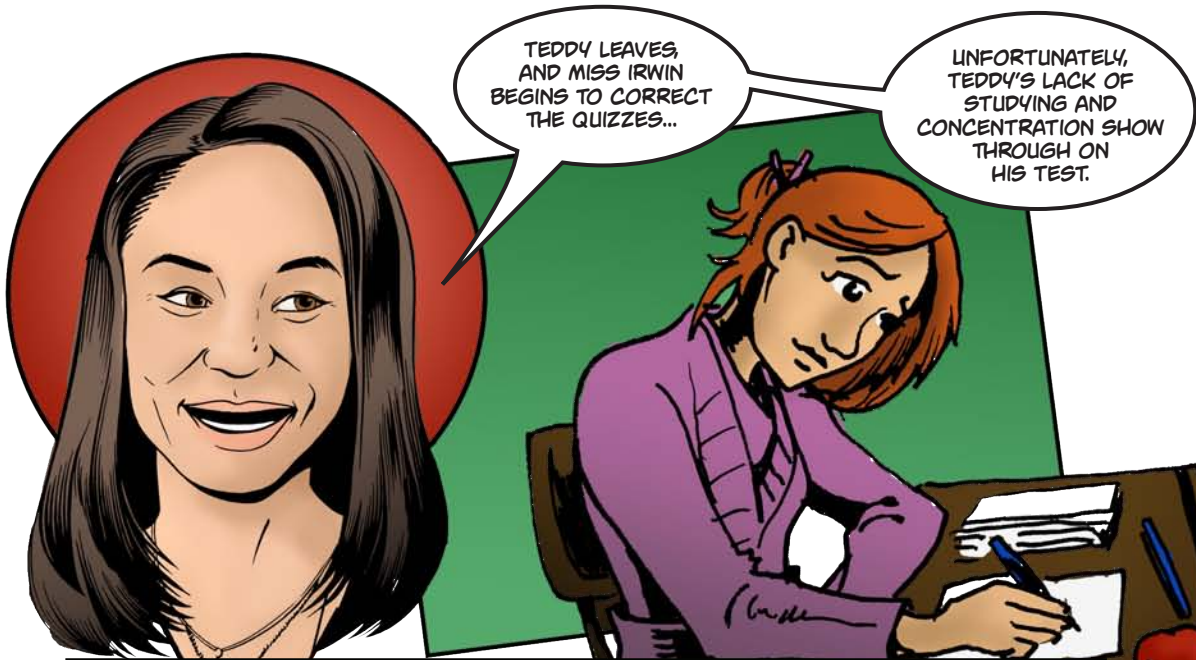


AFTER A COLLECTIVE GROAN FROM THE CLASS, THE TEST BEGINS...



...CLASS ENDS, AND TEDDY IS RELIEVED TO BE DONE.





THE SCHOOL DAY ENDS, AND TEDDY'S FRIENDS INVITE HIM TO JOIN IN A GAME OF BASKETBALL, IN ADVANCE OF THE COMING HEALTH EXPO AT THE UNIVERSITY OF SOUTH CAROLINA...





FLASH FORWARD A FEW WEEKS, AND IT'S TIME FOR THE **HEALTH EXPO!** GOOD FOOD, SPORTS, EXERCISE EXHIBITS, AND HAPPY KIDS. IT'S A GREAT TIME FOR ALL AT THE UNIVERSITY SOUTH CAROLINA.

OUR BAND OF FRIENDS HAS GATHERED TO SHOW OFF DISPLAYS OF SOME OF THEIR FAVORITE SPORTS-- BUT WHERE IS TEDDY?

HEY  
(HUFF HUFF!)  
GANG-- I'M HERE!  
KOFF!

TEDDY,  
YOU MADE  
IT!

WE WERE  
WORRIED YOU  
OVERSLEPT!

OOH, HE  
DOESN'T LOOK  
SO GOOD!



WHAT'S  
WRONG, BUDDY--  
YOU LOOK  
AWFUL!

ALL I DID  
WAS WALK HERE  
FROM MY HOUSE, AND I  
CAN BARELY (HUFF)  
BREATHE!

IT'S ALL  
THAT STAYING UP  
LATE AND THE JUNK  
FOOD YOU'VE BEEN  
EATING...

..YOUR BODY  
AND BRAIN ARE  
FRAZZLED!



HEY,  
LOOK!

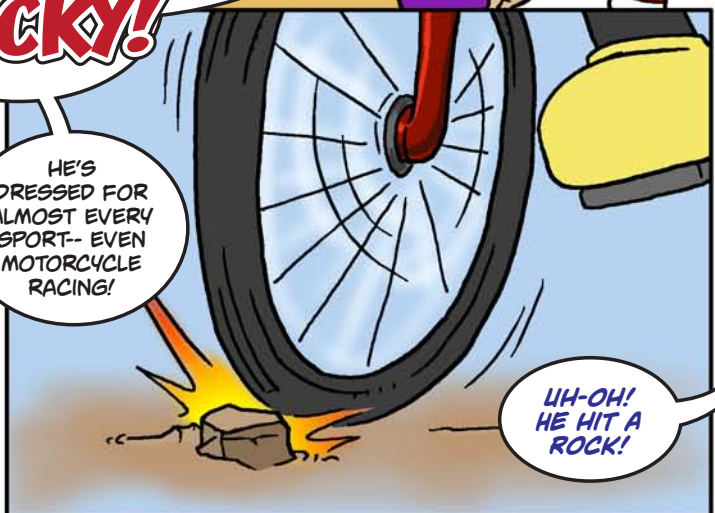
IT'S OUR  
OLD BUDDY...

...**COCKY!**

Ka-  
Kaw!



HE'S  
DRESSED FOR  
ALMOST EVERY  
SPORT-- EVEN  
MOTORCYCLE  
RACING!



UH-OH!  
HE HIT A  
ROCK!



**Ka-Kaw!**

OH MY GOSH-- COCKY IS OUT OF CONTROL!

TEDDY- GET OUT OF THE WAY!

OH NO, I'M TOO OUT OF SHAPE TO JUMP!

WE'RE GOING TO...

**...CRASH!**

WOW! WHAT A SIGHT YOU GUYS ARE!

COCKY, I THINK YOU NEED TO TAKE A FEW DRIVING LESSONS!

WELL, MAX, IT SOUNDS LIKE TEDDY NEEDS A LESSON ABOUT...

...BEING HEALTHY IN HIS CHOICES.

**COACH DAWN STALEY**

SURE COACH, YOU WERE AN OLYMPIC CHAMPION...

...BUT I'M JUST A NORMAL KID. IT DOESN'T MATTER WHAT I EAT!





TEDDY, WHEN I WAS YOUNG, I DIDN'T KNOW I WOULD GROW UP TO PLAY IN THE OLYMPICS--

I WAS JUST A GIRL THAT LOVED TO PLAY BASKETBALL!

I WANTED TO PLAY BASKETBALL ALL THE TIME AND SOMETIMES I SKIPPED MEALS TO STAY ON THE BASKETBALL COURT.

INSTEAD OF EATING HEALTHY, I ATE...

**CANDY**



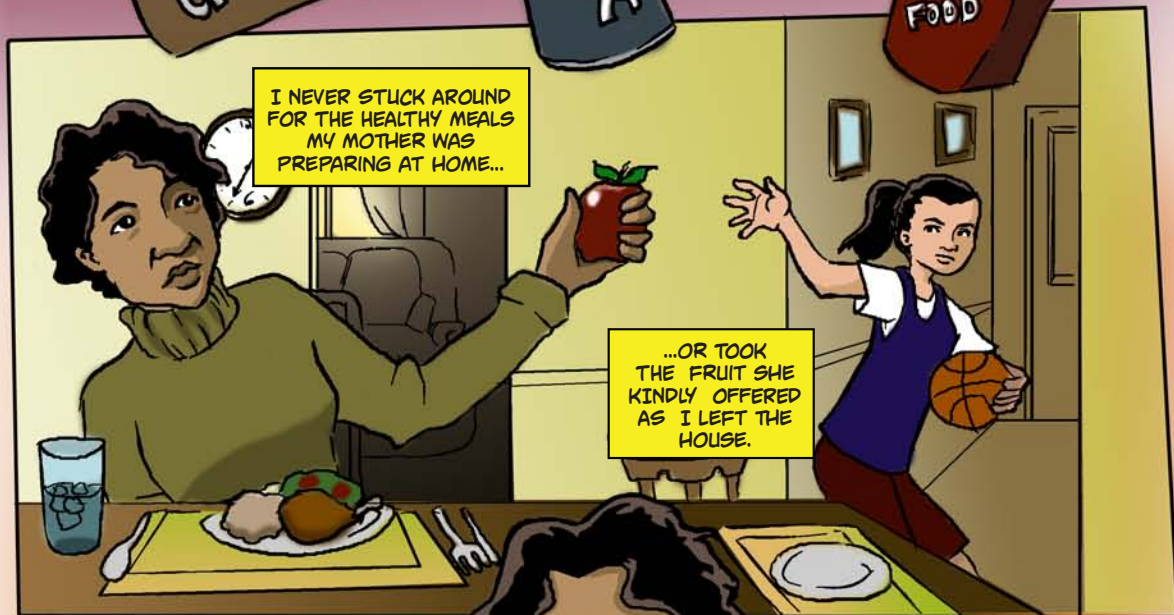
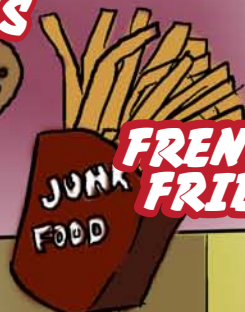
**SODA**



**COOKIES**



**FRENCH FRIES**



I NEVER STUCK AROUND FOR THE HEALTHY MEALS MY MOTHER WAS PREPARING AT HOME...

...OR TOOK THE FRUIT SHE KINDLY OFFERED AS I LEFT THE HOUSE.

MY MOTHER WAS **NOT** HAPPY WITH ME SKIPPING MEALS - SHE KNEW THAT IT WAS IMPORTANT TO EXERCISE AND EAT RIGHT.

SHE MADE A DECISION THAT AFFECTED ME FOR MY WHOLE LIFE.



TO TEACH ME A LESSON, MOM WOULD NOT LET ME GO OUTSIDE TO PLAY BASKETBALL...  
...I HAD TO STAY IN THE HOUSE UNTIL I STARTED EATING HEALTHILY.

NO MATTER HOW MUCH I BEGGED SHE WOULDN'T CHANGE HER MIND.

SOON, I WAS TIRED OF SITTING IN THE HOUSE, AND BEGAN TO EAT THE MEALS SHE PREPARED TO MY SURPRISE, I LIKED THEM! I ALSO STARTED DRINKING WATER AND MILK INSTEAD OF SODA, AND ATE BANANAS AND APPLES AS MY SNACK INSTEAD OF CANDY.

THE BEST PART ABOUT EATING GOOD MEALS WAS THAT I STARTED PLAYING BETTER ON THE BASKETBALL COURT!

ALTHOUGH I WOULD GO HOME EVERY NIGHT FOR DINNER WHEN I CAME BACK...

...EVERYONE WANTED ME ON THEIR TEAM BECAUSE I WOULD ALWAYS HAVE THE MOST ENERGY.

WOW-- IT REALLY DOES PAY OFF TO EAT RIGHT!

I'M GOING TO EAT RIGHT, EXERCISE, AND GET ENOUGH SLEEP FROM NOW ON!

GREAT! MAKE HEALTHY CHOICES AND IT WILL HELP NOT JUST YOUR BODY, BUT YOUR MIND AS WELL!

SPEAKING OF HEALTHY CHOICES, I'M NOT SURE COCKY SHOULD EAT A HAMBURGER AS BIG AS HIS HEAD!

HA HA HA HA HA HA HA HA HA HA HA HA HA HA



A FEW WEEKS LATER AND THE KIDS ARE BACK ON THE COURT, PRACTICING THEIR FAVORITE SPORT OF ALL....



NICE PASS, ZOEY!

NOW IT'S TIME FOR ME TO SCORE!

YOU'LL NEED TO GET BY ME FIRST, TAYLOR!

HEY KIDS, MIND IF I JOIN YOU?

TEDDY!

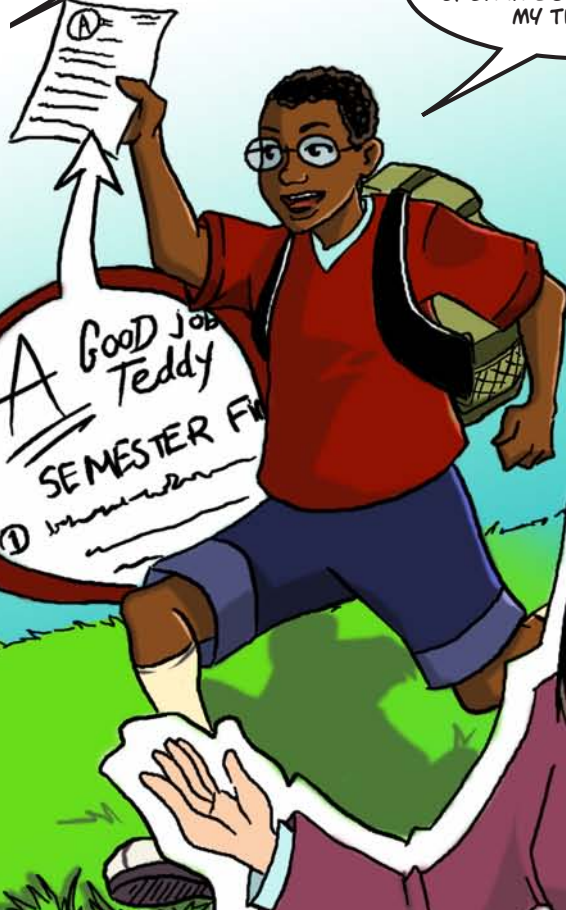
THAT'S RIGHT, I'M BACK IN SHAPE! AND I'M BACK IN GOOD GRACES WITH MY TEACHERS...

...NOT TO MENTION MY PARENTS!

**Ka-Kaw!**

THAT'S RIGHT, COCKY!..

...TEDDY LEARNED THAT LIVING HEALTHY NOT ONLY FEEDS YOUR BODY, BUT YOUR MIND AS WELL!



A Good Job Teddy  
SEMESTER FIVE



IT'S ALWAYS GREAT TO HAVE ANOTHER HEALTHY HERO JOIN THE GAME!



OUTH  
END  
CAROLINA



# COCKY MAZE GAME



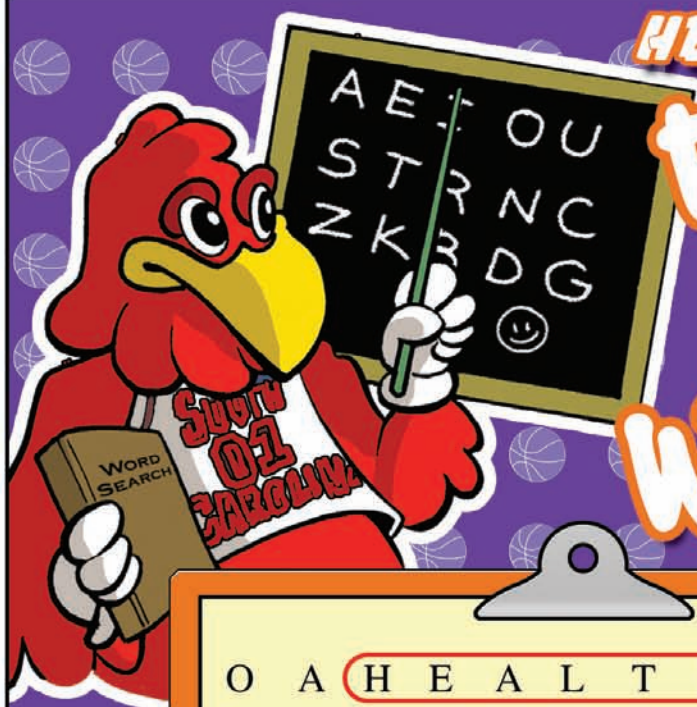
**HELP COCKY FIND HIS WAY  
TO HEALTHY FOOD!**

*Look for the solution on the inside back cover!*



HEALTHY HEROES

# FIND -A- WORD



|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| O | A | H | E | A | L | T | H | Y | J | Y |
| B | A | S | K | E | T | B | A | L | L | M |
| M | Y | Q | F | C | M | C | N | H | O | H |
| M | P | K | E | L | P | P | A | M | N | O |
| B | B | K | C | T | H | Y | I | S | Q | O |
| P | U | O | C | O | I | P | M | H | G | P |
| C | B | Y | Y | I | C | B | K | A | K | O |
| B | S | A | E | S | I | C | R | E | X | E |
| Z | L | A | N | T | H | N | L | O | I | M |
| Z | C | A | I | A | E | U | X | K | N | N |
| A | H | U | C | T | N | G | R | A | I | N |
| C | R | C | Q | K | C | A | R | R | O | T |
| F | R | O | K | R | O | W | M | A | E | T |

HELP COCKY FIND  
THESE WORDS!

Ka  
Kaw!



TEAMWORK - BLACK - GARNET - EXERCISE  
BASKETBALL - CARROT - APPLE - COCKY  
BANANA - GRAIN - HOOP - HEALTHY - FRUIT

Look for the solution on the inside back cover!



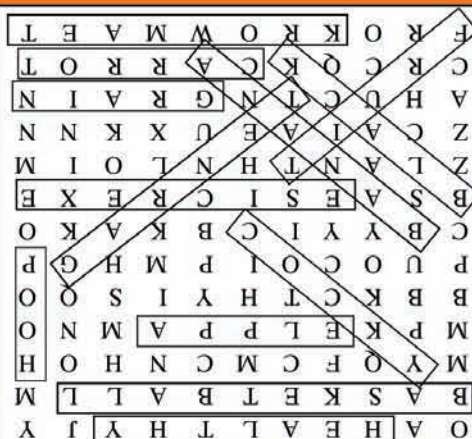


## THE SOUTH CAROLINA FIGHT SONG

"THE FIGHTING GAMECOCKS LEAD THE WAY"  
HEY, LET'S GIVE A CHEER, CAROLINA IS HERE,  
THE FIGHTING GAMECOCKS LEAD THE WAY,  
WHO GIVES A CARE, IF THE GOING GETS TOUGH,  
AND WHEN IT IS ROUGH,  
THAT'S WHEN THE 'COCKS GET GOING.

HAIL TO OUR COLORS OF GARNET AND BLACK,  
IN CAROLINA PRIDE HAVE WE.  
SO, GO GAMECOCKS GO - FIGHT!  
DRIVE FOR THE GOAL - FIGHT!  
USC WILL WIN TODAY - GO COCKS!  
SO, LET'S GIVE A CHEER, CAROLINA IS HERE.  
THE FIGHTING GAMECOCKS ALL THE WAY!

## PUZZLE ANSWER ZONE





WOMEN'S BASKETBALL  
**SOUTH CAROLINA**



WOMEN'S BASKETBALL  
**SOUTH CAROLINA**



WOMEN'S BASKETBALL  
**SOUTH CAROLINA**



WOMEN'S BASKETBALL  
**SOUTH CAROLINA**



**FREE  
ADMISSION**

**University of South Carolina  
Women's Basketball**

**VS.**

**Auburn University**

**JANUARY 17, 2010  
COLONIAL LIFE ARENA  
3:00 PM**



**COME  
JOIN THE  
FUN!**

THIS TICKET VOUCHER  
IS VALID FOR ONE CHILD  
AGE 12 AND UNDER AND  
ONE ADULT.

**COACH DAWN STALEY**