

HELPING ATHLETES SURVIVE TWO-A-DAY PRACTICES WITH PROPER HYDRATION AND CONDITIONING

With the recent heat related tragedies reported, Amity Regional School District would like to provide everyone with guidelines in hope to prevent such tragedy. It is very important that perspective athletes arrive to two a day or preseason practices already in shape. This means to start training, running, at least one month prior to season or try outs. Studies show that prior conditioning will reduce one's chance of injury especially muscular. If you have any questions on proper conditioning activities please do not hesitate to contact the licensed certified athletic trainer **Kate Bryant MEd, ATC, LAT** at 392-2009. We wish everyone a successful fall season.

STAY COOL	STAY HEALTHY
<ul style="list-style-type: none"> • Get in shape and acclimate (train prior to try outs) • Know the warning signs of dehydration and heat illness (head ache, dizziness, excessive fatigue, muscle cramping) • Don't rely on thirst to drink • Drink on schedule • Favor sports drinks and water over caffeinated beverages • Monitor body weight drink 20 oz. of fluid (water) for every pound loss from activity • Key on meals • Stay cool when you can <p style="text-align: right; margin-top: 20px;"><i>From: Eichner, E.R. (1998). Treatment of Suspected Heat Illness. Int. J. Sports Med. 19:S150-S153.</i></p>	<ul style="list-style-type: none"> • Minimize the stresses of life • Eat a well-balanced diet • Avoid overtraining • Sleep well • Avoid rapid weight loss • Avoid sick people and large crowds • Keep hands away from nose and mouth • Get a flu shot • Key on meals • Stay hydrated and ingest carbohydrate during exercise <p style="text-align: right; margin-top: 20px;"><i>From: Niemen, D.C. (1998). Immunity in Athletes: Current Issues. Sports Science Exchange 11(2): 1-6.</i></p>

STAY HYDRATED

- Drink throughout the day (water, sports drinks, fruit juice, non-caffeinated soft drinks)
- Drink at least 16 oz. two hours before a practice or game (to allow time to urinate)
- Drink another 8 oz. 15 minutes before exercise (to help assure immediate hydration)
- Drink to fully replace sweat loss during exercise (at least 4 to 8 oz. every 15 minutes)
- Drink 20 oz. for every 1 lb. of body weight loss within two hours of finishing training or competition
- Hydration guide for athletes (body weight x .64 = amount of water in ounces drank daily)

From: American College of Sports Medicine (1996). Exercise and Fluid Replacement. Med. Sci. Sports Exercise 28(1):I-IIv.