

Survival Guide

For Pre-Season Training Camp

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Following is some information designed to help you make it through your Pre-Season Training Camp in one piece. There's not a lot of fluff, just the fact, strictly the facts.

Hydration

Water is the most vital of all nutrients. It is critical in dissipating the heat produced by your body during competition. During exercise in the hot weather the majority of water is lost through perspiration. It is important to replace this water as it is lost during practice and make sure it is fully replaced after practice. Failure to do so will not only inhibit your performance but it will expose you to Heat Exhaustion and Heat Stroke, which can be fatal.

- Water loss of 2% of body weight (3lbs for 150lb athlete) will negatively impact your exercise performance.
- Water loss of 9% to 12% of body weight (13-18lbs for 150lb athlete) can lead to **fatal** dehydration.
- Any weight you lose between when a practice starts and when it ends is water loss.

Pre Practice

- Drinking water before exercise (pre-hydrating) will increase your body's ability to handle the heat.
- Pre-Hydrate by drinking a minimum of 12 oz of cold water 15 to 30 minutes before **every** practice.
- How much is 12oz? It's the equivalent of a can of soda.
- Powerade/ Gatorade or other sports drinks are an acceptable substitute for water when pre-hydrating.

During Practice

- Thirst is not a reliable indicator for fluid replacement. The thirst reflex lags behind the actual need for fluid.
- Drink before you are actually thirsty at practice.
- Always drink more than what you're thirsty for.
- Never take salt tablets. They actually delay the emptying of fluids from your stomach, which will further dehydrate you.

Post Practice

- It is critical to continue to hydrate after practice is completed. This is particularly true when you're practicing 2 or 3 times a day.
- Every 1lb of body weight lost during practice, must be replaced with 16oz of fluid.
- It is normal to lose 3-4lbs during a practice. This means you should drink 3-4 large beverages before your next practice.
- Fruit Juice is the beverage of choice post practice.
- Powerade, Gatorade, sports drinks, decaffeinated soda, and water are all acceptable substitutes.
- Orange juice, tomato juice, cranberry juice and V8 are excellent electrolyte replacers.

Weight Loss

- Pre-season or In-season is not the time to try and lose weight.
- Reducing calories or restricting fluids will harm your performance and will contribute to Heat Illness.
- Any weight lost during practice is water, and must be replaced by new fluids before the next practice.
- Heat exhaustion and heat stroke usually occur over a period of days from not replacing the water weight lost during practice.
- Remember Heat Stroke can be fatal. It is also preventable by proper fluid replacement and weight maintenance.

Clothing

- Wear light-colored clothing. Light- colors are cooler than dark colors because they reflect the sun's heat.
- Wear loose fitting clothes. This will allow your perspiration to evaporate and your body to cool itself more efficiently. Wearing spandex type clothing should be avoided in hot weather for this reason.
- Do not wear wet or damp clothes to practice. This will prevent the evaporation of your sweat and your body's ability to cool itself efficiently.
- Not athlete will be permitted to wear plastic "sweat suits" to try and lose weight
- Bring plenty of sun block or sun screen lotion.

Blisters

- Buy new spikes or sneakers 4 weeks before camp and break them in ahead of time. This will save you the problems of blisters from wearing new shoes.
- Some research has come out indicating that spraying your feet with anti-perspirant (not deodorant) before practice will help prevent blisters. Most blisters are caused by excess sweating and irritation. It may work or may not, but you can give it a shot.

Nutrition

Pre-Season Training Camp is one of the most physically demanding periods your body will face. What you eat provides the energy for your workouts and the nutrients for your recovery after each practice. It is not the time to cut back on calories, as this will cut back on your energy for performance.

- Carbohydrates are your primary energy source for exercise. They should make up the majority of your food intake.
- Eating/ drinking 50g of carbohydrates 15-20 minutes after each practice will speed the recovery of muscles for the next day's workout.
- Bring some ready to eat food with you to each practice.
- For example, an apple and a banana will provide the required 50g of carbs.

Some excellent post practice foods are:

- Fruit
- Bagels
- Rolls
- Raisins
- Pretzels
- Yogurt
- Orange Juice
- Apple Juice
- Caffeine Free Soda

Muscle Cramps

The exact cause of muscle cramps is not known. But contributing factors may be: a poor level of fitness, inadequate fluids, and or a low level of electrolytes (potassium, sodium).

If you're having problems with muscle cramps consider trying one or more of the following:

- Drinking extra fluids before, during, and after practice.
- Adding some table salt to your meals
- Drinking 2-3 glasses of tomato or V8 per day.
- Increasing your intake of potassium (bananas, citrus fruits, fresh veggies, milk)
- Coming to camp in shape next year.

Muscle Soreness

Delayed Onset Muscle Soreness (DOMS) is the tightness, stiffness, and general muscle and joint pain you feel 24-48 hours after intense training. Expect it. It is safe to play through it. The only way to prevent it, is to come into camp already in shape.
