

Dear Tiger Football Parent:

We had another great season last, But 2012 is fast approaching. I hope everyone is excited and ready to have a fun and successful 2012 season. Our Coaches are excited and ready for the upcoming season. To accomplish our goals, we will have to rely on our preparation, work ethic, experience, camaraderie, and you, the parent, to confront the challenges of one of the toughest districts in our class. I am so excited to “get the ball rollin” and watch this group of young athletes grow and mature. As we begin practice the HEAT outside will be our main concern. With Temperatures in the 100’s it is important that your son drink plenty of water to stay hydrated. We want to take every precaution to prevent anything happening to our kids.

Below are some of the things we as coaches are doing to prepare for the heat ...

1. DOUBLING WATER SESSIONS...
2. COOL ZONE WITH MISTING STATIONS.
3. WEIGHING ATHLETES BEFORE AND AFTER PRACTICE.
4. NEW COLD WATER WATERING SYSTEM FOR PRACTICE.
5. PLAYERS CAN REMOVE HELMETS AT ANY TIME DURING PRACTICE.
6. LIMITING THE AMOUNT OF PRACTICE TIME IN THE HEAT....

We have also taken many other precautions for HEAT safety but none of these matter if your son does not take the proper precautions at home. They must drink plenty of fluids to replace what they have lost. They must also eat.... We are asking you to please watch your kids at home to make sure they are doing these things. We start School on Wednesday and practices will be at 2:30. We must prepare some in the heat to get ready for upcoming scrimmages and games.

RECOMMENDATIONS FOR HYDRATION TO MINIMIZE THE RISK FOR DEHYDRATION AND HEAT ILLNESS

- Appropriate hydration before, during, and after exercise is an important ingredient to healthy and successful sports participation. (We are telling our players to drink Plenty of water between practices.) **GALLON MILK JUG FULL OF WATER**
- Rapid weight loss represents a loss of body water. A loss of just 1-2% of body weight (1.5 to 3 pounds for a 150 pound athlete) can negatively impact performance. A loss of 3% or more of body weight can increase the risk for exertional heat related illness.
- **Athletes should be weighed before and after warm weather practice sessions and contests to assess fluid losses.**
- Athletes with high body fat percentages can become dehydrated faster than athletes with lower body fat percentages while working out under the same environmental conditions.
- All athletes have different sweating rates and some lose much more salt through their sweat than others.

- Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
- Medications and fevers can each greatly contribute to an athlete's dehydration problems and risk for heat illness.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of dehydration and heat illness. **(No Under Armour Cold Gear)**

WHAT NOT TO DRINK DURING EXERCISE:

- Fruit juices with greater than 8 percent carbohydrate content and soda can both result in a bloated feeling and abdominal cramping. **NO POP**
- **Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.**
- Athletes should be aware that nutritional supplements are not limited to pills and powders; many of these new fluids contain stimulants such as caffeine and/or ephedrine. **(If they are taking supplements. Stop Now...)**

These stimulants may increase the risk of heart or heat illness problems when exercising.

□ Many of these drinks are being produced by traditional water, soft drink, and sports drink companies and may provide confusion to the sports community. As is true with other forms of supplements these "power drinks or fluid supplements" are not regulated by the FDA. Thus, the purity and accuracy of contents on the label are not guaranteed.

In closing,, As coaches we have players for 2 ½ hours a day. 30- 40 minutes of that time is spent in water breaks. What they are doing the other 21 ½ hours is just as important if not more..

Parent Signature _____

Thank you, Coach Fisher
 CHS coaching staff.