

## **IMPORTANT NOTICE !!!**

**TO: ALL STUDENT ATHLETES**  
**FROM: STEVE NEMES, HEAD ATHLETIC TRAINER**  
**TOPIC: HEAT PROBLEMS- CARE & PREVENTION**

As Summer gets into the height of it's Season and we prepare for our Pre-Season/Season, heat problems are of great importance. Acclimatizing and conditioning yourself now will save yourself both in performance and health.

There are some very critical facts you should know on how "deadly" a situation this can be to you.

1. Whenever energy is expended heat is generated and needs to be released. This is in the form of perspiration. Perspiration not only releases heat but cools the body down by the evaporation effect.
2. If your body does not perspire or the heat generated is too great for the body to control, Heat Problems can and will occur.
3. Heat Problems range from Heat Exhaustion to Heat Stroke where the sweating mechanism shuts down. This is a **MEDICAL EMERGENCY SITUATION**.
4. Factors that can enhance Heat Problems are: **OVERWEIGHT, POOR CONDITIONING, DEHYDRATION, LACK OF ACCLIMATIZATION**.
5. Acclimatization can be misunderstood. It most often means not conditioning in the same conditions as the practice or game will take place. This can include conditioning at *different times, lengths, and situations*. Problems can also occur if you spend most of the day in a different environment than you will be practicing and playing in (i.e. work all day in an air-conditioned building and only work out in the evenings).

### **GUIDELINES TO BETTER CONDITIONING YOURSELF**

1. **CONDITION GRADUALLY! - WORK UP TO PROPER INTENSITY.**
2. **Be at your proper weight: - the more overweight you are the greater the stress placed on your body.**
3. **Be in both cardiovascular and muscular condition.**

4. Condition as close as possible to Pre-Season practice. This includes: a) same time(s) of day, b) same environment ( indoor/outdoor ), c) same intensity, d) same type of practice ( sprints, agility's, distance, scrimmage etc. ).

5. HYDRATE BEFORE WORKOUT, SEVERAL TIMES DURING WORKOUT, AND REHYDRATE AFTER EACH CONDITIONING PERIOD.

6. Get plenty of rest - your body needs to recuperate for each training session.

7. Eat a proper diet. This should include the following: a) plenty of fresh fruits and veggies - 2-3 servings /day, b) diet should consist of approx. 60% carbohydrates, 20-30% fat, 10-15% protein. c) stay within proper daily caloric needs d) avoid fried foods, e) avoid high salt foods ( i.e. a lot of fast food ).

8. RECOGNIZE AND TREAT INJURIES EARLY - A minor injury not treated can lead to one of greater consequence thus reducing and/or prohibiting performance. If an injury occurs, seek proper treatment and call myself ( 484-664-3391 ) and your coach.

PLEASE SEE **NCAA GUIDELINE "Prevention of Heat Illness"** FOUND ON THE ATHLETIC TRAINING WEBSITE FOR FURTHER INFORMATION.

These are a few guidelines and reminders,if there are any questions please consult with your physician. Remember the better the condition you are in when you arrive for Pre-Season the more you'll be able to get out of yourself, the healthier you'll be, and the more fun you'll have. ISN'T THAT WHAT IT'S ALL ABOUT?!!