

## Hot Weather Guidelines

- Give kids about two weeks to adapt to practice sessions, gradually increasing intensity and duration. Closely monitor more vulnerable kids, including those who are overweight or have diabetes.
- Make sure players are well-hydrated before practice or games. During activity, kids ages 9-12 should drink about half a cup to a cup of water every 15 minutes. Sports drinks containing electrolytes and sodium should be offered during extra strenuous activity.
- Educate everyone about signs of heat stress, including dizziness, muscle cramps, headaches and nausea. Kids with symptoms should be sidelined and treated immediately; athletes should be encouraged to report if teammates seem to be struggling.
- Provide ample amounts of water. This means that water should always be available at regular intervals and players should be able to take in as much water as they desire.
- If the temperature is below 90° - water breaks approximately every 30 minutes for approximately 5 minutes duration.
- If the temperature is above 90° - water breaks approximately every 15 minutes for approximately 10 minutes duration.
- Ice-down towels for cooling.
  - Watch / monitor athletes carefully for necessary action
- Wear Appropriate Clothing  
Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a hat and sunscreen is helpful. Wear light, loose-wicking clothing so sweat can evaporate.

# Nutrition Tips for Young Athletes

Information found at - <http://www.ayso104.org/parents/nutrition.html>

## **Nutrition and Performance**

It is important that young athletes eat well-balanced meals and remain hydrated in order to achieve optimal health and performance. Bodies need to be fueled by eating proper types of foods, such as 3-5 cups of fruits and veggies a day. Doing so will ensure that young athletes play at their best.

## **Fueling the Young Athlete**

Nutrition plays a key role in athletic performance. Failure to provide the calories and carbohydrates that young athletes need to fuel their bodies, the fluid to maintain hydration, and the vitamins and minerals to support metabolism and tissue growth and repair will result in poor performance and an increased risk for injury and/or illness.

## **How Much to Eat and When**

### **Before Exercise**

Make sure your young athletes arrive to practice well-fed. They should eat a well-balanced meal that contains 75-200 grams of carbohydrates, 2-4 hours before the practice session or competition. A snack 30 minutes prior to exercise may also be beneficial, particularly if an athlete was unable to consume an appropriate meal 2-4 hours prior. The snack should contain approximately 20-50 grams of easily digested carbohydrates.

### **After Exercise**

Replacing carbohydrates that were used during exercise within 2 hours of completing the exercise session is essential for speeding recovery and preparing for the next athletic training period. The post-exercise meal should contain approximately 150 -200 grams of carbohydrates. Parents should make sure that athletes arrive at practice sessions, games or competitions fully hydrated. Coaches should enforce drink "pauses" every 15-20 minutes even when athletes do not feel thirsty.

## **Pre- and Post-Exercise Snacks for Young Athletes**

### ***2-4 hours before exercise***

1. Sandwich with lean meat, piece of fruit.
2. Pasta with tomato sauce.
3. Cereal with milk.
4. A bagel with peanut butter and honey, and a piece of fruit.
5. English muffin with honey and low-fat yogurt.

### ***30 minutes before exercise snacks***

- Honey-Energy Bars
- Honey Applesauce Swirl: To make, stir 2 tsp. honey, or more to taste, into a single serving unsweetened applesauce snack pack.
- Honey Pretzel Dipping Sauce: Whisk 1 tbs. of your favorite spicy mustard together with 1 cup honey. Makes enough dip for 8 servings of 20 small pretzel twists.

### ***Post-exercise meals***

- Sandwich with 3 ounces lean meat, piece of fruit, pretzels, juice or milk.
- Pasta with tomato sauce, whole grain bread, skim milk.
- Cereal with milk, piece of fruit, toast with honey.
- Bagel with peanut butter and honey, piece of fruit, skim milk.
- 3 ounces lean meat, potatoes, cooked veggies, skim milk.
- **Recovery Tip:** Try low-fat organic chocolate milk for recovery.
- Fresh fruit or applesauce
- Fruit frozen into kabobs or pops
- Dried fruit, including leathers or rolls made with 100% fruit
- Fruit-flavored gelatin
- Yogurt
- Pudding
- String cheese
- Popcorn
- Muffins (low-fat)
- Trail mix (with dried fruit instead of candy; beware nut allergies)

### ***Food & Drink Ideas for the Team Cooler***

- Bagels
- Honey-Energy Bars
- Breakfast bars
- Crackers and peanut butter
- Pretzels
- Chex mix
- Fresh fruit (e.g., bananas, grapes, apples) or dried fruit
- Yogurt

### **Avoid**

- High-fat foods such as hot dogs, hamburgers, French fries, potato chips, donuts and cheese before activity
- Higher fat foods take longer to digest and may cause discomfort if eaten too close to the start of a practice or competition.
- Avoid sugary foods, such as pop and chocolate bars, right before the game. They provide a little energy boost but it doesn't last long and leaves athletes drained.