

START wearing proper footwear!!

Blisters are a Pre-Season nightmare! Why? Yes, they are annoying and they hurt, but most of all, they are a nightmare because they are so easily preventable! You need to take care of your feet and it comes down to these two things: Shoes and Socks!

Shoes – DO NOT use Pre-Season to break in your new pair of running shoes, cleats, whatever!!! Not only are you asking for a multitude of blisters, but your feet/toes/arches will hurt also. Your new shoes should already be broken in and you should be very comfortable running in them. Your timed mile won't be very good if you run it in a new pair of stiff sneakers that you haven't worn yet!



Socks – Something that covers only your foot and not your heel is not really a sock! A thin piece of fabric covering your foot is not a sock either! You'll certainly be inviting multitudes of blisters!

BLISTER PREVENTION:

- Break in your new shoes gradually!
- Wear thick cotton socks that cover the entire foot and heel
- Try wearing two pairs of socks so that there's more cushion & less friction on your feet

START Resting & Sleeping!!

More and more athletes your age are suffering from overuse injuries. You are putting your bodies through a lot during Pre-Season. It is very important to give yourself some rest when the practice day is done.

REST = REFRESHED = BETTER PERFORMANCE!!!

- Get at least 8 hours of sleep so that your body is rejuvenated, refreshed, and ready for another full day of strenuous Pre-Season activity.
- Ice your muscles down after practice to relieve any soreness you have.
- At night, relax, put your feet up, and let your body recover from the long day – it will thank you tomorrow!!



That's all folks! Follow these guidelines and you will be helping yourself get through the weeks of Pre-Season - hopefully injury-free! Now, all injuries certainly cannot be prevented, but a lot of injuries **CAN** be prevented!! Taking care of your bodies and getting them ready for the stress and strain of 3 weeks of hard running, drills, and competition will make Pre-Season a whole lot easier. I hope you enjoy your summer and best of luck in your transition to High School Athletics!!!



Katie Bartosik, MEd, ATC
Athletic Trainer at Upper Dublin High School
215-643-8900 ext 2275
kbartosik@udsd.org



721 Dresher Road
Suite 2100
Horsham, PA 19044
Phone: 215-659-2955
Fax: 215-659-0123
www.novacare.com



Presents:



S. T. A. R. T.

“Summer Training And Readiness Tips”

Your guide to getting ready for the start of High School Pre-Season



Hello athletes!! Summer is quickly approaching and that means the start of Pre-Season for High School Athletics is coming too. What is "Pre-Season?" Well, simply stated it is 3 weeks of intense practice to get you ready for your season before school starts. It's the time where coaches want to see who's in shape and ready to play. During these weeks of Pre-Season some coaches like to hold "Two-A-Day" practices. You run, do drills, run some more, scrimmage, and – that's right – you run some more! If you are interested in playing High School sports this information will be beneficial. This is not to scare you, but to prepare you for what lies ahead!

Part of my job as an athletic trainer is to prevent injury. Many injuries are sustained during Pre-season; however, a lot of these injuries can be prevented if you take the necessary steps. Let this be your guide to Pre-Season Injury Prevention – the "Dos and Don'ts" before that first day of Pre-Season actually arrives. You should use the summer to implement these steps into your daily routine.

In order to prevent the plethora of Pre-Season injuries that are easily sustainable, you must **START** to do the following:



START hydrating yourself!!

Drink more water and less soda and other caffeinated beverages. Caffeine is a diuretic which will make you go to the bathroom. The more fluids you lose the more dehydrated you become!

- Drink enough throughout the day so that you aren't thirsty
- Drink 1 pint of water 2 hours before activity
- Don't over hydrate yourself! Listen to your body - if you are thirsty then drink!
- More water and less caffeine!



If you are properly hydrated you are less likely to cramp up and get tired during those long pre-season runs and workouts!

START Eating Right!!

Summer is a time for picnics and pool parties with burgers on the grill and hot dogs at the ballpark. Now, you are all young and active kids so you don't have to lay off completely on these foods – just cut down!

CARBS ARE FRIENDS - NOT FAT! Carbs are your body's main source of fuel, especially during high intensity, long endurance workouts. Bagels, granola bars, bread, peanut butter sandwiches, and pasta are good carb sources.

FRUITS & VEGGIES contain those added nutrients to keep your body going. Bananas are good sources of potassium that can help to prevent muscle cramps.

PUT IT BACK! You lose a lot of water and electrolytes like sodium, potassium, and magnesium through sweating.

- Eat a good dinner (use salt for seasoning)
- Drink enough nutritional fluids – water, Gatorade, milk, and fruit juice.

BREAKFAST FIRST! Eat a little something – you won't last long on an empty stomach, especially in the hot, August sun!!

- Give yourself time to digest before practice.



START Running!!!

Many people come into Pre-Season not having run at all during the summer. This is not good at all!

MOST COMMON PRE-SEASON INJURIES:

Muscle strains – quads; hip flexor; hamstrings
Tendonitis – knee; Achilles
Shin splints
Stress fractures – lower leg & foot

To prevent these injuries you need to acclimate yourself.

START Acclimating Yourself

"**Acclimate**" means to become accustomed to a new climate or environment. So, in preparing for Pre-Season, your body needs to get used to the demands of intense exercise.

When you are acclimating yourself over the summer start nice and easy and then gradually make it more challenging. Run a couple times a week and then each week increase the amount of time and the intensity at which you run. You should also run outside so you get used to working out in the heat and humidity. Partaking in a speed and agility camp or other sports camps can certainly help get your body acclimated!

START Stretching!!

Okay, you're hydrating yourself and you're beginning to run before that first day of Pre-Season. Your muscles are getting the water and nutrients they need and are getting loose from physical activity – **PREVENT MUSCLE STRAINS & STRETCH!!!** Doing too much activity with tight muscles will guarantee a muscle injury!!

Do a 5-10 minute warm-up and then stretch out – Quads, hamstrings, low back, and calves. These muscle groups get strained the most during Preseason. Take a good 10 minutes and stretch out!! You will lower your risk for injury and you'll be able to participate fully.

STRETCH AFTER ACTIVITY!!

Did you ever feel stiff after activity or feel sore all over the next day? This is called **Delayed Onset Muscle Soreness**, or "**DOMS.**" **DOMS** is a result of a chemical buildup in your muscles called lactic acid. **DOMS** will happen, especially if your body is not used to a strenuous workout - just another reason to start to train your body before Pre-Season begins.

Stretching after your workout is a **MUST!** Your muscles have been working so hard that they become loose and hot. Stretching them when they are like this will improve your flexibility. Good flexibility is also important in injury prevention. If you don't stretch, your muscles will definitely tighten up on you. This results in poor flexibility and an increase in lactic acid - which will certainly bring about **DOMS.**

A good 15-20 minute stretching session after activity will prevent that lactic acid from building up so you won't be so stiff and sore!