

## 2006 LHGCL TRYOUTS HEAT SPEECH

1. BIGGEST HEAT PROBLEMS AT SUMMER TOURNAMENTS IS NOT USUALLY THE PLAYERS, BUT THE REFEREES. THEY SIT IN AN OFFICE ALL SUMMER AND THEN TRY TO WORK THREE GAMES IN A ROW IN AUGUST. IF YOU SEE ME ON A LINE, IT'S BECAUSE ANY AVAILABLE REF IS DYING IN THE TENT. PLEASE HAVE MERCY.
2. WITH PROPER PLANNING, YOU CAN KEEP YOUR PLAYERS FROM JOINING THE REFEREES.
3. DECREASE 1% OF BODY WEIGHT= INCREASE IN BODY TEMP
4. DECREASE 2%= 6-7% DECREASE IN RUNNING SPEED
5. DECREASE 3%= A BODY REGISTERS THIRST(TOO LATE)
6. 5% DECREASE= HEAT EXHAUSTION
7. 7% DECREASE = HALLUCINATIONS
8. 10%= CIRCULATORY COLLAPSE
9. FLUIDS SHOULD BE 59-72\* FOR BEST ABSORPTION AND COOLING AFFECT FROM THE INSIDE OUT
10. 8-10 GLASSES OF 8 oz. INCREMENTS A DAY
11. 2 HOURS BEFORE A GAME= 16-24 oz.
12. 15 MIN. BEFORE A GAME = 8-16 oz.
13. EVERY 15-20 MINUTES DURING THE GAME 8oz.
14. AFTER THE GAME= 16 oz. FOR EVERY POUND OF WEIGHT LOST OR UNTIL THE URINE IS PALE OR CLEAR.
15. FIRST HOUR AFTER THE GAME IS PRIME CARBO LOADING TIME(SPORTS DRINK)
16. HIGH CARBO MEAL 1-3 HOURS AFTER GAME(BAGELS, BANANAS, APPLE JUICE, FRUIT YOGURT, PANCAKES, SPAGETTI, POTATOES,( NO FRIED OR FATTY FOODS OR TOO MUCH PROTEIN)
17. SPORTS DRINKS OF LESS THAN 7% CARBOS HAVE SHOWN TO ENHANCE GLYCOGEN LEVELS IN THE MUSCLES AS WELL AS SPEED ABDOMINAL EMPTYING
18. THE LATEST RESEARCH INDICATES THAT THE PLAYERS THAT ARE LIKELY TO CRAMP ARE SODIUM DEPLETERS, ONCE AGAIN A SPORTS DRINK IS APPROPRIATE AND NOT SALT TABLETS
19. WARNING SIGNS OF DEHYDRATION A) DIZZINESS, LIGHT-HEADEDNESS B) MUSCLE CRAMPS C) NAUSEA, HEADACHE AND VOMITING D)COLD CLAMMY SKIN WITH POSSIBLE HIGH BODY TEMP E) PALE FACE-RAISE FEET, RED FACE- RAISE HEAD+=HEAT STROKE OR A MEDICAL EMERGENCY(LAST SUMMER 4-5 HIGH PROFILE HEAT DEATHS)
20. DRUGS CAN ALSO BRING ON HEAT ILLNESS A) ANTI-PSYCHOTIC DRUGS FOR DEPRESSION OR ADD B) ANTIHISTIMINES AND DECONGESTANTS C) ALCOHOL D) ASHMA MEDS E) ALL CAFFIENE DRINKS OR PILLS= RED BULL, TEA, COFFEE, COKES

21. THERE IS A RARE CONDITION THAT IS OBSERVED FROM DRINKING TOO MUCH. BRAIN SWELLS AND IT CAN BE DEADLY. FOLLOW GUIDELINES AND YOU SHOULDN'T HAVE ANY PROBLEMS.
22. IF A PLAYER DOES EXPERIENCE HEAT ILLNESS THEN THEY WILL BE MORE PRONE TO HAVE HEAT PROBLEMS IN THE NEAR FUTURE. THEY MUST BE WATCHED CLOSELY.
23. IT TAKES TWO WEEKS TO GET ACCLIMATED TO THE HEAT.
24. RECENT STUDIES HAVE SHOWN THAT 70% OF YOUR PLAYERS ARE DEHYDRATED BEFORE THE GAME EVEN STARTS.
25. SINCE I KNOW ALL YOU WILL FOLLOW THESE GUIDELINES WE WILL NOT HAVE ANY HEAT PROBLEMS WITH THE PLAYERS. I CAN ONLY HOPE THAT EVERYONE HERE WILL HELP ME WITH THE REFEREES AND WATCH THEM CLOSELY.

ANY QUESTIONS, CALL  
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