

Dear Football Parents,

Past experience, has proven football officially is here when the temperatures are in the 90's. I have talked to Coach Budreau and Coach Powers concerning the process for the upcoming week and the predicted temperatures in the 90's. We are very aware of the possible issues of conditioning in extreme heat. The purpose of this email is to assure you we are aware of the predicted high temperatures and ask you to do the following to insure proper player safety.

Hydration is important prior to practicing football. Appropriate fluid intake is important. USA Football lists the following to precautions to playing in the heat.

- Before a competition or practice, players should consume appropriate fluids as follows:
 1. Two to three hours before a competition or practice, drink 4-5 ounces of appropriate fluid every 10-20 minutes
 2. One hour before a competition or workout, drink 8 ounces of appropriate fluid
 3. Fifteen minutes before a competition or workout, drink 4-5 ounces of appropriate fluid
 4. During a competition or workout drink 4 ounces of fluid every 10 to 20 minutes.
- After practice weigh the player at home and drink 16 ounces of appropriate fluids for every pound lost after activity.
- Players *should not* take salt tablets, but rather salt their food liberally when playing in hot, humid weather.
- Monitor your son to see if he is urinating.

Please note thirst is not an indicator of dehydration; you are already dehydrated at this point. A sign of adequate hydration is urination frequency and urine color. If you imbibe enough fluid, you should urinate regularly (i.e., about four to five times during the day) and your urine should be clear. Ask your son how frequently he is urinating this will help monitor whether or not he is properly hydrated.

Our coaches will schedule frequent hydration breaks. Please send your son to practice with plenty of fluids in a container marked with his name. More fluid is better...please don't send your son to practice with a small water bottle. It is recommended an insulated cooler of 64 ounces would be ideal to ensure he is properly hydrated for the length of practice.

Appropriate Fluids

Include water or a correctly proportioned sports drink. Water is an appropriate hydrating solution when practices are not intense and do not exceed 60-90 minutes. Though water can be used in situations of more intense and extended practices, correctly proportioned sports drinks may offer an advantage-particularly in hot weather.

A correctly proportioned sports drink (per eight ounces) contains approximately 6% carbohydrates (14 grams sucrose, glucose, fructose, or glucose polymer), approximately 50 calories, approximately 28 milligrams of potassium, and approximately 100 milligrams of sodium with no carbonation, no caffeine, and no stimulants. This combination permits a quicker replacement of lost body fluids and helps maintain the availability of the glucose fuel for energy production. Potassium losses are also replaced. The sports drinks, which are usually flavored, should be ingested cold.

- With the predicted high temperatures this week, the gym will be available for conditioning. Please have your son bring his football shoes and a pair of gym shoes. This will allow them the opportunity to get their conditioning done in the gym.
- Please if at all possible don't just drop off your son and leave. Please stick around to make sure everything is ok before leaving your son, especially the first few practices.
- Please remember---No parking in the spaces next to the football field. With 59 players, siblings, coaches and parents around this area, we ask you as a safety precaution to park one row back from the field. And please remember this is a busy parking lot; keep an eye out for each other's kids so they are safe in the area of the football field.

Should you have any questions, please contact me at 248-310-3077, Coach Budreau or Coach Powers. With your assistance we can make the beginning of football safe and enjoyable for all our participants.

Have a great start to the season,

Michael Hessen, Athletic Director
St. Joseph School