

# Weather Tips For The State Meet

We all know the weather is unpredictable for either side of the mountains so, hopefully, these tips can prove useful for you and your athletes – especially your athletes.

**Rainy, cool weather** – Nothing makes getting ready for competition at the prime meet of your season more miserable than cool rainy weather. Nothing ever seems to get dry and everything feels slow and sluggish. Try these tips to help make it more bearable.

1. Dry socks between races or even from warm up to race time.
2. Dry TShirt or undergarment that meets the uniform rules. A plain white TShirt functions here.
3. If you are able to have a change of uniform then do so. If not try to get the wet one off as soon as possible. Dry undergarments (read underwear) help tremendously.
4. Dry shoes with newspaper by stuffing the paper tight into the toe box of the shoe to the mid arch and place them toe up along a wall or incline. The newspaper acts like a better sponge than paper towels. Try not to put shoes on a heater vent for long. It might make the shoes feel comfortable, but it could also make them stiff and the materials may become brittle.
5. Try to not have your athletes sit in the stands if you can avoid it. Aluminum seats can rob them of precious body heat and make the body less flexible. Takes longer to warm up or maybe wrap up in a blanket for a little bit.
6. Even though it is wet keep plenty of WATER handy. Sports drinks are only partially good. Many have too much sugar so the body doesn't really recover as it should.
7. Get some stretching done as soon as possible in as dry an area as possible.
8. Don't trust caffeinated drinks (hot coffee or tea ) to do the warming up. You can risk some fluid loss because they are also diuretics ( makes you pee ) and flush the body too much.
9. Do trust a warm bath or shower after the competition day in preparation for the next day. Just don't make it too hot. That hurts more than helps. Keep them moving around for a bit after bathing.
10. Plan for a longer warm up. This can help prevent getting cold from the staging process and if there is also a breeze or wind on a cold day.
11. If the time between races is great enough have some food to MUNCH (not gobble down) available. This helps keep body heat generated and helps recover from effort better. You need foods that are EASILY digested not heavy carb load foods. **Just as with sugary drinks you can interfere with muscular function and recovery with the wrong foods.**
12. Beanies and light gloves help also. Maybe carry a small towel in the bag to wrap around the neck so water doesn't get too far down the back and uniform.
13. Today's clothing materials cover a lot of ground when offering protection, but when things get wet they get wet. Don't rely too much on as advertised. Not all team

uniforms, including sweats, offer wicking and you will find that that design is for motion not standing.

14. **If it is wet prep the attitude also. You are going to get wet so deal with it in advance with preparation. Get the head set.**
15. **Check the forecast ahead of time. The more you know the less intrusion you have for the task at hand and that is perform at the absolute best.**

# Sunny ( Warm or Hot ) Weather Tips

1. Obviously, first check the weather before you travel.
2. Lighter, brighter clothing works better. Cotton will more than likely be better than some of the wicking clothing.
3. Hats when not warming up. A wider brim is best. There is a lot of energy expended dealing with the brightness on the eyes sometimes. Yes, the eyes can experience "sunburn".
4. Sunscreen. Apply every couple hours. Be careful you don't slather it on too heavy because when the athlete sweats it may become too uncomfortable and sticky.
5. WATER over sports drinks. Use the sports drinks after the athlete has had sufficient water. Don't gulp water or sports drinks. Sip them. Try to avoid too much ice in drinks. That may not help as much as you think.
6. Fruits to regain some electrolytes. Unless they are involved in extreme sports they usually don't go through that many electrolytes. They don't diet like wrestlers or gymnasts. Bananas and melons can provide the best sources to begin with.
7. Dry socks and TShirts. Underwear also.
8. **Be aware of the heat coming off the artificial turf.** It isn't just the air temperature.
9. Spring can bring a sometimes rapid cool off in the evening events. A light coat or sweatshirt can help accommodate the change especially if there is a slight sunburn.
10. Don't let them try to "soak up the rays". If you want to see an energy drain or performance loss because of the added sunburn go right ahead.
11. Cooler ( but not cold ) showers or baths after the day is done refreshes the body. Again, as in rainy weather, have them keep moving for a short period of time.
12. As with cooler weather, don't overeat after performance if they have to come back the next day (morning especially). The energy use during warm or hot weather is often misunderstood ( we think it is easy to stay on top of things ), but they may end up NOT digesting foods as quickly due to the thing that makes them comfortable competing. Fluids throughout the day helps that.
13. Sunglasses that effectively block UVA AND UVB rays to help alleviate the glare eyes experience. Because you are not on the water polarized lenses may not be necessary.
14. Find a way to dampen a towel with cool water ( or cold if the athlete is taking time to cool down ) and drape it over the head or nape of the neck.