

# USAR-IP NEWS



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Pg. 1- Recertification

Pg. 2- An Overview of Hydration

Pg. 3-How Racquetball Athletes Lose Water

Pg4- How Much to Drink

Pg. 6-Sports Drinks vs Water

Pg12-A Coaches/Instructors Code of Conduct

## RECERTIFICATION

### PLEASE REMEMBER!!

Certifications are for three years which means that many instructors must renew their certification in 2018.

To review the recertification process please go to courses and tests in your USAR profile. Go to test E (CEU's).



## NEW COURSE – STRETCHING – HOW, WHEN AND WHY!!

A comprehensive course created especially for racquetball players. Includes illustrations of all the major racquetball injuries, causes of the injury, treatment for the injuries, and training and stretching techniques to prevent the injuries.

This is information that all instructors/coaches should know to help their students prevent and treat the common racquetball injuries that almost all players will endure sometime in their career. Under courses and tests in your profile.

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# **AN OVERVIEW OF HYDRATION**

## **WHAT HYDRATION DOES FOR YOU BODY**

Proper hydration is critical for racquetball athletes that want to feel and perform their best. Water is the easiest and most affordable way to hydrate, but for racquetball a beverage that contains and electrolyte supplement is encouraged.

## **BENEFITS OF PROPER HYDRATION**

Improves athletic performance and reduces recovery time  
Helps every system in the body function better  
Minimizes risk of injury and muscle cramping  
Better regulates the body's temperature

## **PROBLEMS INVOLVED WITH POOR HYDRATION**

Headaches, fatigue, and loss of concentration  
Joint and muscle pain  
Muscle cramps  
Nausea and vomiting  
Dizziness and weakness

And many other symptoms which can all compromise performance and impair cognitive

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## THREE HINTS FOR STAYING PROPERLY HYDRATED

1. Hydrating with water when exercising for 60 minutes or less.
2. For longer activities, consider adding sports drinks or fruit to replace carbohydrates and electrolytes.
3. For better absorption and recovery, drink water along with eating some food after exercising.

Since the majority of racquetball matches are longer than 60 minutes we recommend using a drink (like Gatorade) that contains electrolytes.

## HOW RACQUETBALL ATHLETES LOSE WATER

**Long games/matches:** Playing for hours (tiebreakers and multiple matches in one day) means an even greater need to replace lost fluids, electrolytes, and nutrients. For these instances, sports drinks designed to replace the sodium lost through sweat can also be helpful.

**Sweating:** Some athletes sweat more than others. If an athlete sweats a large amount, they are at greater risk for dehydration. Encourage athletes (if they can) to weigh themselves before and after practice, and to drink **at least 2-3 cups of** a replacement drink per pound lost during exercise.

**Temperature:** Exercising in the heat (hot courts) increases the amount of fluid lost through sweating. Exercising in the cold can impair the ability to recognize fluid loss and increase the amount of fluid lost through respiration. In both cases, it's important to hydrate.

**High altitude:** Exercising at higher altitudes (Colorado) increases fluid loss and the need to drink.

## HOW MUCH TO DRINK

Staying hydrated isn't rocket science, but there are some general rules of thumb that will help athletes stay properly hydrated before, during, and after exercise:

**Before exercise:** Drink 16 ounces of fluid two hours before physical activity and another 8-16 ounces 15 minutes prior to exercising.

**During exercise:** Every 15-20 minutes, drink at least 4 to 6 ounces (about two to three big gulps) of fluid during vigorous exercise. Amounts may be less for moderate exercise.

**After exercise:** Drink 6 to 24 ounces of fluid for every pound lost during physical activity. Drinking rehydrating beverages like sports drinks and eating watery foods such as fruits and vegetables can help replace lost fluids and electrolytes.

— 1 —

*Hydrating before and after exercise is vital for optimal performance, proper recovery, and preventing dehydration*



— 2 —

*Every athlete has different hydration needs, and some sweat more than others*



— 3 —

*Thirst is not always an accurate gauge for your hydration needs*



## How Athletes Can Tell If They Are Properly Hydrated

There are many symptoms of dehydration that athletes should learn to look out for: nausea, headaches, feeling fatigued, vomiting, muscle cramps, increased temperature and heart rate, and a general decrease in athletic performance.

But there's an easier, more pain-free way for athletes to tell if they are hydrated: the urine test. Encourage athletes to monitor the color of their urine throughout the day. By the afternoon, their urine should be of a light lemonade color. Anything darker is a sign that the athlete needs to drink

### How much should I drink to be properly hydrated?

A general rule of thumb for how much water to drink during the day involves some simple math. Take your body weight and divide it by two, which tells you the number of ounces you should be drinking.

Figure this number out for yourself!

My body weight

170 lbs.

divided by 2

=

85 ozs of replacement liquid

*Good hydration is preemptive: if you wait until you feel thirsty, you are likely already dehydrated.*

*Most individuals do not become thirsty until more than 2% of body weight is lost. By this time, performance may have already begun to decline.*

# Sports Drinks vs. Water

Do these concoctions really hydrate better than H<sub>2</sub>O?

The bottom line is if you are working out hard and for longer than 60 minutes, water may not be enough. For racquetball players, most matches last at least an hour, and since during tournament play you may play more than one match per day we suggest beverages that contain electrolytes and carbohydrates.

"Water provides no sodium, which helps the body hold onto water and helps fluid get to the right places in the body, like muscles and blood," says nutritionist Heidi Skolnik, M.S., CDN, FACSM, who advises both the New York Giants and the New York Knicks on healthy eating as well as drinking.

For training over an hour at medium to high intensity, look for a drink that provides between 13-19 grams of carbohydrate per 8 oz. serving, and at least 80-110 mg sodium —and even more for longer duration training or those losing a lot of salt in their sweat. We recommend the following sports drinks

## Gatorade

The original is still a good bet. The formula is designed so that you'll absorb the fluid and energy quickly, and continue to want to drink.

Per 8 ounces serving: 50 calories, 14g carb; 110 g sodium.



## Powerade Ion 4

This is another well designed hydration beverage with adequate sodium.

Per 8 ounces serving: 50 calories, 14 g carb, 100 mg sodium



## Powerbar Endurance

This powder is best for longer workouts or athletes who lose a lot of sodium in their sweat.

Per 8 ounces serving: 70 calories, 17g carb; 190 mg sodium.



## Gatorade Endurance

This is another good one for longer workouts or those needing more sodium.

Per 8 ounces serving: 50 calories;  
13 g carb; 170 mg sodium.



## Accelerade Hydro

In addition to regular sugar, this drink contains trehalose, a slow digesting sugar, which may help athletes who experience low-blood sugar (hypoglycemia) during or after training.

Per 8 ounces serving: 80 calories,  
15 g carb, 120 mg sodium.



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*"I love the Pro Penn Green ball. The fast crisp action off my racquet helped me win GOLD Medals at the 2015 Pan American Games and 2016 World Championships. No other brand compares to Penn!"*

**Paola Longoria**

*"All the Pro's on the IRT know that the Pro Penn HD ball is second to none. With today's lightweight racquets this is the only ball to play with. Its lightweight design and softer feel offers players of all levels the most comfortable experience on the court, even with shots exploding over 180 mph!"*

**Rocky Carson**

[pennracquet.com](http://pennracquet.com)

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## THE INSTRUCTORS CODE OF CONDUCT

1. The coach/ instructor will take responsibility for the athletes' well-being and development while under their instruction /coaching.
2. The coach/instructor will accept that they serve as role models, and as such, their actions must live up to their words.
3. The coach/instructor will exemplify ethical behaviors, including honesty, integrity, fair play and sportsmanship. These are life-long lessons that take precedence over any emphasis on winning.
4. The coach /instructor will recognize the power and influence of their position with respect to athletes. Therefore coaches/instructors are careful to avoid and refrain from exhibiting behaviors that could develop into interpersonal relationships, or even create the perception of intimacy with athletes.
5. Coaches refrain from direct physical contact with players. The coach will ask permission from the student before touching shoulders etc. while illustrating certain mechanical techniques.
6. The coach/instructor will prohibit the use of alcohol, tobacco and any illegal or recreational drug.
7. The coach/instructor will practice safe training and condition techniques that are current as well as exhibit sound injury and risk management practices.
8. The coach/instructor will be knowledgeable (certified) in basic first aid and injury prevention.
9. The coach/instructor will place the athletes needs and interests above their own.
10. The coach/instructor will understand that the player's well-being has priority over winning.

**A NEGATIVE MIND  
WILL NEVER GIVE YOU A POSITIVE LIFE**