

Nutrition – Rest - Fluids – Injury Mgmt

It is important that each parent support the coaches and offer parental oversight regarding nutrition, fluids, rest and injury management. This will greatly influence your child's success in running. Unfortunately, there is a 37%-56% chance of injury caused by an interaction of the factors discussed below. Remember that following common sense and balance is very important.

Nutrition

A very simple, balanced diet and 3-5 meals/snacks daily are needed. Often breakfast is skipped, lunch is poor, little water has been consumed and practice starts in the afternoon. This is the typical day of a student. A student athlete must carefully change to a better meal plan. It is easy to consume too much sugar and caffeine so be careful. You might consider adding several snacks a day like food bars and fruit.

Fluids

Water and Gatorade type fluids are important. Decreased performance, increased chance of injury, and dehydration can occur without. Please have them drink at least 4 water bottles a day. Target one before school, one during the day and 2 at home before bed. Please remind your child of this often. Limit "coke" and heavy sugar type products!

Rest

Staying up all night with friends or studying late with little sleep will foster a bad race or practice. Please try to monitor this.

Injury Management

Prevention is the key ... Adequate nutrition, fluids, rest, and stretching daily (at home; before and after a workout).

- 1.) Not running at home w/o coach's knowledge
- 2.) No "horse play"
- 3.) Running form
- 4.) Shoes
- 5.) Training surface
- 6.) Too much, too fast
- 7.) Cumulative stress

Post Injury

- 1.) A soft tissue injury is the most common injury and proper care/therapy can get you back running pretty quick. Deep tissue messaging stimulates the blood flow and promotes healing.
- 2.) Ice and an immediate visit with a trainer or Doctor are very important. We have a trainer visit FW on Mondays and Fridays from Memorial Hermann. They offer a free evaluation and can usually determine if a doctor is needed.
- 3.) If 1-2 practice days are missed, a note from the doctor will be required to resume practice.

Go here for more data about running, coaches, schedules and the roster:

www.faihwest.org

Go to Academy, Athletics and then Cross Country