

# Coach T Newsletter

## Dedicated exclusively to youth football

April 2007

Let me take a moment and thank all of you for your support of the Coach T Newsletter. For those of you who have visited my web site at [www.coacht.tv](http://www.coacht.tv) to inquire about my DVD series **How to Coach Youth Football**, I thank you! I'm especially excited about the number of people who support youth football and find my DVD and my newsletter to be useful tools.

I don't know about you but I don't think it's never too early to start thinking about football. This month's newsletter recaps an important aspect of youth football, especially as it pertains to practice- Dehydration and weight loss. We covered this topic last year in our Medical newsletter but I wanted to revisit it again as you put your practice schedules together for the upcoming season.

### **Practice, Dehydration, and Weight Loss**

Be sure to give your players a good workout and don't be afraid to challenge your players to their physical limits. However, always be on the lookout for players who are exhibiting symptoms of dehydration, heatstroke, or exhaustion. Pain is normal during a hard training regimen, but you need to be looking for a player who is experiencing more than the normal amount of pain for the given task.

Understanding hydration is critical. If players are not getting enough fluid or are overheating, there can be disastrous results. Make sure that your players always have enough fluids in them and that they are not becoming exhausted. Check for things like mental acuity, temperature. I also tell my players to check their urine color. And while this usually results in a few chuckles and wisecracks from some of the kids, it does provide insight into proper hydration. Dark yellow urine means that the athlete is lacking in water while a lemonade color means the player has maintained a proper hydration level. Water or a sports drink should be taken in before, during and after a physical activity. It's important that the youth ingests liquids before they become thirsty. Too much liquid at one time might result in cramps. Too little could cause a multitude of problems. The main point is to error on the side of too much liquid than not enough.

### **Heat Index**

There are some conditions in which it is not safe to practice. This is largely dictated by humidity. If the humidity is too high, then sweat will

not be evaporated from players' bodies, which means they will not get the cooling effect.

The heat index is a good measure of how hot it really feels when the effects of humidity are added to temperature. The chart below is from the National Weather Service and is a great resource, particularly early in the season.

HEAT INDEX CHART									
AIR TEMPERATURE (Degrees in Fahrenheit)									
Relative Humidity	70°	75°	80°	85°	90°	95°	100°	105°	110°
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°
40%	68°	74°	79°	86°	93°	101°	110°	122°	137°
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°
60%	70°	76°	82°	90°	100°	114°	132°	149°	
70%	70°	77°	85°	93°	106°	124°	144°		
80%	71°	78°	86°	97°	113°	136°	157°		Source:
90%	71°	79°	88°	102°	122°	150°	170°		National
100%	72°	80°	91°	108°	133°	166°			Weather Service

**APPARENT TEMPERATURE**

**Heat Index 90° - 100°:**  
Sun stroke, heat cramps and heat exhaustion are possible with prolonged exposure and physical activity

**Heat Index 101° - 129°:**  
Sun stroke, heat cramps and heat exhaustion are likely. Heat stroke is possible with prolonged exposure and physical activity

**Heat Index 130° or higher:**  
Heat stroke or sun stroke are imminent

In my May newsletter, I'll discuss drills for teaching good fundamentals. Please feel free to send me some of your favorite drills by e-mailing me at [coacht@coacht.tv](mailto:coacht@coacht.tv). Also, send in your favorite resources for books, drills and plays. I'd love to share them with everyone on the Coach T network.

If you have any questions or comments, please feel free to share them with me. You can communicate with me through my web site at: [www.CoachT.tv](http://www.CoachT.tv)

I'd love to hear from you!

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