



ARIZONA SPORTS COMPLEX NEWSLETTER

The game of soccer is one of the most physically demanding sports on the planet. One minute you are standing, the next you are sprinting and the next you may be jumping or changing directions. There are numerous times in a soccer match that the physical demands will change from low intensity to high intensity and the elite level player will need to adapt to what the game and situation call for....

The distance covered in a 50-minute indoor soccer match will range from 3 to 5 miles (now this can vary based on age of the athlete). Combine this with the frequent calls for changes in direction and need to jump and start/stop a moment's notice (up to 500-1000 times in a match) and you begin to understand the significant demands placed on our soccer athletes. Therefore, it is crucial that proper nutrition and hydration be an important part of your training and playing regimen.



In preparing for training or the game, there are so many areas we can talk about... nutrition before performing, nutrition for after performing, proper sleep, and hydration.

Too many of our athletes do not drink enough water to sustain himself or herself for a 60-minute match, much less a 60-minute training session. Therefore, it is vitally important that athletes provide their bodies with the proper amount of water throughout the week to ensure a properly hydrated system. Water maintains the proper balance within the body's systems and allows for proper cellular functioning. All players should get in the habit of hydrating throughout the week and not just during training or games. The consumption of sports drinks such as Gatorade or PowerAde should not be discouraged, but this type of drink should not be the only form of hydration for our athletes. They are a good form of carbohydrates and other electrolytes that an athlete needs during and before competition.

Dehydration is counterproductive to enhancing athletic performance. Minor dehydration impairs concentration, coordination, and reaction time, reduces stamina and compromises the body's ability to resist disease. Dehydration of muscle of only 3% can cause about 10% loss of contractile strength and 8% loss of speed. In order to keep from becoming dehydrated, it is important to drink plenty of fluids (ideally water) before, during, and after intense periods of exercise. The only imperfect mechanism in the body is the thirst mechanism. Once you are thirsty you are already dehydrated- it is too late!!

Here are some important guidelines:

- You need to drink at least half of your body weight in ounces of water per day. So, If you weigh 150 pounds – you must drink at LEAST 75oz of water per day. 1 L = 33oz
- The best rehydration fluid is cold water. If your event or training last longer than an hour or you are in an extreme environment (hot, humid), choose a Gatorade. Gatorade provides fuel and electrolytes to optimize performance during intense exercise! Drink 16-32 oz of Gatorade per hour during these conditions.
- Avoid drinking anything with a lot of caffeine or alcohol because they may increase urine production which will in turn increase dehydration.
- Heavy training athletes use over 2 gal (8 quarts) of water per day.

Signs of dehydration include:

- Excessive sweating
- Thirst
- Decreased urine output or darkly colored urine
- Headache
- Fatigue
- Cramping
- Dizziness

In closing its never too early and important, that we start teaching our childing good healthy habits. With summer around the corner, its event more important than ever that we educate our children on how important it is to stay hydrated. This summer we all will be enjoying our nice and cool new air-conditioning at ASC. Now even though we will be nice and cool in our facility, it will still be vital that we keep our children's water intake up for maximum performance on the field.

We also want to take a moment to congratulate last week's Character Card Winners! Great Job to all the players!

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| ⚽ J.Trif U8 United Coach Shanda | ⚽ S.Knight U12 Hull City Coach Cassidy |
| ⚽ L.Matache U8 Fire Coach Andrew | ⚽ K.Gillman U12 Sheffied Coach Ryan |
| ⚽ W.Fay U10 Levante Coach Ethan D | ⚽ A. Gillman U14 Empoli Coach Ryan |
| ⚽ T.Cottrel U10 Celta Coach Cassidy | |

Thank you for taking the time to read our newsletter and if you haven't registered already for our Summer Youth Soccer Session, please get it done right away. It's our busiest time of the year and spots are filling up fast. I wouldn't want your child to end up on a waiting list or miss our summer session, because you waited too long to sign them up. [REGISTER HERE](#)

George Archuleta – ASC Director Youth Soccer