

Our **SPORTS**  
MEDICINE FAMILY

**HIGH SCHOOLS & MIDDLE SCHOOLS**

- Ardmore HS
- Bob Jones HS
- Butler HS
- Catholic HS
- Columbia HS
- Hazel Green HS
- Huntsville HS
- Johnson HS
- Lee HS
- Madison Co. HS
- New Hope HS
- Sparkman HS
- Discovery MS
- Liberty MS
- Lincoln Co. HS (TN)
- Hampton Cove MS
- Huntsville MS
- Monrovia MS
- Sparkman MS
- Meridianville MS

**PROFESSIONAL TEAMS, CLUBS AND UNIVERSITIES**

- Alabama A&M University
- Oakwood University
- Huntsville Havoc
- Alabama Vipers
- Rocket City United Soccer
- N.A.S.A. Volleyball
- Huntsville Rugby Club
- Huntsville Fútbol Club
- Rocket City Volleyball Club

**HYDRATION, HYDRATION, HYDRATION: The One Way to Beat the Heat**

Though football season is here and fall may be right around the corner, here in the Tennessee Valley we're still dealing with temperatures in the upper 90's and HIGHER! Though we can't tell how long the sweltering heat will last, we can tell you what will keep you and your student athlete safe when they're spending hours outside on the practice or playing field. First, know some of the symptoms to look for, but more importantly, follow the act of prevention.

Heat cramps, heat exhaustion and potentially fatal heat stroke are risks when exercising or playing sports during the summer, but they can be prevented by taking a few simple precautions.

Heat illness occurs when the body loses its ability to cool itself. In normal conditions, the body uses sweat evaporation to cool itself during exercise. But hot, humid weather, like the kind we have here in the Tennessee Valley, hinders sweat evaporation, which increases the risk of heat illness.



Our sports medicine team offers the following safety tips:

- During practices or games, alert your coach or Certified Athletic Trainer if you don't feel well.
- In order to acclimate to hot, humid conditions, gradually boost your workout intensity and duration over 10 to 14 days.

- Wearing loose-fitting, light-colored clothing helps disperse body heat.
- Limit strenuous exercise to early morning or late evening when temperatures are cooler. If you have to exercise in the middle of the day, limit your intensity and increase the length of your breaks.
- Stay in the shade as much as possible.
- Don't take salt tablets — they may help with cramps but do not prevent heat illness.
- Monitor your hydration by checking body weight. The ideal way to determine sweat loss is to weigh yourself before and after exercise.

Dehydration — a major risk factor for heat illness — can occur in as little as 30 minutes if you're exercising in hot, humid conditions. Athletes should drink fluids regularly because waiting until you feel thirsty may be too late. By then, you may have already lost about 2% of body weight as sweat.

Drink at least 16 ounces of fluid about two hours before exercise and drink at least 7 to 10 ounces of fluid every 10 to 20 minutes during exercise. After exercise, drink 24 ounces per pound of body weight lost through sweat.

Follow these guidelines and it will help you get through these hot, hot months.

Please feel free to contact us at any time for all your sports medicine needs. Huntsville Hospital Sports Center: (256) 265-5000 [www.huntsvillehospital.org/sportscenter](http://www.huntsvillehospital.org/sportscenter) The Orthopaedic Center (TOC): (256) 539-2728 [www.visitTOC.com](http://www.visitTOC.com)

**Sports Nutrition for the Athlete**

**Eat a Balanced Diet Each Day**

To exercise consistently, you need to provide a good supply of high-quality energy to your working muscles. The easiest way to do this is to eat a balanced breakfast and continue eating a variety of high-quality foods throughout the day.

**Several Hours Before You Workout**

The pre-exercise meal will vary. If you workout in the evening, lunch should include easily digestible foods high in complex carbohydrates, such as pasta, breads, fruits and vegetables

**Thirty Minutes Before You Workout**

Depending upon the type and duration of workout you do, you'll want to eat a small snack and drink some water a half hour before you get going. Trail mix is great for aerobic workouts over 60 or 90 minutes, but if you are going hard for thirty minutes, you probably only need a half of an energy or granola bar, a large banana, a few graham crackers, fig bars, or pretzels.

**During Your Workout**

Proper hydration during exercise depends upon the intensity and duration of exercise, the fitness of the athlete, and weather conditions. In order to simplify the recommendations, a good starting point is to drink 8-10 fl oz of water every 15 min during exercise.

**Hydration After Your Workout**

After your workout, drink enough water to replace water lost through sweat. The best way to determine this is by weighing yourself before and after exercise. For every pound of body weight lost, you'll need to consume about 3 cups of fluid.

**Eating After Your Workout**

# ATHLETE OF THE YEAR 2010-2011 KICKS OFF

Huntsville Hospital Sports Center, The Orthopaedic Center Sports and D1 Sports Training are beginning the search for the next male and female ATHLETE OF THE YEAR!! The campaign begins again for recognizing outstanding student athletes who perform, not only in the classroom and on the playing field, but for those who make an impact in their community and to their society.

Nominees for this program must fit a few criteria when applying for the scholarship program. They must be a high school senior (12th grader) male or female outstanding scholar athlete with a minimum GPA of 3.5. They should also have a history of academic and athletic accomplishments, as well as community and/or civic involvement.

Our panel of judges choose weekly winners. From there, two monthly winners are chosen from that month's weekly winners. The monthly winners then become eligible for one of two \$1,000 scholarships that will be awarded to a male and female at the end of the school year at our Athlete of the Year Awards Banquet in May 2011.

If you know someone who fits these requirements for the **2010-2011 school year** or you think you are the next Athlete of the Year, log onto [www.huntsvillehospital.org/sportscenter](http://www.huntsvillehospital.org/sportscenter), click on "Athlete of the Year" and print out a form. Fill it out and send it in. You could be our next scholarship winner! GOOD LUCK!



Top Doctors for Top Performers.



Dr. Michael Cantrell



Dr. Brian Carter



Dr. Stanton Davis



Dr. John Greco



Dr. Phillip Maddox



Dr. Larry Parker

TOC Sports is the official orthopaedic sports medicine group for Huntsville area high schools, middle schools, club teams, as well as local universities and professional teams.



## WHO ARE WE, AND HOW DO WE HELP YOU?

Huntsville Hospital Sports Center and The Orthopaedic Center Sports (TOC Sports) have formed a sports medicine partnership made up of specialists dedicated to the complete care of sports-related injuries, offering a comprehensive program of prevention, treatment, rehabilitation and performance enhancement to area schools, clubs and professional organizations.

If you are reading this newsletter, then it's very likely your student athlete is under the sports medicine care of the Certified Athletic Trainers (ATC) from Huntsville Hospital Sports Center and the orthopaedic care from the TOC Sports physicians.

Nearly a dozen high schools, numerous middle schools, club teams, universities and two of Huntsville's professional teams count on Huntsville Hospital Sports Center and TOC Sports for their complete sports medicine needs. So what does this mean to you? Each one of our covered organizations has their own assigned ATC.

## PHYSICIAN PHACTS

### What causes a leg cramp?

The exact cause of a leg cramp is not well understood, but there are some risk factors that are thought to contribute to this condition:

- Muscle fatigue
- Heavy exercising
- Dehydration
- High weight (not necessarily obesity)
- Electrolyte imbalances
- Medications (statins, prednisone, others...)

The most common cause that is typically seen in patients who develop leg cramps is exercising in an unusual way, meaning either more activity or a different exercise. Leg cramps are more common in young (adolescent age) and older (over 65) patients. Patients who weigh more are more prone to developing leg cramps. Also, some medications can cause side effects of leg cramping.



It means that person is dedicated to your group and your group alone. Unlike other sports medicine providers in the area, our ATC's do not split their time between groups. Therefore, should anything happen to your student-athlete, the area's best sports medicine care is right there.

This coverage includes access to the areas premiere sports medicine physicians at TOC Sports. No waiting to get an appointment. Treatment is immediate and thorough. Exactly what you would expect for that peace of mind.

Along with the ATC's from HH Sports Center and the physicians from TOC Sports, D1 Sports training has recently joined the team to offer a complete and modern approach to sports performance training and better health.

Together these three groups offer the only COMPLETE sports medicine package offered in Alabama. *This service is provided to each organization at no cost to them in a continuing effort to provide unmatched community service to our North Alabama family.*