

# To our New Trier athletes and families,

As we begin this new school year, the Sports Medicine department would like to address a few important safety concerns and ensure that we are prepared for a strong and healthy season. Our athletic trainers will be available during practices and games but it is imperative our athletes do their part and come prepared.



Whether playing indoors or outdoors, heat and hydration are a huge concern for our athletes. Athletes have an increased demand for water to replace fluids lost during hard workouts. While water is available during practices and games, it is important to stay hydrated throughout the entire day, especially as the school year begins. If you are thirsty, you are likely already dehydrated. Urine should be a clear to pale yellow in color as a sign of complete hydration. The need for hydration doesn't stop at the end of the practice/game. You will need to replace the fluids lost during a hard workout and begin preparing for the next day. Another way to come prepared is to dress in weather appropriate clothing. Avoid cotton, which will hold sweat against the skin and try to wear materials that will wick moisture away from the body and keep you cool. Sunscreen is another important tool that will help us avoid the harmful effects of this weather.

It is important to note that as the seasons change and cold weather approaches, the need for hydration does not diminish. Body moisture is used to warm cold air as we breathe. At this point also, it will be helpful to dress in layers so that you can adjust as your body temperature changes during your workout. Again, avoid cotton which traps moisture; try to keep skin covered by wearing hats and gloves which will help prevent the loss of body heat.

Proper nutrition is another very important way to maximize your workout and help you recover for the next practice. Be sure to eat a balanced diet and adequate calories to fuel you for hard work. Please reference our "nutrition guidelines" for more information on the New Trier website under the sports medicine link on the Athletics page. Further recommendations for hydration and clothing are also available on the website.

Finally, we'd like to bring some attention to our methods of concussion management. Our staff takes Head injuries very seriously. We will be using a method of baseline testing for cognitive function called ImPACT. This is not a test of skill or IQ in any way; it is simply a reference of how an individual's brain functions. We will be baseline testing all freshmen athletes at the start of the season. If a head injury has been suspected, we can then retest the athlete and get an idea of how brain function has been affected. This information can be shared with your physician, upon request. ImPACT will be used in conjunction with several other tools in order to determine whether it is safe for the athlete to return to play. Our interest lies in the athlete's long term health, not in tomorrow's final game score.

On the back of this sheet is an emergency information form. This will be kept on the sideline for immediate reference and should be signed and returned to your coach before participation in your sport. For more information on any of these topics, please visit the New Trier Sports Medicine website, [http://www.newtrier.k12.il.us/Extracurricular\\_Activities/Athletics/Sports\\_Medicine/Sports\\_Medicine](http://www.newtrier.k12.il.us/Extracurricular_Activities/Athletics/Sports_Medicine/Sports_Medicine).

Thanks for helping us keep your kids healthy.

Dale Grooms, Head Athletic Trainer  
Jordan Anderson, Athletic Trainer  
Danah Ouimette, Athletic Trainer  
Kristin Romani, Athletic Trainer