

NSPAA Slow Pitch Softball Tournament Preparation

Parents,

While NSPAA Slow Pitch Softball has control of the tournament game schedule and your child during the games, we do not have control of them between games or away from the ball field. Following are some tips that will help you and your child prepare for a safe and enjoyable NSPAA Slow Pitch Softball Tournament.

Hydration. Drink plenty of water the day before the tournament and throughout the day during the tournament. The Mayo Clinic recommends drinking one 8 oz. glass of water 8 times during the day to replace the water lost through breathing, perspiration, and urination, so one glass of water every hour should help keep you and your child hydrated. Ensure your child has water or Gatorade to drink during the games and make sure your child is drinking between every ½ inning.

Reduce exposure to the sun. It may be hard to leave the ball park to find an air conditioned place for you and your child in-between tournament games, but take the opportunity if it presents itself. If you are going to stay at the ball field, please wear sunscreen to avoid burning. The body uses a lot of energy trying to repair burn damage which is energy that could be used elsewhere. Allow the athletes to use the shade provided by NSPAA Slow Pitch Softball and bring an umbrella for your personal use. Use the down time to eat, rest, and nap. Ensure your child reapplies the sunscreen before every tournament game.

Eat sensibly. Avoid eating large amounts of food within 4 hours of a tournament game. Why four hours? It takes about four hours for the body to convert certain foods into Glucose, the simple sugar which is the body's energy source. Converting food to Glucose uses energy that could be used elsewhere. Avoid greasy foods before games because it can take twice as long for the body to convert that food type. Bring high Carbohydrate content snacks that are easy to digest (i.e. Cheez-its, nuts, seeds, chocolate, fruit, vegetables, etc.), so your child can recharge their energy stores during and after each tournament game.

Cooling. Bring towels and soak them in cool water, but avoid drenching your child. Drenching can increase the rate of perspiration which can speed up heat related issues. Ring the towels thoroughly and have the athlete place them around the neck and in the armpit to cool the blood flowing through the arteries close to the surface (i.e. Common Carotid in the neck and Brachial in the armpit).

Just Say No. NSPAA Slow Pitch Softball has adopted safety policies and procedures which align with those of the American College of Sports Medicine and are written with the majority of recreational athletes in mind; however, you know your child better than NSPAA Slow Pitch Softball. You know your child's health history and how they react to different situations. If you believe your child will be harmed in anyway, you have the right to say, "I will not allow my child to play." NSPAA Slow Pitch Softball and our coaches will not force your child to play if you believe them to be in harm's way.

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