

LSC Coaching Notes Vol. 2, No. 1 - Dave Gosselin, LSC Coaching Director.

Sports Drinks

In a recent issue of *Medicine and Science in Sports and Exercise*, a new study indicates that sports drinks do help the serious athlete. After having a sports drink, athletes avoid fatigue 37 percent longer, run faster, stay better coordinated and think more clearly than athletes who do not drink sports drinks. Sports drinks such as Gatorade, Allsport and Accelerade supply appropriate amounts of energy without upsetting the stomach. The carbohydrates, potassium and sodium in these drinks help to move fluids to the muscles where they are needed during exercise.

Don't forget about water. I strongly encourage my players to drink plenty of water to get hydrated. The tell-tale sign of hydration is that the urine is clear. Encourage your players to be hydrated before they get to the field. If they are dehydrated before the game starts things will only get worse.

Experts indicate that athletes should avoid caffeinated "energy drinks." Caffeine makes a player urinate more which will speed up fluid loss. Carbonated beverages should be avoided because they are hard to digest. They also help deplete the body of calcium. Over the long term this can particularly detrimental to teenage girls.

Attention Deficit Hyperactivity Disorder and Gender Issues Related to Males Coaching Females

In my pursuit of my high school coaching certificate I have had to write two papers on the above topics. I thought you might be interested in the information. Both papers also provide references to additional information. Files are in html format and should be able to be opened in any browser.