# Tips for Success this summer season!

**Playing competitive tournaments in Texas during the summer months presents several challenges. Listed below are some of the most common injuries/illnesses that athletic trainers have reported from Texas Section tournaments over the past two years:**

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|---|---|---|
| -Dehydration | -Heat Exhaustion | -Blisters on Feet |
| -Tendonitis (wrist, knee, shoulders) | -Sprains (Wrist, Ankles) | |

**Here are a few guidelines to enhance your competitive play and protect yourself from injury when competing in tournament play.**

## Proper Hydration:

- Begin hydrating well before the tournament begins. Drink fluids before, during, and after competition.
- Drink water as well as electrolytes to provide adequate hydration levels.
- Weigh yourself before and after match play and/or practice to measure fluid loss. Drink 16-20oz of fluid for every pound of body weight lost during practice or competition to restore hydration levels.

## Stay Cool:

- Minimize exposure to the sun. Rest indoors or in the shade between matches and practice sessions.
- Wear clothing that provides protection from the sun while also allowing your body to cool itself by wicking away sweat during competition.
- Minimize your practice or match play during the hottest hours of the day.
- Use Sunscreen to protect your skin. Being sunburned can limit your body's ability to effectively regulate temperature.

## Check your Gear:

- Change your socks regularly during match play. Clean, dry socks can prevent blisters on your feet.
- Break in new shoes well before tournament play. A new, stiff pair of shoes can lead to blisters during match play. Gradually practice in new shoes well in advance of the tournament in order to minimize blisters or hot spots.
- Lace up shoes and braces properly to avoid shifting or slipping during match play. Make sure your gear is worn properly to help avoid injuries.

## Recover and Recharge:

- A proper warm-up before practice or competition gets the body ready for athletic movements. Your warm-up should be dynamic in nature; involving movements that increase mobility, increase heart rate, and increase body temperature.
- A proper cool down after practice or competition allows the body to circulate oxygen, new blood, and nutrients to muscles used during exercise, allowing recovery to begin.
- Light movement, foam rolling, and static stretching at the end of practice or competition can lead to increased flexibility, mobility, and also allow muscles to relax and recover.
- Choose foods that are packed with good nutrients. Lean proteins, vegetables, fruits are rich in nutrients that act as building blocks to help your body recover. Along with proper hydration, a sound nutrition plan will help your body recover from intense competition.

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**Message from the USTA Texas Section Sports Science Committee.** For more information:
http://www.texas.usta.com/CommunityTennis/sports_science