Dear MSU Student-Athlete,

The pre-season “camps” are coming up soon. **How are you preparing for the hard practice sessions ahead?** While the coaches are preparing and planning the practice routines of camp, it is your responsibility to get yourself ready for the demands of camp. Only you can get yourself prepared for 2-a-day practices in the hot and humid weather of August.

We know most of you are working and have limited time to “train” but we thought it might be helpful to have some tips to help you make your preparation better. Read on!

- **Acclimatize** – You cannot start conditioning yourself 1 or 2 weeks before camp starts. **It takes 4-6 weeks.**
  - Try to do your training & conditioning at the time of day that you will be practicing.
  - Try to do the same type of activities in your training sessions as you would do in practice.
  - Your coaches have given you a very well thought out conditioning program – follow it.
  - Try to work out twice a day – like you would in camp.
  - If you are going to be practicing at 2:00 pm during the heat of the day, train at that time for the last few weeks before camp starts. **Try to wean yourself away from air conditioning. As camp approaches, stay out of air conditioned locations more and more.**

- **Hydrate yourself!** Start drinking plenty of fluids – especially water – all day, all summer. Drink 2-3 cups when you wake up and at least 2-3 cups within an hour of your workout. Drink water and/or a sports drink. Drink another 3 cups of water within 30 minutes of completing your workout.
  - Rehydrate after a workout! Drink 2-4 cups of water/sport drink for each pound lost during the training session.
  - Consider weighing yourself in before each training session to monitor your weight loss. If you seem to be losing too much weight, try to increase water intake.

- **Stay away from caffeine** products – they increase dehydration. Soda and ice tea should be reduced or eliminated as you get to camp.

- **FYI – Energy drinks, such as Red Bull, Monster, and 5 Hour Energy** have excessive caffeine and will promote urination and dehydration. They may also contain substances banned by the NCAA and USOC.
  - Avoid using stimulants containing Ephedrine. They increase your heart rate and make it more difficult for your body to deal with practice and sweating.

- **Stop using** any Creatine or muscle building supplements before camp. They tend to cause cramping and may contain banned substances.
PREPARING FOR PRE-SEASON CAMPS

- **Develop a sound nutrition plan** - whether you are looking to lose weight, gain weight, or simply improve your fitness level.
  - Maximize intake of nutritious foods - vegetables, vitamins, minerals, whole grains, & antioxidants.
  - Plan your meals ahead. Try not to skip meals. Balance your food intake. Eat 3-5 balanced meals/day.
  - Get plenty of protein, healthy fats, and carbs, lean meats.
  - Meal Examples: Breakfast – think wheat with your eggs, cereal, bagel!
  - Meal Examples: Lunch – tuna or grilled chicken wraps or rye bread
  - Meal Example: Dinner – think BBQ! Stay away from fried foods. Fish, such as salmon or cod, is a great choice.

- **Salt is not a dirty word for athletes.** If you are sweating, you are losing salt and other electrolytes. In hot, humid, heavy workout periods you may need to salt your foods extra to help rebuild your electrolyte supplies, unless you have been told by a medical professional to stay away from salt.

- **Sleep** is a huge factor in recovery from training sessions and injury. Be sure you get plenty of sleep going into and during camp. Try to get 7-9 hours each night.

- **Stretch** daily and often! Not just at practice time. Stretch 2-3 times/day.

- Follow the pre-season lifting program provided by your coach.

- Be sure you have appropriate foot wear for your sport and different surfaces
  - Break new shoes/cleats in before getting to camp and using them on the field. Walk around the house with them for 15-30 minutes/day, and then use them casually during a few days of walking. Finally, use them to workout.

**A Note about Dietary Supplements (From the NCAA)**

The environment for today’s student-athlete enables easy access to products, which are available over-the-counter at retail outlets and through the internet, but contain substances banned by the NCAA. Many student-athletes assume if these products can be easily purchased in retail stores and over the internet, then they must be allowed under NCAA rules. **THIS IS NOT TRUE!** The advice of a store clerk, the distributor at the gym or anyone who is not with the institutional athletics program has resulted in erroneous information regarding the presence of NCAA banned substances. Reliance on this erroneous information may result in positive drug tests. Appeals based on ignorance have not been successful in overturning positive drug-test penalties.
PREPARING FOR PRE-SEASON CAMPS

The student-athlete who uses a nutritional substance without checking the ingredients with the Athletic Training/Sports Medicine Department or their coach and tests positive for banned substances will be held in violation of Bylaw 18.4.1.5.1 (Ineligibility for Use of Banned Drugs). Student-athletes who test positive are subject to at least a one-year suspension and loss of eligibility.

TOBACCO PRODUCTS
The use of tobacco products is prohibited for coaches, game officials and student-athletes in all sports during practice and competition. A student-athlete who uses tobacco products during practice or competition is automatically disqualified for the remainder of that practice or game.

You are solely responsible for what you consume.  
If you use, you use at your own risk!

If you are taking supplements, prescription or over-the-counter medication, it is in your best interest to find out about their possible interactions. Once ingested, some items metabolize to become banned substances. If you have questions speak to a member of the MSU Athletic Training/Sports Medicine Staff, or go to websites:

www.ncaa.org/health-safety
www.drugfreesport.com