



Coach Green's The Training Report

June 2015



Sports Nutrition and Managing the Heat Index

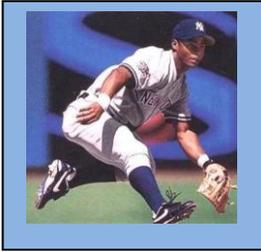
The ability to perform with 100% energy for an entire game while avoiding heat related injuries is often dependent on a sports nutrition program that accounts for environmental conditions. In areas like Houston, Texas, athletes typically train five months out of the year in very hot and humid conditions. The combination of heat and humidity, also known as the heat index, is referenced with a numerical rate. As the heat index rate increases, so can the negative effects on athletic performance. Managing a high heat index with timely hydration and a consistent sport specific nutrition plan are important factors for athletic success and safety during games and practices. Failure to hydrate and eat on schedule often results in subpar athletic performances created by the loss of energy and dehydration. Health concerns can occur in as little as one day, or a more serious problem may develop from a cumulative effect caused by many days in extreme outdoor conditions. Injuries can range from cramping, to migraine headaches, to heat exhaustion, and in worst case scenarios, a life threatening heat stroke.

Understanding how to prepare and protect athletes when they compete in hot and humid weather should be a mandatory requirement for all coaches and parents. This begins with a basic knowledge of how to hydrate properly, before, during, and after workouts, and in all practices and games. It also requires an understanding of what type of supplements and stimulants should be avoided during exertion in hot conditions, due to their potential to cause faster dehydration (*e.g. creatine and caffeine*). There are many stimulants and supplements banned by the NCAA, and quite frankly, athletes do not need them during an event, especially when they know how to eat and hydrate properly for athletic performance. Bottom line; make sure you know the facts about a product, not the hype.

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Energy and Recovery



It is very important that athlete's follow a diet designed for their specific needs, and one that is properly coordinated with their workout, practice, and game schedules. Often overlooked is the connection between meal timing and the type of carbohydrates an athlete should consume. When done properly, the timely ingestion of fluids and carbohydrates will work together synergistically to create maximum energy stores, as well as helping to avoid cramping. Why, and how? First, muscle glycogen stores are limited and must be replenished systemically throughout the day. This is important for hydration because every gram of glycogen (*stored glucose*) can bind to 2.7 grams of water within muscle, and a properly hydrated muscle contains 70% water. In laymen terms, this means an athlete should eat the right type of carbohydrates and drink the appropriate amount of fluids every meal, so their muscles will maintain enough water and energy for peak athletic performance and injury prevention.

Complex Carbohydrates and Fresh Fruit

To achieve the highest levels of energy for prolonged events, athletes should ingest extra complex carbohydrates in addition to their regular meals, beginning 48 to 72 hours prior to the start of the event. This creates a glycogen super compensation effect which can help provide an athlete with the sustained energy they need for the entire event. This is a strategy marathon runners and tri-athletes often use, and one I have successfully used with athletes on many levels.

Another strategy to boost energy is to carbohydrate load with fresh fruit in the meal prior to an event (*e.g. minimum two hours before*). Athletes should also include a lean protein source in every meal. This will help stabilize their energy reserves (*e.g. blood sugar level*).

Excellent complex carbohydrate sources include yams, sweet potatoes, beans, lentils, oatmeal, grits, rice, and pasta. Excellent simple carbohydrate sources include fresh fruit.



Always pictured in my Training Report and Website, are athletes and coaches I have worked with.

Coach Green 832 594 0434





Hydrate with Water



The human body is approximately 60% water and muscles contain an even higher percentage. Athletes need water every meal, and throughout the day; not soft drinks or hyped up energy drinks. Thirst is not an accurate indicator of dehydration, and an athlete can start to become dehydrated before the body's thirst response kicks in. Dehydration causes reductions in strength, power, endurance, and aerobic capacity.

The body's metabolic rate can increase 20 to 25 times during intense exercise, and performance can be compromised in as little as 30 minutes when dehydration occurs. Athletes exercising in hot and humid conditions may lose more than two quarts of water per hour. Research has shown football players can lose as much as 2% of their body weight during an intense 30 minute practice, whereas long distance runners may lose up to 10% of their bodyweight during a marathon. A 2% loss of body weight can impair the body's ability to dissipate heat, while a 4% loss can lead to heat exhaustion. Fluid loss can raise the body's core temperature to the point of heat exhaustion, or a life threatening heat stroke, when not replaced in a timely manner.

During workouts, practices, and games, water is still the best fluid replacement as it will enter the cells in as little as 5 minutes, whereas a sports supplement drink can take up to 15 minutes for absorption. This happens because the simple sugars contained in the sports supplement drink delay emptying of the stomach. Managing an athlete's body core temperature is critical for success. Sweating, the release of fluids through the pores, is the body's way of cooling down and regulating its body core temperature. Athletic performance can be compromised in as little as 20 minutes, and an athlete's body core temperature can rise to dangerous levels rapidly without the timely intake of fluids. Drinking cool water is best when the heat index is high.

Athletes should drink 16 ounces of water for every 25 pounds of bodyweight daily, plus another 16 ounces for every pound lost during exercise.





Avoiding Cramps *and*



Exercise Induced Hypoglycemia

I do not recommend drinking Gatorade or Powerade randomly throughout the day. However, I do recommend drinking Gatorade or Powerade as a supplement during extended competition or workouts. Both products contain liquid carbohydrates, as well as the electrolytes sodium and potassium, which are the minerals responsible for muscular contractions. It is true both products contain simple sugars as their carbohydrate source, but drinking them at the appropriate intervals is critical for replenishing energy stores without adding body fat. Essentially, the key for athletes is timing. For example, a football player should ingest a 20-ounce sports supplement drink 90 minutes before the game starts (*pre game*), at the beginning of halftime, and within 30 minutes upon completion of a game (*post game*).

Workouts and practices, lasting longer than one hour should include a sport supplement drink, at the half way point to avoid exercise induced hypoglycemia (*e.g. low blood sugar level created by prolonged exercise*). Low blood sugar creates a loss of energy during prolonged exercise, and the body will breakdown existing body protein (*muscle*) for energy when glycogen stores are depleted and not replenished in a timely manner.

Consistency leads to Success

Athletes who continue to excel in their sport understand that year round training, nutrition management, and education are mandatory requirements for long-term success. Great coaches know that a good athlete in great shape will often out-perform a great athlete in average shape. This is especially true in sports such as football, basketball, and soccer, both on the middle school and high school level.

Athletes who prepare better, train full time, eat correctly, hydrate properly, and recover adequately routinely perform much better in the gym, on the track, on the field, and during games. There's simply no substitution for hard, smart, and consistent work.

Athletes from the following greater Houston area high schools have worked with Coach Green Memorial, Stratford, Bellaire, Katy, Katy Taylor, Cinco Ranch, Seven Lakes, Foster, Travis, FB Austin, Episcopal, St. Johns, Second Baptist, Fort Bend Christian, Kinkaid, St. Thomas, Strake Jesuit, Clements, Lamar, Madison, Westside, Yates, Westbury, Spring, Conroe, Crosby, Humble, Kingwood, Tomball, Dickinson, Clear Lake, Morton Ranch, Mayde Creek, and many more throughout the state of Texas.



“Hiring Coach Green was the best decision I made for my son Robbie.”
 Willie Frost at the Houston Touchdown Club awards banquet. Robbie earned All State honors training with Coach Green. His measureables included a 385 lb. bench, a 585 lb. squat, and a 5.2 forty. He had 86 pancakes his senior season.

Who We Are All District since 1987



You Have to Put In

Derrick - DT

Beggins - TB

Phipps - OT

the Work!



Tucker - LB
Trinity

Green - Guard
DePauw

Knust - DE
Texas Tech

Mecurio - OF
Baylor

Moore - Pitcher
Yale

Hutchins - Catcher
Houston

District MVP's

All Area / Region



Womac - LB
Rice

Crawford - CB
Alabama

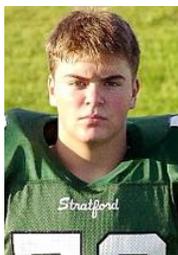
Herbanek - TE
MIT

Laird - Pitcher
Virginia

Walker - Catcher
TCU / Reds

Ghutzman - Catcher
Wake Forest

All State



Frost - OT
Texas A&M

Ammons - Track
Harvard

Green - Swim
DePauw

Moro - Catcher
Dallas Baptist

Bormaster - 2nd Base
Tulane / Bluejays

Wilks - CF / Pitcher
Kansas State

High School All Americans



Mecurio - 1st Base
TCU



Jacobson - CF
Stanford



Long - RF / Pitcher
Yale / Pirates

College All Americans



Crosby - CF
Rice / Yankees

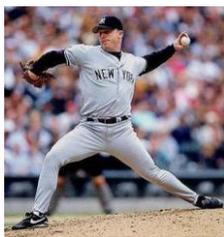


Padgett - Forward
Kentucky / Rockets

MLB All Stars



Knoblauch
Yankees



Stanton
Yankees

NFL All Pros



Moon
Oilers / Chiefs

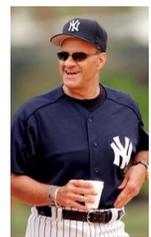


Robertson
Titans

Champion Coaches

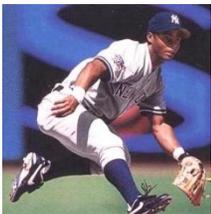


Cook
Comets



Torre
Yankees

And More Champion Athletes



Bush
Bluejays / Yankees



Fregia



Beltran
Mets



Garrison
Pro Champion



Hassenflu



Charlie
USA Motorcross



“We did it, we did it!” Scott Bormaster’s call to Coach Green after his son Brian was drafted by the Toronto Bluejays. Brian trained with Coach Green in high school and college. In high school Brian earned All State honors and won a state championship at Bellaire. He also earned All Conference honors at Tulane.



**Check us out in VYPE online
and the July Football Edition**

Training Nutrition Performance Education

