

**Don't Foul Out of the Game!**  
**10 Take Home Tips for Keeping Officials Healthy & On the Court**

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**#10 Manage Instead of Ignore Injuries**

- Ask for Help Sooner Rather than Later
- Befriend a local Athletic Trainer
- Ice, Heat & Advil are not the only treatment options
- Keep a treatment log (Evaluation/Diagnosis & Treatment Administered)

See Handout of Common Symptoms and Treatments ☺

Take advantage of the Ask the Athletic Trainer feature in the Members Only section of the IAABO website.

**#9 Take Advantage of Off-Days**

- Cardio workout followed by flexibility to maintain fitness
- Resistance training to maintain strength & endurance
- Treatments for any injuries
- Rest is NOT Optional
  - Minimum 1 day off/week
  - Ideally 48 hrs b/t strenuous exercise bouts
- Be nice to your body... You only get one and once you hit 21 it's all downhill...

**#8 Establish a Game Day Routine**

Schedule Everything...Build schedule around Game Time

- Nutrition
  - Travel
  - Treatments
  - Pre-Game Meetings
  - On Court
  - Warm-up
  - GAME TIME!!!!
  - Post Game Activities
- Routines are easily manageable, habit forming & comfortable

## **#7 Preparation is Pivotal**

### Conditioning

- Don't Play Catch Up...
  - Maintain baseline conditioning levels in off-season
    - Train for longer distances/time periods than required
    - Know your Target Heart Rate Zone and train in that zone (See cardio handout to calculate your personal THR)
  - 8-12 weeks Pre-Season program to get into "Game Shape"
    - Incorporate intervals to train bursts of speed
- Ex: Jog 50 sec/ "Sprint" 10 sec  
Jog 40 sec/ "Sprint" 20 sec
- "Sprint" = fastest pace required during a game situation*

### Fitness

Know your personal fitness levels compared to normative data for age group

–Cardiovascular Fitness

–Flexibility

–Muscular Strength & Endurance

–Body Composition

You can do this at home:

[www.presidentschallenge.org](http://www.presidentschallenge.org)

[www.exrx.net/Testing.html](http://www.exrx.net/Testing.html)

*See the Summer 2010 Issue of Sportorials for directions and recommendations on assessing personal fitness.*

## **#6 Don't Stop Drinking: Hydration is a Continual Process**

- Monitor Hydration Status
- Don't start dehydrated
- Methods of Determining Hydration Status:
  - W: Weight Loss (<2% loss of body wt. may impair function)
  - U: Urine Color (clear to color of weak lemondade)
  - T: Thirst

What to Drink?

- Water, Water, Water
- 6% Carbohydrate solution (i.e. Gatorade, Powerade, etc.) for activities that last longer than 45-50 minutes
- Late in Game (brain may need some sugar)

### Hydration Plan

- 17-20 oz: 2-3 hrs before exercise
- 7-10 oz: 20 min before exercise
- Max amt tolerated during exercise (every 10-20 min)
- After activity replenish fluid lost

## **#5 Every Meal is the Pre-Game Meal**

- Nutrition is Cumulative
- Pre-game meal cannot correct existing nutritional deficiencies
- Maximizes storage of carbohydrates (primary energy source) and provides glucose (brain's only energy source) for absorption during exercise.

### Composition

- 300-1000 total calories
  - Timing Based on Size of Meal:
    - 1000+ cal (Big meal): meal completed 4hrs before game time
    - 800-900 cal (Moderate Meal): meal completed 3 hrs before game time
    - 400-600 cal (Light Meal): meal completed 2 hrs before game time
    - <300 cal (snack): completed at least 1 hr before game time
- 150-300g of carbs
- -3-5g of carbohydrates/kg of body wt.

To Calculate the amount of carbohydrates needed in your personal pre-game meal:

-Convert body wt to kg: Weight in pounds/2.2= Wt in Kg

\_\_\_\_\_ lbs /2.2= \_\_\_\_\_ kg \*3= \_\_\_\_\_ grams of carbohydrates  
to  
\_\_\_\_\_ kg\*5= \_\_\_\_\_ grams of carbohydrates

- Minimal amts of protein
- Little Fat or Fiber
- Comfort Foods
- Not a good time to try something new

## **#4 Be Kind to Your Body: Don't Blow Off Warm-Ups & Cool-Downs**

### Warm-Up

- Prepare body systems for upcoming exercise
- 5-10 min
- Whole body exercises
- Break a sweat
- Should include dynamic stretching
- No evidence to suggest static stretching is very effective here

### Cool-Down

- Gradual return to resting state
- Active more effective
- Enhances lactic acid removal
- Minimizes residual soreness
- 5-15 min
- Should include static stretching

### **#3 Stretching is an Official's Best Friend**

- Poor flexibility results in decreased performance and may contribute to both acute and overuse injuries
- Remember, flexibility decreases with age

#### To Improve Flexibility:

- ~10 min of stretching post activity
- Focus on muscles used and deficits
- Static Stretches: Hold at tension point for 20-30 secs
- May take 3-4 weeks to see significant improvement

### **#2 Identify Post-Game Priorities**

- Choices made in this area may have the biggest impact on recovery
- Recovery Nutrition
- Post-game Meeting/Review Game Tape
- Flexibility
- Treatments
- Travel
- Recovery Nutrition
  - Replenish glycogen stores
    - Within 15-30 min
      - 1g of carbohydrate/kg of body mass (~50-100g) [Wt in lbs/2.2=Wt in kg]
      - Foods w/high glycemic index are fine and some protein
      - Ex: Gatorade (20 oz=35g), Skim Chocolate Milk (27 g) Granola Bar (25g), Gummi Bears (26g)
    - Within 2-3 hrs eat a high carbohydrate meal with some lean protein (4:1 carb:protein ratio)
      - 80% carbs; 20% protein
    - OR...50-75g of carbs every 2 hrs until reach 500-700g
    - Still takes almost 20 hrs to replenish (enhanced by inactivity)

### **#1 It's All About Choices**

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