

KLAC NEWSLETTER
25/11/2016

Last weekend's LANSW State Relays gave the athletes from our Centre their first opportunity this Season to test their skills against other LA's from all over NSW. Our Teams did very well with each individual athlete showing a willingness and determination to do their very best not only for themselves but most importantly for their fellow Team members. Ku-ring-gai achieved 2 Gold, 5 Silver and 3 Bronze medals with a further 7 Teams recording other Top 8 finishes. A full report from our Championships' Officer will appear in next week's Newsletter.

The School Sport Australia T&F Championships are on in Sydney over the next four days. Our best wishes to the athletes from KLAC who will be competing.

A reminder to everyone to please keep checking the website for updates on the Coaching schedule over the next couple of weeks leading up to Zone Championships. There are / will be changes to the normal schedule.

This Saturday we will be using the Week 2 program. The schedule will be as follows:

7am: Set-up of equipment. Additional helpers to assist our regular crew would be appreciated.

8am: Javelin (off-oval) for all U11 – U17 athletes competing in Javelin at Zone and 3,000m for U13 – U17s.

8:20am: U11 & U12 1100m Walk followed by U12 – U17 1500m Walk.

8:40am: all athletes, Age Managers and parents to assemble on paved seating area for a couple of special announcements.

8:50am: regular program of events will commence.

John McFadden
KLAC President

COACHING AND TRAINING

Friday 25th November - Hurdles Cancelled

SUNDAY 27th November - HURDLES - 9am

WEEK BEGINNING MONDAY 28th NOVEMBER

Mon 28th Nov - High Jump 4.00 - 5.30

Sprints 4.30 - 6.00 (centre funded)

Walks 4.30 - 6.00

Tuesday 29th Nov - Long Jump 4.30 - 6.00

Wed 30th Nov – General Training 4.30 - 6.00

Sprints – 4.30 – 6.00 (\$15 per athlete)

Middle Distance 5.15 – 6.30

Thu 1st Dec – Throws - 4.30 - 6.00

Javelin (U11 and older athletes) 6.00 - 7.00

Fri 2nd Dec - Hurdles – cancelled due to coach unavailability

Some helpful info brought to you by TENSEGRITY SPORTS AND CHIROPRACTIC CLINIC

Dehydration and Heat Injuries

In continuation to the article about hydration, we'd like to write about the possible dangers of under-hydration and how to avoid it.

Dehydration

This is a condition where the body has lost an excessive amount of fluid without it been replenished. Water and fluid is lost through sweating, urinating and even breathing. People who are unwell, eg having a fever, can also be more susceptible to dehydration due to increased loss of fluids. Signs and symptoms of dehydration include:

- Dry mouth, swollen tongue
- Weakness
- Dizziness
- Confusion
- Fainting
- Headaches
- Inability to sweat

Heat injuries

Heat injuries are caused by overheating of the body which may be due to prolonged exposure to heat and/or an inadequate intake of fluid during exercise. Children and teenagers may be more susceptible to heat injuries as they do not adapt to changes in the environment as well as adults. They also generally sweat less, which can lead to overheating as sweating is the body's cooling mechanism.

In general, when heat injury is identified the individual should be moved to a shady cool area to rest and be given water or sports drinks to replenish their fluid. Below is a table with some examples of heat injuries.

Condition	Signs and symptoms (not limited to)	Treatment
Heat cramps (mild heat injury)	<ul style="list-style-type: none">• Painful cramps	<ul style="list-style-type: none">• Move to a cool shady area to rest. Should not return to sport or training• Give cool water or sports drink• Gentle stretches for the muscle involved• Remove excessive clothing• Place wet cool cloths on skin of affected area
Heat exhaustion (moderate heat injury. May be a precursor for heat stroke)	<ul style="list-style-type: none">• Heat cramps• Fatigue• Nausea• Vomiting• Headaches• Weakness• Fever• Feeling faint or fainting (heat syncope)	<ul style="list-style-type: none">• Move to a cool shady area to rest. Should not return to sport or training• Give cool water or sports drink• Remove excessive clothing• Place wet cool cloths on skin of affected area• If no improvements, should be taken to the emergency department immediately.
Heat stroke (Severe heat injury)	<ul style="list-style-type: none">• High fever (40° C or over)• Rapid heart rate• Loss of appetite• Nausea• Vomiting• Fatigue• Confusion• Headaches• Agitation• Lethargy	<ul style="list-style-type: none">• Move to a shady area to rest.• Call for an ambulance or local emergency services as this condition is a life-threatening emergency which requires treatment by a doctor.• Drench skin with cool water• Use ice bags

Preventing Dehydration and Heat Injuries

In both cases, adequate hydration is vital for prevention. Replacing lost electrolytes is also important. This is even more important on hot days. Wearing light coloured, lightweight and breathable clothing can also help prevent overheating. Sunscreen should also be used. Whenever possible, the athlete should rest in cool shady areas in between their events or training.