



Upper Valley
Medical Center
Premier Health Partners

UVMC Center for Sports Medicine

Your Home Town Sports Medicine Team

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Safe Weight Loss and Management for Athletes

By: Christine Stanley, ATC

With one of our biggest weight classification sports in full swing, the topic of weight loss and weight management is present in everyone's mind. Weight management and proper nutrition is important to all sports, but in weight classification sports such as wrestling, it is vitally important that our athletes utilize safe weight loss and weight management practices so that they can achieve maximum performance.

Earlier this year, the National Athletic Trainers' Association (NATA) published a new position statement regarding safe weight loss and management for athletes. This document (which can be found online at <http://www.nata.org/position-statements>) details recommendations as well as reasoning for those recommendations.

It is very important that our athletes engaging in weight loss practices are doing so in a safe and effective manner. Weight loss should take place very early in the competitive season according to a well thought out plan. Sudden weight loss during any point in the training cycle can negatively effect performance. In addition, excessive cycles of gaining and losing weight can negatively impact the athlete's overall health. Body composition and weight adjustments should be done over a period of time with no excessive restrictions or risky practices. Athlete's trying to achieve weight loss should aim to lose approximately 1 to 2 pounds per week.

For athletes especially, diet plays a very important role in weight loss and management. A healthy diet should provide enough calories and nutrients to support not only weight loss/management goals, but also provide the athlete with enough nutrients to function effectively in his or her sport. It is recommended by the NATA that an appropriate balance of the three energy-producing nutrients (protein, carbohydrates, and fats) is essential to any nutritional program and that carbohydrates should make up 55% to 70% of caloric intake for athletes. Protein provides for 8% to 10% of the body's energy needs, but the type of exercise being done determines the actual amount of dietary protein needed. Average fat consumption for athletes is approximately 20-30% of total caloric intake. Intake of non-energy producing nutrients (such as water, vitamins, and minerals) is also essential for the body to maintain function.

Since it is the goal of all our athletes, coaches, and athletic trainers for our athletes to compete at the highest possible level, it is important that we provide our athletes with the information they need to maximize performance. For additional information please contact the UVMC Center for Sports Medicine at **937-667-2614**, or call your primary care physician for safe weight loss and weight management recommendations.

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Knee Injury Reduction Program

Sportsmetrics™ is the only training program scientifically proven to decrease knee injuries in female athletes. In addition, it is proven to increase jump power and improve overall leg strength for sports, including pivoting, cutting and jumping. The Sportsmetrics™ program was designed by Cincinnati Sports Medicine and Orthopedic Center and took more than ten years to perfect.

The program is a comprehensive jump-training program, featuring dynamic warm-up, jump/plyometric drills, strength training, speed and agility drills, and flexibility exercises. The Sportsmetrics™ program reduces injuries and improves performance for sports like soccer, basketball, and volleyball.

This program is offered at Miami East High School, June/July 2012, 3x/week for 6 weeks.

This program may also be offered throughout the school year, or at additional schools with 10 or more participants.

Free Sportsmetrics™ screenings to determine an athlete's risk for serious knee injury are offered throughout the year. This screening includes a video analysis of jumping/landing and can be offered at any school for 10 or more participants, or can be performed individually by appointment at the UVMC Center for Sports Medicine.

For more information, or to enroll in the program, please call (937) 667-2614.



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TEAM OF THE MONTH

The UVMC Center for Sports Medicine would like to congratulate the following teams from the area for their outstanding achievements and selection as Team of the Month this fall:

September: Piqua High School Girls' Soccer Team

The team was recognized for its outstanding beginning to the fall soccer season starting the season 3-0-0 and scoring 25 goals in those games. As of late September, the team was ranked second in the Greater Western Ohio Conference (GWOC) North with overall number one players in both offense and defense. "The team has made significant progress in a very short period of time, improving in every game they have played this season," said head coach, Karen Horvath.

October: Covington High School Football Team

The Buccaneers of Covington High School were recognized for completing a perfect 10-0 regular season and qualifying for the Division V playoffs. "The team has done well on the field and we are proud to say they have done well off the field as well," said Roger Craft, Covington schools athletic director. The team also spent time as a team visiting the Covington Care Center to eat breakfast and spend social time with the residents.

November: Piqua High School Girls' Volleyball Team

The team was recognized for winning its first conference title since 1996. The team was undefeated in the Greater Western Ohio Conference (GWOC) North and was the Division I sectional champion with an overall record of 19-6. The record was the best for the team since 2002. "These girls are all about the team and wanting to win and have fun. They are great to be around and are doing good in school," said Coach Chris Davis.