



Academy Families,

We plan to be outdoors as much as possible this winter, when fields are clear and temperatures are above 35 degrees Fahrenheit. **It is important for all players to spend time gathering and planning warm weather gear.** Bodies lose heat faster in cold temperatures and keeping muscles warm will help prevent injury and make for a safer, more enjoyable season!

#### Cold Weather Player Checklist

1. Be aware of the weather before you head out to practice and allow for extra time to dress appropriately.
2. Warm socks - A dry extra pair of socks is always a good idea to have in your bag.
3. A warm hat or headband is key.
4. Player gloves are helpful to have because they help hands stay warm, but also allow players to grip the ball. [Here is one option.](#) There are many others.
5. Multiple layers, tops/bottoms. If too warm, players can remove & store in their bags.
  - a. **Base Layer:** Moisture-wicking fabrics, such as polypropylene, can help keep skin stay dry and make good base layers.
  - b. **Middle Layers:** Fleece or natural fibers provide good insulation.
  - c. **Outer Layer:** "Water- and wind-resistant outer layers will help reduce the loss of body heat." - *Tiffany Swales, CHOA*
6. A fleece or wool blanket can easily fold up in your bag and be used during a break.
7. [Hot Hands](#) - Some find these helpful, but players/families should **follow all instructions** as they are not intended to be placed directly on the skin.
8. Goalkeepers generate less heat and should "layer up" even more!
9. Stay hydrated and eat a well-balanced diet to keep your body performing at its best!

*We used tips from Children's Healthcare of Atlanta, How to Keep Your Athlete Safe From the Cold and JR Justasen, physiotherapist, Parkway Physiotherapy.*

Let's prepare, stay warm and have fun!

Newton Academy Coaches