



Dear Academy Families,

As the weather changes, it is essential that our soccer players wear seasonally appropriate clothing to all practices and games. Bodies lose heat faster in cold temperatures; keeping muscles warm will help prevent injury and make for a safer, more enjoyable season! Please review this checklist with your child and help ensure that they are prepared to play in the cold. (Note: We provided links to some cold weather apparel as examples only. Your child is free to wear any brand / style that works for them.)

Let's prepare, stay warm and have fun!

- Newton Academy Coaches

Cold Weather Checklist

- ☐ Be aware of the weather before you head out to practice and allow for extra time to dress appropriately.
- ☐ Wear warm socks and pack an extra pair in your bag.
- ☐ Wear a warm hat or headband to keep your ears warm. Here is [one option](#).
- ☐ Player gloves are helpful to have because they help hands stay warm, but also allow players to grip the ball. Here is [one option](#).
- ☐ Wear multiple layers (top and bottom). If a player gets too warm, garments can be removed and stored in their bags. For games, any layers must be worn underneath the team uniform.
 - ☐ Base Layer: Moisture-wicking fabrics, such as polypropylene, can help keep skin stay dry and make good base layers. Here are examples of a [top](#) and [bottom](#) base layer.
 - ☐ Middle Layers: Fleece or natural fibers provide good insulation. Here is [one example](#).
 - ☐ Outer Layer: Water- and wind-resistant outer layers will help reduce the loss of body heat. Here are examples of a [top](#) and [bottom](#) outer layer.

- ☐ Bring a fleece or wool blanket that can easily fold up in your bag and be used during a break.
- ☐ Some players find [Hot Hands](#) to be helpful. Please follow all safety instructions, if you choose to use them.
- ☐ Goalkeepers generate less heat and should “layer up” even more!
- ☐ Stay hydrated and eat a well-balanced diet to keep your body performing at its best!