

MARKING SURE YOU ARE READY FOR ACTION

Tips to keep you active and safe for Business Games

From the team of Sports Health Professionals at Capital Sports Medicine Ltd

Get your team together early

Are there experienced player(s), what sort of things do they do when training. Have some early training sessions together rather than the week before the tournament. Even if you are playing socially specific fitness is still vital for preventing injury (and it keeps us at Capital Sports Medicine unemployed!!)

The specific demands of netball, touch, indoor soccer or volleyball are quite different from jogging 30mins twice a week, walking to work or even doing weights at the gym. These are a great way to build up your general endurance and strength but **you need to prepare your body** for the extra demands of rapid acceleration, deceleration, jumping, directional change and backward running that many of these sports involve. You also need to consider the additional skills you need to practice such as kicking, shooting, passing, throwing, spiking, or tackling safely. See the [ACC Sportsmart website](#) for more advice on individual sports training.

Training needs to start early

You need to prepare your knees, ankles and upper body for the rigours of your new activities, eg. shuttle runs, backward running, side lunges, hopping. Often we may get away with playing just one game a weekend, but the nature of the Business Games is that you may play several games in a weekend and your recovery between games is dependant on your preparation.

Your **Warm up** is just as important in training as it is before a game. It prepares your mind, heart, muscles and joints for what is ahead. It needs to include a light aerobic activity such as shuttle runs, direction changes, passing and shooting drills.

Keys to Stretching

1. Light aerobic exercise (5 to 10 mins) until lightly sweating
2. Breathe normally
3. Apply – stretch slowly to where tension is felt, not pain!
4. Hold for 30 seconds

Click here to view [ACC Stretches](#)

Stretch all major muscles, particularly those that will have high demands placed on them

Cooling down is of equal importance – it helps your body to recover and return to its normal temperature more quickly. This also is very important in a tournament situation.

Hydration and Nutrition is important for performance in both training and games, particularly when playing more than one game a day.

Hydration means replacing fluid lost during sweating, this promotes recovery and reduces the effects of fatigue. You need to drink enough to produce clear, or pale urine. Sports drinks are suitable but ensure you drink water as well.

Good nutrition increases energy levels and helps your body to recover between sessions. Foods high in carbohydrates are mainly used for energy during moderate to high intensity exercise, eg. bananas, pasta, bread, rice, potatoes, or sports bars.

Protein is essential to build, maintain and repair the body's tissues when training, eg. eggs, chicken, fish, tofu.

Injury Management If you get a knock or strain during training or playing, managing it correctly will get you back to playing effectively more quickly. **R.I.C.E.** – ice, compression and elevation are very effective in the first 48–72 hours, plus relative rest.

If you are concerned about the injury and it is not better within a couple of days, or a recurring injury then the best thing to do is seek professional advice. Call Capital Sports Medicine on (04) 499-5732. We have doctor, physio, podiatry and massage therapist on site. Check out our website at www.capitalsportsmed.co.nz

We would like to thank ACC for their direct links.