

TOSH TIMES

TOSH Soccer Program Newsletter

Official sports training and sports medicine provider to



Winter 2016

2015 Was a Great Year for UYSA Soccer & 2016 Promises to Be Even Better

2015 was an exciting year filled with fantastic soccer games and events — and we're looking forward to another great year as the official medical and sports training provider for the Utah Youth Soccer Association. We're fortunate to work with an outstanding group of people who are truly dedicated to their members.

One of the exciting announcements from 2015 was the addition of our TOSH Sports Medicine outreach trailer. We now have a "mobile athletic training room" designed specifically for the evaluation, treatment and care for all of our youth soccer players. You may have already seen the trailer at



various UYSA events including RSL State Cup, ODP/TOSH State Select events, and this month's President's Cup tournament in Mesquite. The trailer is invaluable in helping us provide the very best on-site sports medicine

care to UYSA players. Next time you see it, please stop by to say hello to our on-site sports medicine staff, and check out our custom-built mobile treatment unit.

Free Injury Assessment for UYSA Players

TOSH has been the title sponsor for the TOSH State Select /ODP Program for many years now. We're honored to work with such a professional group of players, coaches and administrative staff. We've been on-site to provide premier sports medicine care to the 1,600+ players who participated in tryouts, as well as 600+ players who were chosen for age/gender-specific training pools, and 180+ players who were selected to travel to the ODP Championship Regional Tournament in Phoenix.

Unfortunately, many players will suffer from injuries at some point in their soccer careers. While nobody thinks about being injured, or the recovery process needed to return to play, we want UYSA members to know that we're here as a free resource. Our mission is to ensure that UYSA players received the best sports medicine care possible. As a result, we provide a **FREE**



LOOK FOR US:

- President's Cup Tournaments
- UYSA AGM
- Coyote Cup
- Spring State Cup

injury assessment to every player who needs it. The **TOSH Soccer Injury Hotline number — 801-314-4111** — is included at the top of every game day roster. Please don't hesitate to utilize this service, whenever you need it.

Concussion Awareness

Concussion management is still an evolving field, and increasing education and awareness is a positive trend. Players, coaches and parents

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are recognizing the signs and symptoms of possible traumatic brain injuries sooner, which leads to quicker and more productive treatment. TOSH has taken many steps to continue this positive trend. We have



many resources available under the TOSH tab on the UYSA website (<http://www.uta-youthsoccer.net>), along with information regarding our specialized TOSH Sports Concussion Clinic.

HOT TOPIC: US Youth Soccer - No Heading Mandate

Concussions lead us into this newsletter's "hot topic." The announcement of the "no heading" mandate for players under 10, and limited to practice only for players 11-13, was made by US Youth Soccer last November. Needless to say, it has created some mixed feelings. The mandate has led to many questions, such as: How will the new rule be enforced? What about headers that are incidental? Will there be a consistent infringement rule that could lead to a possible yellow or even a red card?

We're interested to see what you have to say on this topic. If you have any questions, concerns, or comments on this new ruling, please share them with us on our Facebook page (<https://www.facebook.com/TOSHUtah/>) or email me at Dustin.Bybee@imail.org.

Best of luck as you get ready for upcoming tournaments and the Spring soccer season.

Warm Regards,

Dustin Bybee

TOSH Soccer Program Coordinator

The four "R's" of recovery nutrition to enhance your performance

As spring soccer season approaches, it is important to keep in mind the importance in recovering after every practice and game to build strength and keep your immune system strong.

The four main goals of recovery nutrition are to: **Restore, Replace, Repair, and Rest.** By following these key components, you will ensure that you are fully prepared for your upcoming season.

The first "R" is about restoring the fluids and electrolytes lost in each practice. Get in the habit of drinking adequate fluids to ensure you will be hydrated before your next practice and eventually next game.

The second "R" stands for replace. This refers to replacing the carbohydrates burned through exercise. Carbs are your brain and body's main fuel source.

The third "R" stands for repair. Along with carbohydrates, it is important to repair torn muscle tissue with protein. The best proportion for recovery is a 4 to 1 ratio of carbohydrates to protein mix. For example, chocolate milk has this recovery ratio, and will help replace and repair nutrients lost through exercise. The last, and one of the most overlooked

"R's" is rest. Try and aim for 8 to 10 hours of sleep each night. It can be a challenge to get this many hours if you are caught up on your cell phone and/or computer late at night. Rest is not only important for recovery, but also for growth and keeping your immune system strong.

Recovery is a crucial component to improving your overall performance. If you focus on restoring fluids lost, replacing both carbohydrates and protein post-exercise, and resting 8-10 hours a night, you will be well on your way to optimal performance.

Good luck out there this spring, and remember your preparation starts before game day!

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