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**July
2009**

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Play It Cool; Know the Dangers of Training in The Heat



(Junior Siavii DE NFL)

Athletes, Coaches, and Parents take time to understand the risks of training in hot weather. Here are some basic tips to beat the heat:

Handling Practice & Workouts

- Schedule workouts and practices during cooler part of the

Gamespeed Welcomes

Nick Vandertueg Pitcher
 Oakdale High
 National Prospect

Nick Evans
 Baseball, Youth

Matt Ramirez
 Football, Youth

Kourtney Whitt
 Softball, Youth

Shelby Lafond
 Softball, Collegiate

Steve Carroll
 Baseball, Collegiate

Adam Ballard
 Soccer, James Logan

Julian Kelly
 Baseball, Valley Christian

John Hochstatter
 Baseball
 San Ramon Valley

Marissa Savoldi
 Soccer, Youth

Andi Becker
 Softball, Amador

day.

- Slowly ramp up exposure to the heat. Start with warm-ups in shaded areas and slowly move activity to exposed areas.
- Take appropriate rest intervals (in shaded areas) and water breaks.
- Athletes report any heat stress symptoms immediately to your coach or parent.
- Coaches, parents don't forget to take into account younger athletes (prepubescent) will over heat quicker than older athletes.
- Poorly conditioned athletes will have less tolerance than conditioned ones.
- Coaches and parents observe athletes closely and act immediately when you suspect heat-related illness.
- *Indicators of illness related to heat may include:*
 - Weakness
 - Dizziness
 - Nausea and vomiting
 - Headache
 - Dry mouth
 - Irritability, agitation, impaired judgment, loss of consciousness.

Drinking & Eating

- Hydration is an all day process drink well before and after activity.
- No beverages containing alcohol, caffeine or other stimulants. Leave energy drinks alone.
- Eat 3-6 servings of fruit per day to maintain salt and mineral balance. High fiber citrus fruits are great (oranges, grapefruit, berries).
- Drink at least 16-32 ounces of water, sports drink or Pedia Lite per hour.

Clothing

- Wear loose fitting clothes that breathe, products like "dri fit"(Nike) and "climate cool" (Adidas) are great for the heat. For optimum comfort bring two shirts to your workout.
- Wear light colors to reflect the sun's heat.
- If appropriate eye wear or hats also can help.
- Breathable socks also keep feet comfortable, cool and reduce the risk of fungus.
- Don't forget sunscreen.

Listen to the messages from your body that say a heat-related illness may be developing (weakness, dizziness, nausea, headache, dry mouth). Report such symptoms to your coach or trainer.

We all agree good training is critical to success but it must never be at the expense of your health. Remember tomorrow is another day and it may be a cooler one.

Good Training,

Football

Zack Kline
Voted
Schumans
Underclassmen
National Combine
West Coast MVP at
Quarterback

Youth Action

Track & Field

Sahit Menon

60.25 400m

12.78 100m

27.74 200m

Sahit won the 400m and placed 2nd in the 100/200m in the Pacific Association Regional Qualifying Meet for the National Championships.

Local Press: Gamespeed's Second Facility Gets Early Press.

After years of preparation and planning Gamespeed is moving forward on its second location. This last hurdle was getting city approval for the project. Thankfully it was very well received. Here's what the papers had to say:

Click a link

[Contra Costa Times](#)

Coach Aaron

[Brentwood Oakley Press](#)

**FALL/WINTER
ATHLETIC BALLPLAYER
CONDITIONING PROGRAM**

Since 1995 I have been deeply involved in the development of some of the Bay Area's top baseball talent. Brad Bergesen (P), James Darnell (INF) , Brandon Crawford (INF), Jeff Lyman (P) , Christian Jones (P) are just a sampling of the athletes involved in the Gamespeed program. In addition to these standouts, Gamespeed has assisted over 150 baseball athletes through their high school careers and make the transition to collegiate ball.

The Gamespeed philosophy for baseball athletes is simple. Improve the athleticism you improve the level of play. By addressing the core athletic properties of speed, power, agility and endurance and working within the demands of baseball I have developed a comprehensive effective program. To purpose is not just to "work out", but to accomplish purposeful work that translates to elevated play on the field.

This is not a cookie cutter program. The Gamespeed program will provide a customized program based on the strengths and weaknesses of your athlete and the position they are playing. Performed in a class (6 max) setting each athlete will undergo group exercises as well as "Individual Specific" training assignments.

Curriculum will include:

General Athleticism
Speed & Acceleration
Conditioning
Strength
Flexibility
Balance
Recovery & Regeneration
Explosiveness
Baseball Specific Areas
Bat Speed & Power
Increased Fielding Range
Pitching Endurance Velocity
Position dependent abilities

Dates: September 15, 2009 to January 31, 2009.

Tuesdays & Thursdays 7:00 pm to 8:30 pm. (*Tentative. Will be Confirmed By Aug 31st*).

Mondays & Wednesdays in the event of a second class.

Where: Gamespeed 7071 Commerce Circle A, Pleasanton

Cost: \$1700

Payment schedule:

Deposit Payment (non refundable): \$170 on or before Aug 25th to reserve a spot.

Gamespeed Now On Facebook

Are you part of the Facebook community? Join the Gamespeed page. Become a Fan. See updates, exercises, post your comments, questions, upload photos, tell us about your athletic feats and woes throughout the season. Parents and athletes welcome.

1st Payment: \$170 on September 15th (or first day of class).

4 Payments: \$340 Due first tuesday of each month

Please make checks payable to: Gamespeed.

Preferred method of payment is by check. To use a credit card you can pay via PayPal but a 2.9% service charge will be added.

Late or returned payments will be charged a \$25 fee.

Make Ups are to be performed during Gamespeed normal business hours at the discretion of Gamespeed. Our hours of operation are located on the Gamespeed website. All make ups must be performed within the 5 month contracted period. THERE ARE NO REFUNDS.

Missed sessions due to injury must be accompanied by a doctor's release to resume activity.

If any questions please contact me at 925 737-0700.

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