



MARCHING BAND SPORTS MEDICINE TIPS



from the desk of

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Mrs. Supak has spent the majority of her career at Clear Brook High School and St. John's Sports Medicine in Nassau Bay. She holds the Chair position with the Texas State Athletic Trainers' Association.

As a former CBHS Band Mom times 2 and Veteran Expert of the Athletic Training Field, Mrs. Supak provides a few tips to assist our band students and their families.

ATTIRE

Shirts should be light in color, preferably white or gray and made of poly-blend for moisture management, such a Cool Guard made by Under Armour; Target, Walmart, & Academy all offer an inexpensive version and it works the same. Do not wear 100% cotton as it does not breathe and only absorbs the sweat. A **good hat** (not visor) is a must and a visor will not do as it allows for sunburned scalp. Purchase good, quality socks as they are cheaper and less painful to patching blisters. Running shoes work best for marching as they have a good fore foot and heel stabilizers. You may buy more than one pair of shoes this marching season so please replace last year's shoes! I found that many athletes have high arches and benefit from placing arch supports in their shoes. If your student has high arches, I recommend Spenco $\frac{3}{4}$ arch supports. Placing a dryer sheet in their shoes at night will absorb some moisture and help with the smell.

WATER/ELECTROLYTE DRINKS

Band members must have their own 1-gallon, insulated water bottle for practices. Drinking water during practice is essential and depending on the student's size, should consume between **1/2 to 1 gallon during a 3-hour practice**. When necessary, medical studies prove that the 3-hour post-exercise window needs replacement by drinking at least 20-30 oz. of a sports drink such as Gatorade. In this time frame, electrolytes are restored for the next day's work out. Proven studies have also shown that chocolate milk is another good post-workout drink to assist in recovering from strenuous exercise.

DIET

Breakfast is important. If your band student does not eat breakfast, they should find something to consume as it is not a good to practice in the heat for a few hours on an empty stomach. If at all possible, avoid milk products as well as highly caffeinated products such as Cokes, Mountain Dew, Starbucks, or any Energy Drink, as they cause leg cramps. Breakfast foods should contain protein and carbohydrates such as a peanut butter wrap or Protein Bar. When after-school band practice begins, band students should eat a light, healthy snack such as nuts or fruit. Rinse your mouth after eating as it saves on the instruments from food particles.

SUNSCREEN

Sunscreen products should be used by each band student because the metallic finish reflects from their instrument and causes the sun to be redirected on their face. My daughter is a Bio-Chem college graduate. She recently completed a lab on sunscreens, testing the effectiveness of the products against UVA/UVB rays. Neutrogena 45 SPF or generic brand had the best results. Sunscreen should be reapplied several times during practices if the band student sweats much. Lip balm such as **Blistex** or **DCI** is recommended due to Carmex cooking on the lips in the heat.

Hope these tips assist your band student in a safe, marching season...Go Brook Band!!!

