

# KEEP FUELLED

The fluid lost in sweat during exercise can have a huge effect. Losing 2% of body weight can reduce your performance by over 30%!

Don't let yourself get thirsty. If you do, you're already dehydrated. Keep your drink bottle filled (water is ideal), carry it with you and drink before, during and after play, following these guidelines.

## TWO HOURS BEFORE

**DRINK 500-600 ML**



Dehydration can make you fatigued, affect your judgement on the field and cause cramps, heat stress or heatstroke. Even low levels of dehydration can affect your game.

## 15 MINUTES BEFORE

**DRINK 500 ML**

Take several small mouthfuls.



## WHILE EXERCISING

**DRINK 120-150 ML PER 10-15 MINUTES**



Never share drink bottles.

## AFTER EXERCISING

**ONE LITRE PER HOUR FOR THREE HOURS**

You continue sweating after you stop exercising, so you need to keep your fluids up.



## PRE-GAME CHECKLIST

- Team talk
- Warm-up
- Stretches
- Team registration
- Starting line up
- Court check
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## GEAR CHECKLIST

- Balls
- Bibs
- Strapping
- First aid kit
- Ice packs
- Nail clippers
- Hair ties
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## KEY DATES

April 22 - Round 1

June 17 - Round 2

August 8 - Round 3

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## CONTACT LIST

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Mary	04 384 4444
Jo	021 334 5543
Jessica	021 112 3321
Kim	027 384 5859

## TEAM

Jan
Mary
Jo
Jessica
Kim

## GOALS

Season goal - to make the final of prem 2

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## TEAM RULES

No drinking prior to a game

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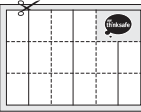




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## FOLDING

- Using a knife/ruler or scissors trim off any excess border. 
- Dash lines are the fold lines, the panel with the Thinksafe logo will end up as the cover of your Smart Tips guide. 
- Fold as shown below: 

# TREAT INJURIES QUICKLY TO SPEED UP YOUR RECOVERY

## USE R.I.C.E.D. (FIRST TWO DAYS)

- REST:** To limit further damage, avoid moving the injured part as much as possible.
- ICE:** Place ice in a damp towel on to the injured part for 20 minutes, every two hours for the first 48 hours.
- COMPRESSION:** Bandage between ice treatments.
- ELEVATION:** Keep the injured area raised as much as possible.
- DIAGNOSIS:** If the pain or swelling hasn't gone down significantly after 48 hours, seek professional medical help.

## AVOID H.A.R.M. (FIRST THREE DAYS)

- HEAT:** Avoid hot baths and showers, saunas, hot water bottles, heat packs and liniments.
- ALCOHOL:** Alcohol increases bleeding and swelling at the injury site and delays healing.
- RUNNING:** You should not exercise the injured part for 72 hours unless approved by a medical professional.
- MASSAGE:** Massaging an injury in the first 72 hours can slow down recovery.

## RETURNING AFTER INJURY

- You shouldn't return to netball until:
- ➔ You've fully regained strength and movement in the injured area
  - ➔ You have resumed full training for at least a week with no problems
  - ➔ You can pass the simple netball fitness test alongside
  - ➔ Any injury needs looking after. Even if it isn't serious and you are back training the following week, keep an eye on it. If you can't get back to normal activity within a week, get advice.

## FITNESS TEST

- Check that you can do all of these confidently and without pain:
- ➔ Run the full length of a netball court – four times
  - ➔ Jump and land on both feet – 10 times
  - ➔ Jump and land on one foot – 10 times (if your foot was injured, test that one)
  - ➔ Hop from one foot to the other – 10 to 20 times
  - ➔ Take part in full training.

Warming up is vital to get your body ready for netball. It gets your muscles warmer, more flexible and programmed for action. Before you start, make sure you have good netball shoes. Running shoes don't provide enough support.

**KEY:** Movement to get stretch  
 Area being stretched

# COOL DOWN

Cooling down and recovering properly makes all the difference to ensuring your body is prepared and ready for the next session – especially on the days you're playing or training more than once.

Cooling down helps remove the lactic acid produced during exercise that can make you feel stiff. Stretching lengthens muscles that tighten up during exercise, and helps to keep you flexible.



## AFTER PLAYING OR TRAINING, PUT SOME TIME ASIDE FOR:

- Light aerobic exercise (five minutes)
- Replacing fluids
- Static stretching (five – 10 minutes)
- Refuelling with recovery food
- Treating any injuries.



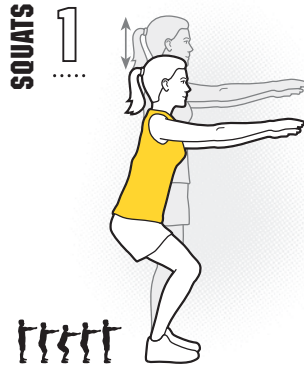
acc **thinksafe**

# SMART TIPS FOR PREVENTING NETBALL INJURIES

FOR MORE INFORMATION ON STAYING INJURY FREE VISIT:  
[www.acc.co.nz/sportsmart](http://www.acc.co.nz/sportsmart)

## WARM-UP

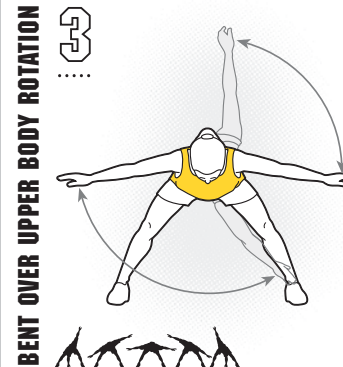
Start with about five minutes of light aerobic activity to raise your heart rate and get more blood flowing through your muscles. Jogging is a good way of doing this. Follow up with 10-15 repetitions of dynamic stretches (see right), gradually increasing the speed and range of movement. Then finish with some sports specific exercises.



Keep your trunk upright and place feet shoulder width apart. Stick your bottom out and bend at hips and knees. Keep knees in line with feet, and heels on ground. Do five.



Keep your trunk upright and place feet shoulder width apart. Lunge forward. Keep knee in line with foot. Your toes should stay in front of your knee. Do five each leg.



Keep your back straight. Bend the knees as you transfer weight. Reach with your arm to the opposite foot. Do five each side.



Reach up high, keeping one knee bent. Keep back straight and pull in abdominals. Do five each side.

## 5 NETBALL SPECIFIC EXERCISES

You need to prepare yourself for lots of sudden, sharp and strong movements. You'll be jumping every few seconds and landing safely is important for improving performance and reducing your risk of injury. You should include jumping and landing, agility and stopping exercises. Make sure you do these before you start on team drills.

## COOL-DOWN & STRETCH

After play, some easy jogging and static stretches (see right) will help your body to recover and can improve flexibility. Apply each stretch slowly – don't bounce. Take it to the point of tension but not pain and hold for at least 30 seconds. Repeat twice on each side of the body.



Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking calf stretch through rear calf.



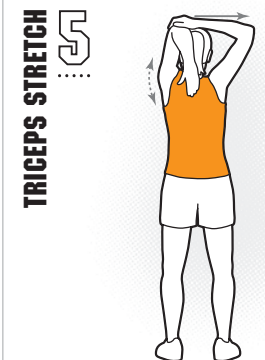
Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.



Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.



Kneel on one leg with other leg out in front with the foot flexed. Keep back straight and bend forward at the hips to feel the stretch down the back of the legs.



Place one hand between shoulder blades. Place the other on your elbow and use it to pull the elbow towards midline.