



SCIAA Newsletter

Volume 1, Issue 20

February 20, 2015

SHELBY COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION

2687 Avery Ave.
 Memphis, TN 38112
 Phone: 901.416.7470
 Fax: 901.416.9949
 www.sciaa.digitalsports.com

SCIAA Staff

- India Weaver**
 Athletics Manager
 weaveri@scsk12.org
 901.416.9942
- Tongela Taylor**
 Administrative Assistant
 taylortl2@scsk12.org
 901.416.9941
- Marcus Taylor**
 Athletics Specialist
 taylormj@scsk12.org
 901.416.6253
- Lecia Schluterman**
 Special Projects
 schlutermanl@scsk12.org
 901.416.9944
- Kai Washington**
 Athletic Trainer
 washingtonkd@scsk12.org
 901.416.5764

Upcoming Events

- PAST DUE: All High School Baseball, Softball, and Soccer Schedules are due to the SCIAA Office
- February 28th: SCIAA Middle School Basketball All-Star Game-Highland Oaks
- March 1st: All Middle School Baseball, Softball, and Soccer schedule additions are due to the SCIAA Office
- March 9th: TSSAA Official Start Date for Spring Sports
- March 13th: Spring Insurance Installment DUE
- March 16-20th: SCS Spring Break

Athletics in Cold Weather

It is cold here in the Shelby County and it doesn't seem it's going to warm up very quickly. With spring sports practices underway we wanted to provide all of our coaches, athletic directors and administrators with some information about athletics in the cold weather. Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia a significant drop in body temperature occurs with rapid cooling, exhaustion and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency. Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30-50 F degree exposure be as serious as

a subzero exposure. Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and clothing are wet (whether from sweat, rain, snow, or immersion), the cooling is even more pronounced due to the evaporation of the water held close to the skin by the wet clothing. Clothing is one of the most important parts of keeping the athlete's body warm. Athletes should dress in layers and try to stay as dry as possible. Layers can be added or removed depending on temperature, activity and wind chill. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight pile or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss, therefore for the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind



chill.

Cold Exposure

- Breathing of cold air can trigger an asthma attack (broncho spasm)
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

Cold Recognition

- Shivering is a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

Wind Chill Chart

