



## 'Soccerwise® Winter Training Tips for Parents'

On rainy days parents should bring along a towel and dry change of clothes (especially a long sleeve top of some kind) for their children to change into immediately after training finishes.

We lose a significant amount of body heat from our head alone – so children should always wear a hat or beanie during training.

Another tip for parents is to have their car heater set (or partially set) on 'feet' for the drive home. This will allow your children's feet to get warm and dry quickly if they're wet.

Playing sport on winter days is great fun and incredibly rewarding if you come prepared (remember back to when you were a child!).

Training over winter can be challenging but the benefits can be enormous:

- In winter we generally eat more and exercise less, therefore weight gain is likely
- If we exercise regularly throughout winter we will be in better physical condition to enjoy the spring and summer months
- Becoming conditioned to cold weather can help us improve our immune systems (it toughens us up!)
- Training during winter can 'boost our spirit' because we spend so much more time indoors during this period of the year

**Importantly – always ensure children have plenty of drinking water during training sessions. Dehydration can just as easily occur in winter months!**

Finally – children are unlikely to ever get sick by merely training or running around in cold, wet and windy conditions. However, it is the actions (or lack of) that parents take 'immediately after training' that may result in them catching a cold, getting sick, etc.

