

Headed to the Heat

GA Summer Playoffs & Showcase

Norco, CA

June 18-23, 2026

Preparing to Play in Hot and Humid Temperatures is Essential

Traveling from cooler and less humid temperatures puts your body at higher risk for:

Dehydration – Early Fatigue – Cramps – Decrease Performance

**You can't control the heat...
but you can control how ready you are to handle it!**

Hydrate

- Aim to drink 1.5 oz per kg/bodyweight per day, everyday
- Sip throughout the day, don't chug!
- Include an electrolyte packet daily

Fuel

- Aim to eat every 3-4 hours
- Pack snacks: fruit, pretzels, granola bars
- Include carbs and protein in each meal and snack

Move

- While traveling aim to stand, walk, stretch every 1-2 hours
- On arrival, light walk or jog and mobility to improve circulation

Rest

- Aim to get 8-10 hours of sleep
- Limit Screen time at night
- Sleep in a cool, dark space

Protect. Elevate. Empower.



Handling the Heat

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Playing in the Heat and Humidity is Hard, But you can succeed with a plan

Creating a plan for hydration, fueling, cooling, and recovering
will keep you performing at your best

The Heat isn't going away – but your performance doesn't have to!

Hydrate

- Drink additional 16-20oz Pre-Game
- Drink at all breaks
- Add electrolytes in addition to water

Fuel

- Focus on Carbs first for Pre-Game
- Include Salty Snacks
- 30-60g Carbs per hour of activity

Cool

- Wear light-colored, loose clothing
- Remove extra gear during rest
- Ice Towels/Ice during breaks

Recover

- Get in the shade or AC quickly
- Replace 125-150% of fluids lost with water and electrolytes
- Recovery meal within 60 min

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LIGHT TRAINING PLATE



RECOVERY AND SATIETY FOCUS

CARBOHYDRATES - 40%

SWEET POTATOES, WHOLE
GRAIN BREAD, RICE, FRUIT

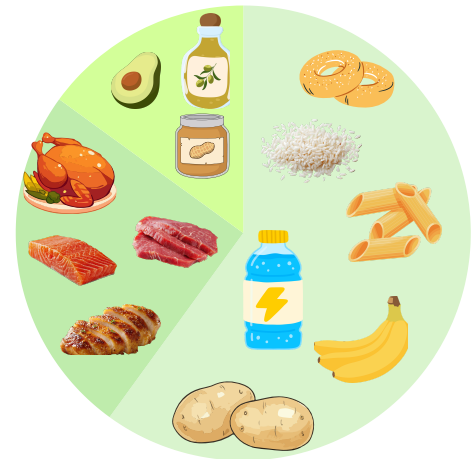
PROTEIN - 30%

CHICKEN, GREEK YOGURT, EGGS

FATS - 30%

AVOCADO, SEEDS, NUTS

HEAVY TRAINING PLATE



PERFORMANCE AND GLYCOGEN FOCUS

CARBOHYDRATES - 60%

POTATOES, BANANAS, RICE,
BAGEL, PASTA, SPORTS DRINK

PROTEIN - 25%

CHICKEN, TURKEY, LEAN BEEF,
SALMON

FATS - 15%

AVOCADO, OLIVE OIL, PEANUT
BUTTER

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RECOVERY PLATE



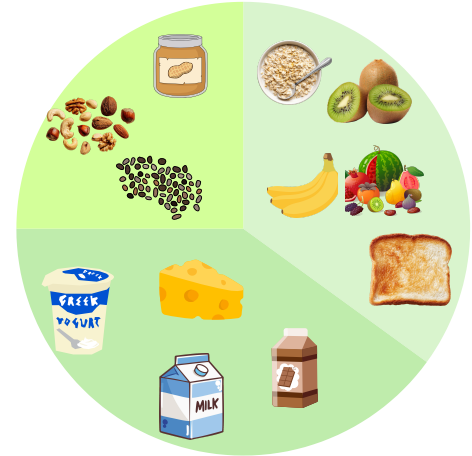
REFUEL, REPAIR, AND REBUILD FOCUS

CARBOHYDRATES - 50%
SWEET POTATOES,
POTATOES, BREAD, RICE,
FRUIT, PASTA SPORTS
DRINK

PROTEIN - 25%
CHICKEN, CHEESE, EGGS,
CHOCOLATE MILK

FATS - 25%
AVOCADO, SEEDS, OLIVE
OIL, SALMON

PRE-BED SNACK PLATE



OVERNIGHT RECOVERY AND SLEEP SUPPORT FOCUS

CARBOHYDRATES - 35%
BANANAS, WHOLE GRAIN
BREAD, FRUIT, KIWI,
OATMEAL

PROTEIN - 40%
CHICKEN, GREEK YOGURT,
EGGS

FATS - 25%
PEANUT BUTTER, SEEDS,
NUTS

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Your body works harder playing when it is hot and humid

Fatigue will build each day, but you can overcome it with quick cooling, rehydrating, refueling, and resetting

Recovery isn't optional in the heat, it's your advantage!

Cool Down

- Get into the shade or AC as soon as possible
- Remove extra gear and sweaty clothing
- Use cold towels or ice packs, or take a cool shower

Re-Hydrate

- Drink fluids immediately, and continue with small sips through the day
- Use electrolytes with water to replace salt loss

Re-Fuel

- Recovery Meal with Protein and Carbs to repair muscle and restore energy
- Eat every 2-3 hours, include salty snacks to retain fluids

Reset

- Stay inside and out of the sun
- Light walk with stretch and mobility
- Aim for short nap 20-30min and 8-10hr of sleep at night

Protect. Elevate. Empower.

Heat and Humidity can overwhelm your body quickly – especially over multiple days

Maintaining hydration, recognizing warning signs and taking quick action will keep you safe and performing

Recognize Dehydration

- Dizziness
- Headaches
- Extreme Fatigue
- Muscle Cramping
- Nausea/Vomiting
- Confusion or disorientation

Take Action

- Tell someone
- Stop Activity
- Get into the Shade/AC
- Cool Down
- Hydrate and Fuel

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How to know if you are Hydrated?

	PALE YELLOW Well Hydrated	 Great job! You're drinking enough water.
	LIGHT YELLOW HYDRATED	 You're on the right track. Keep it up!
	DARK YELLOW MILDLY DEHYDRATED	 Time to drink some water.
	AMBER DEHYDRATED	 Drink water now to replenish.
	DARK BROWN VERY DEHYDRATED	 Your body needs water. Rehydrate ASAP.

Urine color is an easy way to check your hydration – Aim to keep your urine a pale yellow consistently

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We are here for you!
Please reach out with Questions

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Athletic Trainers will be stationed
throughout the event
in red tents labeled MEDICAL.
Please come see us!

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