



*The International Sports Professionals Association*

## **ISPA NEWSWIRE**

OFFICIAL ISPA ASSOCIATION NEWSLETTER

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For more information, contact [Normandy1@aol.com](mailto:Normandy1@aol.com).

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## Welcome to The International Sports Professionals Association™

# ISPA

We are pleased to send you our second newsletter. Out of our passionate commitment to better serve those professionals who are credentialed in the field of sports, ISPA was created. ISPA represents the creation of an international association to serve sports and meets the needs of organizations to thrive in the "global village" that is today's world.

Visit our new web site, [www.TheSportsProfessionals.com](http://www.TheSportsProfessionals.com) and examine all that ISPA has built for you, the sports professional. Looking through the web site will give you an in-depth look at all the benefits of being credentialed by the International Sports Professionals Association. Your time browsing there will be well spent. Let me just highlight the benefits we have established:

- ⇒ Member of the National Organization for Competency Assurance-NOCA
- ⇒ Continuing Education Program in conjunction with the Adler School of Professional Psychology
- ⇒ Publishing Division that affords members publishing opportunities
- ⇒ Newsletter with informative articles
- ⇒ Communication between association and membership is prioritized
- ⇒ A stronger voice in the world of sports
- ⇒ Consistent fee structure
- ⇒ Support for your personal professional growth
- ⇒ An informative, functioning web site
- ⇒ An international presence
- ⇒ A welcome ear to your feedback

We are glad you are as dedicated to quality as we are.  
**If you are not a member yet, now is the time to join.**

## **Summer Hydration = Increased Activity and Increased Heat**

**By Dr. John Mayer-ISPA President**

I thought it may be useful to pass along hydration guidelines as we approach the summer months when many of us are more active and those we coach, train or advise are looking for the best information on fluid intake and the body's needs.

**The following is an excerpt from the soon to be released book: *Family Fit* (ISPA/NP2 Publishing, 2009) by Dr. John Mayer. With permission from the author and publisher.**

**(See [www.TheSportsProfessionals.com](http://www.TheSportsProfessionals.com) or [www.NogginPower2.com](http://www.NogginPower2.com) for purchase information)**

### **Water, Water Everywhere**

One food mentioned on the preceding chart deserves special attention in our families—water. Water is often neglected in households. It has been consistently shown to be as good a thirst quencher as any sports drink or other beverage. We just do not drink enough water in our diet even though it is vital to our physical well-being. Make sure your family drinks plenty. The average healthy adult should drink the equivalent of about 5-6 glasses of water per day. It is a widely held myth that we should be consuming water according to the 8x8 rule. That is, eight 8 oz glasses of water per day. We don't require that much water for a variety of reasons. Dr. Heinz Valtin, Professor Emeritus at Dartmouth Medical School and author of many of the most esteemed textbooks on kidney function and water balance has studied the body's need for water all of his career. His research gives me great confidence to talk about the proper needs for water in the body.

To make sure we get enough water each day, our water supply can safely come from many sources. Even though I advocate plain water as your primary source, coffee, teas, soft drinks, milk, etc. all help to fulfill our daily needs for water. This is another widely held myth, that these varieties of beverages do not serve this need. They do. All food and beverages contain water, so we are getting water from many sources. Another reason why this old 8x8 thinking is needless. The most beneficial effects of water are derived from drinking it unadulterated with no added sugar or flavoring. So, again, plain drinking water is my favorite way to go.

Water's benefits are quite numerous. Water balances the electrolytes of the body. Electrolytes are minerals such as sodium, chloride, and potassium. These electrolytes help regulate body temperature and control blood pressure. Water is also essential for the transportation of water-soluble vitamins and nutrients such as proteins, minerals, and vitamins B and C. Water is a significant source of vital nutrients that are difficult to obtain from other sources. These are magnesium, cobalt, copper, and manganese.

Dehydration, a condition that arises when the body's cells are starving for water, can often be confused with hunger pains. A one percent drop in the body's fluid volume can noticeably reduce your body's ability to perform its vital functions. A 4 percent drop in body fluid volume reduces by one-third the body's ability to perform its vital functions. Keeping the body hydrated is essential and should be stressed in your family.

Special circumstances require special water needs. When exercising, the need for water is paramount. Water helps the muscles recover quickly from exercise and restores the body fluid volume lost through sweating. One should drink eight ounces of water for every half hour of exercise.

Pregnant women or women who are breast-feeding should add at least sixteen ounces of

water to the two-quart daily recommendation for the average adult. Increased water consumption in pregnancy can help prevent the symptoms of morning sickness.

When reducing your calorie intake, such as when starting our Family Fit Program here, it is very important to increase water intake for a number of reasons. When we diet, more uric acid builds up in the bloodstream, which can cause kidney stones. Drinking water will flush out the uric acid, preventing stones. When dieting, water keeps your stomach full and prevents hunger. A glass of water fifteen minutes before each meal will help reduce overeating (Grandpa Mayer's Disease).

Other circumstances that require extra water intake are winter weather, as the indoor environment becomes drier; traveling, particularly in aircraft; and hot, humid weather, as we lose fluids through sweating.

Serve water with meals. As mentioned above, an old trick in the dieting field is to drink a full glass of water fifteen minutes before a meal to reduce the quantity of food you eat. In fact, many of these snake-oil-like diet pills instruct you to take them just like that; that is, with a full glass of water right before you eat. Well, guess what? Some of these magic pills are almost useless, and it's the water that is really helping you reduce your food intake. So save your money and use the magic appetite

*Be sure to check out Dr. Mayer's blog entries at [www.thesportsprofessionals.com/blog](http://www.thesportsprofessionals.com/blog)*

**How quickly the year is flying by, before you know it your CE requirements will be due. A great way fullfill your CE reqirments is by taking the ISPA/ Adler CEU's.**

### **Online CEU Program**

Online CEU Courses Are Here!  
ISPA launches new program with the Adler School of Professional Psychology

Check out the links for the brand new Adler/ISPA online CEU courses. Each course is filled with practical content for helping you improve your professional standing. The online program is being launched with four courses. These are:

Establishing and Maintaining a Sports Based Practice- A 3 Course Sequence  
The Identity of a Sports Professional (Are you 'right' for this field-applies across fields)  
Setting up your Practice (Very comprehensive)  
Building Your Career (Proven techniques for Success)

#### Video Course

Ethics as a Sports Professional (Ethical considerations that span fields)  
Although these courses are themed for the sports professional, individuals across many professions will find their content valuable. These courses are great supplements to graduate school curriculum as they discuss practical issues that many graduate programs simply don't have the time to teach. Our courses are recognized APA CEU credit~ Many other courses are not. Now you can obtain your CEU credits without attending costly seminars and without travel and attendance fees. Online courses save you time and money.

*Visit our website [ISPA Education](http://www.adler.edu) or Visit <http://www.adler.edu> and follow the link to online education*

#### Spread the Word!

Please email your professional colleagues about this new availability~ let your school(s) know about this.

Help ISPA Grow

## **Avoiding Overtraining during the Summer**

**By Justin Mayer, Executive Director ISPA**

Summer is now upon us and for many this means outdoor activities are now a reality. For those of us who were shackled indoors because of bitter winter temperatures the first inclination is to workout as hard as we can to shed those unwanted winter pounds. However, before you over indulge in the delights of summer there are some things you should consider. Initially you may feel great with the increased intensity and duration of workouts; however, after the adrenaline wears off your body will start to breakdown as it is not conditioned to handle the stress of hard workouts. For the purposes of this article I will be using running as model, however, the same principals can be applied to most outdoor activities. If you run 20 minutes two times a week on a treadmill during the winter it is probably not a great idea to run 5 times a week for 45 minutes the first week of summer. This style of training will lead to burnout, sickness, and most likely injury. Ideally you would want to already have a substantial base of running (i.e. 4 times a week averaging 45 minutes) built up during the winter so you could hit the summer, literally running, however, for most this is not a reality. Winter brings those unwanted pounds and a lack of aerobic activity. So how then is someone supposed to avoid the pitfalls of summer training?

First, start slowly. If you have to walk then go ahead and walk. Don't get overzealous and try to race the person next to you or seek to impress those around you. A general rule of thumb is if you can't talk to the person next to you comfortably you are probably going to fast. If you are running alone you can judge how fast you are going by how clearly you are able to think. If your thoughts are scattered and you are having trouble concentrating your effort is too high. Avoid sprinting when you first start out, even at the end of a run. Sprinting puts

unwanted stress on the body and can lead to nagging muscle strains or pulled muscles. A reliable way to gauge your effort is to invest in a Heart Rate Monitor and use the feedback it provides to determine your target heart rate.

Secondly, keep the volume and frequency low when you are first getting back into the swing of things. Take stock of what you did over the winter and spring, if you did very little then you definitely want to keep your workouts shorter. Try running 2-3 times a week for 20-30 minutes alternating between jogging and walking. Once you have established a base of about 3-4 weeks start increasing the volume by up to 5% per week and add an extra run into your routine. It should be noted that running is a high impact activity and requires more time in between workouts to recover. Adding biking and swimming into your routine as a means to get extra aerobic activity is great, just remember to apply the principles mentioned above.

The key to success in any training program is being consistent and having a clearly defined plan. Choosing a goal such as a 10K race is a great way to stay motivated and gauge your progress. Hiring a coach is also a great option, as he or she will help design you a detailed training plan that takes the guess work out of training and helps keep you on course. Most importantly remember to have fun and enjoy the warm weather.

*In addition to being the Executive Director of ISPA Justin is also a USAT Certified Triathlon Coach.*

## **Together We Can Make a Change.**

**The International Field of Sports, from pre-schoolers through professionals, is at a delicate stage of development right now. What with doping, professionalism in amateur athletics, gambling scandals, corporate sponsorship, and the higher level of competition it seems like the world of sports and athletes are pressured from every direction.**

**Yet, those with the most education and experience to guide this vulnerable field have a weak voice.**

**We can make a difference if we band together into a strong voice.**

**Consider becoming a credentialed professional within the:**

## **International Sports Professionals Association---ISPA**

**Not only will you benefit from a great number of professional benefits, but also you will make a difference in the entire world of sports.**

**Check out all the benefit of being a part of this movement at:**

**[www.TheSportsProfessionals.com](http://www.TheSportsProfessionals.com)**

**Join Together with an International Community  
of Professionals to make all Sports Stronger.**

*ISPA credentialed professionals: Coaches, Trainers, Physical Therapists, Psychologists, Counselors, Social Workers, Physicians, Sports Chaplains, Attorneys, Agents, Chiropractors, Nutritionists, and more.*