



October 2020

Academy Families,

We plan to be outdoors as much as possible this winter, when fields are clear and temperatures are above 35 degrees Fahrenheit. **It is important for all players to spend time gathering and planning warm weather gear.** Bodies lose heat faster in cold temperatures and keeping muscles warm will help prevent injury and make for a safer, more enjoyable season!

Cold Weather Player Checklist

1. Be aware of the weather before you head out to practice and allow for extra time to dress appropriately.
2. Warm socks - A dry extra pair of socks is always a good idea to have in your bag.
3. A warm hat or headband is key.
4. Due to COVID-19, a face mask is mandatory during soccer sessions.
5. [Field player gloves](#) are helpful.
6. Multiple layers, tops/bottoms. If too warm, players can remove & store in their bags.
 - a. **Base Layer:** Moisture-wicking fabrics, such as polypropylene, can help keep skin stay dry and make good base layers.
 - b. **Middle Layers:** Fleece or natural fibers provide good insulation.
 - c. **Outer Layer:** "Water- and wind-resistant outer layers will help reduce the loss of body heat." - *Tiffany Swales, CHOA*
7. A fleece or wool blanket can easily fold up in your bag and be used during a break.
8. [Hot Hands](#) - Some find these helpful, but players/families should follow all instructions as they are not intended to be placed directly on the skin.
9. Goalkeepers generate less heat and should "layer up" even more!
10. Stay hydrated and eat a well-balanced diet to keep your body performing at its best!

[Article: Winter Warm Soccer Gear Tips, Girls Soccer Network, Featuring Mallory Pugh](#)

We used tips from Children's Healthcare of Atlanta, How to Keep Your Athlete Safe From the Cold and JR Justasen, physiotherapist, Parkway Physiotherapy.

Let's prepare, stay warm and have fun!

Newton Academy Coaches