



## **Recovery Strategies**

1. Give your team time to foam roll and go through mobility/stretching routines.
2. Utilize Cold tub (you can substitute this with “Cold water” shower) immersion and contrast bath (shower) post practice.
3. Remind your team that 8-10 hours of sleep is optimal for their age group.
4. Encourage proper nutritional habits.

### **Five benefits of proper sleep for athletes 1**

- Improved reaction times
- Reduced injury rates
- Longer playing careers
- Better accuracy, faster sprint times
- Fewer mental errors

### **Cold Tub (shower) Immersion 2**

- Reduces inflammation.
- Has a pain-reducing effect.
- Recommended temperature: 50-60o F.
- 8-12-minute immersion is recommended.

### **Contrast Bath 3**

- Contrast between hot tub and cold tub.
- Has a pumping effect of blood which aids in flushing of bi-products.
- Pain-reducing effect.
- Start with hot tub and finish with cold tub.
- Three rounds of 3-minute hot tub and 3-minute cold tub.
- 50-60o F for cold tub and 100-103o F for hot tub is recommended.

1. Fatigue Science. (2015, September 23). 5 areas sleep has the greatest impact on athletic performance [Web log post]. Retrieved June 2, 2016, from <http://www.fatiguescience.com/blog/5-ways-sleep-impacts-peak-athletic-performance>
2. Quinn, E. (2016, April 28). After Exercise - Does and Ice Water Bath Speed Recovery? [Web log post]. Retrieved June 2, 2016, from <https://www.verywell.com/after-exercise-does-an-ice-water-bath-speed-recovery-3120571>
3. Matsui, C. (2015, September 21). Do Ice and Contrast Baths Really Work? NYC Strength Coach [Web log post]. Retrieved June 2, 2016, from <http://www.fusiontrained.com/do-ice-and-contrast-baths-work/> 65.

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