

Rushmore Soccer Club hosts their premier summer tournament this weekend. The Rushmore Cup opens tomorrow with teams from the surrounding states arriving to compete. You can watch games at Omaha, Sioux Park and Minnesota fields. If you are considering a move to Rushmore Soccer Club for your child, this is a good time to take in a game to watch the level of play, listen to the coaches interact with players and decide whether this is a good place for your child.

Rushmore Soccer is the traveling, competitive level of soccer available to players in Rapid City. The players who are accepted by the club are chosen for their potential and for their commitment to the game. These players will devote more practice, game, and travel time to soccer and be responsible for the additional expenses involved. The coaches are volunteers but receive some travel reimbursement and Rushmore attracts highly committed people to their coaching staff.

Rapid City Youth Soccer League holds the semi-annual General Meeting next Tuesday, June 30 at 7:00 PM in the Community Room of the City/School Administration Center. Election of coordinators, a few bylaw changes to add a webmaster to the board, and some reports from the spring season are on the agenda. If you are really interested in helping kids have a great experience, get involved here.

With the sudden arrival of hot weather, it is important to all summer athletes to remember the need for hydration. Dr. Dev Mishra focused on heat-related illnesses in a recent article to parents and coaches. Dehydration, cramping, exhaustion, and heat stroke – are all preventable and kids run a greater risk than adults. Their bodies absorb heat faster, they don't sweat easily, and they often refuse to drink or to drink very much.

Players exhibiting a drop in performance, fatigue, weakness, irritability, nausea, headache, feeling light-headed, or difficulty following directions are signs of potential heat-related problems. If these are evident, get the player off the field and into a shaded area. Provide a sports drink (no caffeine or carbonation), cool towels if possible, and evaluate the player 15 minutes after giving fluids. If there is no improvement, seek medical attention.

With some encouragement and education, these symptoms can be avoided. Encourage kids to drink sports drinks or water (add some lemon juice to encourage consumption) prior to strenuous exercise. Players should consume 12-16 ounces of fluid up to 30 minutes prior to the start of games and keep sipping fluids as much as possible during the exercise. Sports drinks include enough

sodium chloride to stimulate thirst thereby encouraging kids to keep drinking but good old water works well. Remember the old adage, "Drink 'til you pee clear" as a guideline.

When the game or practice is over, start re-hydrating within 20 minutes but avoid drinks with caffeine, high-fructose corn syrup, or carbonation. Caffeine and carbonation actually dehydrate and corn syrup takes more energy to breakdown. Try to get the players to drink about 20 ounces if they have had a major workout or if the temperature is high. Sport drinks, water, or even good old fashioned chocolate milk work best to rebuild nutrient levels.