



## **Phoenix in the Summer**

Phoenix in the summer means sunny, hot days and warm nights. The average high temperature in July and August is between 104 to 106 degrees, but highs above 110 degrees can happen. We will do everything we can to not have games played during the middle of the day, but even mornings and evenings will be warm. The following information should help you have a safe and pleasurable visit to Phoenix:

Hydration is the key for staying in shape for summer games in the Valley. Players, coaches and spectators need to prepare well in advance for their visit to Phoenix. We recommend beginning your hydration plan at least one week prior to your arrival – last minute hydration is not sufficient for the dry heat that we have in Phoenix. Drinking both water and sports drinks ensure athletes, coaches and spectators receive enough fluids, electrolytes, and sodium to replenish that which is lost through sweating. Dehydration is a major cause of fatigue, poor performance, decreased coordination and muscle cramping. If you have any of the following symptoms of dehydration or heat stroke, please seek medical assistance immediately:

- Headache
- Dizziness, light-headedness, hallucinations
- Disorientation, agitation, or confusion
- Sluggishness or fatigue
- Hot, dry skin that is flushed but no sweaty
- A high body temperature
- Loss of consciousness, seizure(s)
- Less-frequent urination despite fluid intake
- Dry mouth and mucous membranes
- Increased heart rate and breathing

For those that will be at the fields watching games during the day – dress in cool, loose and light colored clothing. Wear hats that provide shade on your face and neck, and it is highly recommended that you have an umbrella or awning for shade. Sunblock should be applied liberally to all exposed areas of the skin and re-applied liberally every two hours to be effective.

Please try to provide shade for your players in between games – there are shaded areas at the fields, but there will also be a lot of people vying for those areas. Having your own shade guarantees your team will be able to get out of the sun.