

b) planning tapering, rehydration, look for signs, overtraining.

There are many factors a coach should consider in order to avoid overtraining these include, planning a training season that allocates sufficient amount of tapering, maintain and provide rehydration, and know what the signs of overtraining are and educate their players in the signs.

Tapering is important in ensuring athletes do not overtrain. After intense workouts athletes need time to ^{physically} rehydrate ^{and} restore glycogen stores and ^{includes} psychologically regenerate before competition or the next training ~~best~~ session. ~~It is a plan~~ including tapering period after intense physically activity ensures athletes are not overtraining and are at ~~the~~ ready ~~to~~ for competition.

~~Coaching~~ A coach should encourage rehydration to avoid overtraining. ~~Replenishing~~ Replenishing the body with water is an efficient way to avoid overtraining. Being hydrated before a training session can also be beneficial in preventing overtraining. A coach should educate his team in ^{how} sufficient ^{much} water to drink prior to training ~~and~~ and during and after.

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Knowing the signs of overtraining can ~~prevent~~ avoid overtraining. Not only should coaches know the signs but the players themselves. ~~over~~ Lack of focus, feeling lethargic, excessive sweating, and dizziness are signs of overtraining. If a coach sees one of his players with these signs or the player feels these signs coming on, the player should stop the activity and ~~rehydrate~~ ^{rehydrate}. Although overreaching is planned, coach and players should be very careful in conducting this as it can cause harm to the athlete if they are not rehydrated sufficiently.

~~Tapering~~, Planning to taper, Encouraging rehydration, knowing the signs of overtraining, and educating players are all factors that can assist coaches in avoiding overtraining amongst their players.

You may ask for an extra Writing Booklet if you need more space.