

A friendly reminder to all players about the importance of recovery during this grueling tournament. Remember that hydration and proper nutrition are a key part to performing at your highest level. This is the major factor that you can control, because we have no control over the environment we play in especially the humidity of south Florida. An easy guideline to follow in between matches whether it's the same or the next day is to maintain your weight through the consumption of fluids and food. See the chart below to understand the importance of this. During your match understand that sweating is a good thing and is your bodies natural way of regulating your temperature so it is not always wise to change shirts often during a match unless it is impeding your performance on the court. Maintain hydration in-between changeovers and get off your feet and out of the sun.

To aid your recovery during the tournament we have provided ice baths at 2 locations Broken Sound and the Delray Tennis Center. We are also offering recovery sessions during the tournament using recovery devices such as compression boots and Rocktape soft tissue mobilization tools. Please Contact Michael Petrarca at (603) 978-1261 or [mike@medicine-recovery-performance.com](mailto:mike@medicine-recovery-performance.com) for location and pricing info. More information is about these sessions is in a flyer located at each site.

Thank you for your time and best of luck with the tournament we look forward to providing you all your sports medicine and performance needs.

Michael Petrarca, ATC, MS, LAT  
Owner, Medicine Recovery Performance

