



# 2026 Ohio Track and Field & Cross-Country Officials Annual Clinic

‘Safety All Around!’

Kevin Lennon  
The Ohio State University  
Assistant Director- Athletic Training  
Primary Coverage: Women’s Ice Hockey  
Secondary Coverage: Spirit and Brutus Squad



# Background Information

- Originally from Wisconsin
  - Completed Undergraduate Degree in Athletic Training at University of WI-Stevens Point
- Graduate School in California
  - Completed Master's Degree in Kinesiology
    - WSOC, WGYM, MBB, M/WTEN
- Residency Program in Minnesota
  - Worked with Women's Ice Hockey
- Current Role at Ohio State University
  - Have been with OSU for 7 years
  - Primary role has been with Women's Ice hockey
  - Secondary coverage of Pistol-Rifle, Spirit & Brutus, Track and Field

# Topics of Discussion

- Proper Uniform Attire
  - Warm Weather vs. Cool Weather
  - Appropriate Footwear
- Hydration
  - Signs and Symptoms
  - Best Ways to Stay Hydrated
- Fueling
  - ‘Map out your day’

# Proper Uniform Attire

‘Comfort vs. Effectiveness’

- Warm Weather Focuses
  - Material Choices
    - Breathable & Synthetic
    - Avoiding Cotton or Wool
  - Skin Coverage & Sun Protection
    - Long Sleeves
    - Hat and Eye protection
    - Sunscreen SPF 30 (> less than 1% increase in protection)

- Cold Weather Focuses
  - Material Choices
    - Layers, Layers, Layers → Moisture wicking as base
    - Wool is effective for Warm; Gortex-coated for rain/wet weather
  - Skin Coverage
    - Avoiding exposed skin is extreme cold temperatures

- Appropriate Footwear
  - Rigid Arch vs. Cushioned Support
  - Avoiding ‘Wear and Tear’

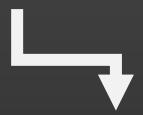
# Hydration

‘Proper Hydration starts 24 hours prior to the event’



- Signs and Symptoms of Dehydration

- Minor
  - General Thirst
  - Trouble Tolerating Heat
  - Headaches
  - Mild Muscle Cramping
- Major
  - Decrease Cognitive Function
  - Severe Muscle Cramping
  - Elevated Heart Rate above normal



- Bests Ways to Stay Hydrated

- How much is Enough
  - Amounts need to be individualized
  - Generally 80 – 120 ounces of water per day
  - Sports drinks can be included in the amount
- Factors Affecting Hydration Status
  - Heat/Humidity
  - Type of Activity
  - Medications
- Good Hydration Habits
  - Carrying a Water Bottle
  - Consuming Fruits and Veggies

# Fueling

## Deciding 'What' and 'When'

- Trying to Map Out the Competition Day

### • The 'What' : Preparation is Key

- Supplied Items from Event or Venue
- Carb and/or Protein
  - Breads & Grains w/ Meat
  - Fruit can be a quick carb substitute
- Packing Individual Specific Items
  - Quick Fuel Items & Snacks
  - Granola Bars, Trail Mix, Dried Fruits

### • The 'When': Timing is Everything

- Start and End time of Official Shift
- Early Morning vs. Late Evening
  - AM
    - Will help jump start body/metabolism with early fueling
    - Great time for a Quick Breakfast or High Energy Snack
    - Oatmeal, Granola, Meal Replacement Shake
  - PM
    - Body needs refueling from energy expended through the day
    - More focus on proteins, carbs and vegetables



# Questions?