



# 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’
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# 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
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# 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?

