



### In This Issue

[Heat Exhaustion and Stroke Prevention](#)  
[FREE Prescription Drug Plan](#)

### Quick Links

[AYSAA Website](#)  
[AYSAA 2011 Insurance Application Form](#)  
[eSportsInsurance.com](#)



### AYSAA - Growing Every Day

Members,  
We would like to thank you for your support this year and in the past - we are truly growing at an amazing rate!

Good luck to our new members and those that have rejoined for the Spring and Summer of this year.

Sincerely,

Matt Gonglach  
AYSAA Administrator

[matt@esportsinsurance.com](mailto:matt@esportsinsurance.com)

## Spring is Here! Exercise Caution in the Heat

How to recognize and treat heat exhaustion and stroke

Now that winter is gone and the heat of spring and summer are upon us (most of us, at least!), it's always important to know the signs of heat-induced illness. Take a couple minutes to refresh your memory of the symptoms and treatments for heat exhaustion and heat stroke.

### Heat Cramps

*Symptoms:* Painful muscle spasms of the legs/arms/abdomen.

*Treatment:* Fluid replacement, rest, prolonged stretching.

### Heat Exhaustion

*Symptoms:* Body temperature of 97 - 104 degrees Fahrenheit, pale and sweaty skin, dizziness, weakness, decreased muscle coordination, nausea, vomiting, diarrhea, headache, irritability, chills.

*Treatment:* Move the player to an air conditioned or shaded area. Have the player lay on their back with their feet raised and supply them with fluids. Remove excess clothing. Seek medical attention if there is little or no improvement in condition.

### Heat Stroke

*Heat exhaustion can lead to heat stroke, which can result in death. Seek immediate medical attention for anyone with a temperature of over 104 degrees Fahrenheit.*

*Symptoms:* Those from Heat Exhaustion, plus disorientation, irrational behavior, hyperventilation (fast breathing), loss of muscle coordination, loss of balance, rapid heart rate, low blood pressure, seizures, collapse.

*Treatment:* Seek immediate medical attention. Immerse the player in ice water or cool water.

**Stay safe and hydrated this Spring!**

---

## AYSAA's *FREE* Prescription Drug Savings Program

*AYSAA offers free entry to its members and their families*

AYSAA is now offering entry into its Prescription Drug Savings Program to its members and their families for no cost! It takes less than a minute to sign up and there are **no fees, no requirements, there is no charge.**

Just show your regular insurance card and your AYSAA Prescription Savings card to your pharmacist and ask which will save you the most money!

**[Click here to sign up and print your FREE AYSAA Prescription Savings card!](#)**

---

## **About AYSAA**

The American Youth Sports Athletic Association (AYSAA) was formed to provide benefits to athletic teams and to supervise and promote recreational and athletic programs. Our objective is to assist the athletic community to implant ideals of good sportsmanship, honesty, loyalty, courage, teamwork and respect in young athletes.

We feel that properly run athletic programs will help the youth of America grow up to be better adults. We provide services and products for teams in various sports and will sponsor, promote and host athletic events.



Try it FREE today.