

## **Important Medical Information**

### **Hydration and Cramping**

Proper hydration is critical for comfort, safety and performance. Water intake is important, but during high intensity exercise, especially in warm weather, ingestion of fluid with carbohydrates and electrolytes is imperative. Fluid loss and hydration vary among athletes. Factors including intensity, duration of exercise, degree of perspiration and temperature are all significant. Hydrate before, during and between games and practices. Below are some general guidelines especially useful during high intensity exercise.

#### **Hydration before Exercise**

Drink about 15 to 20 fl. oz. 2 to 3 hours before exercise and drink 8 to 10 fl. oz. 15 minutes or so before vigorous exercise.

**Hydration During Exercise** Drink 8 to 10 fl. oz. every 10 to 15 minutes during exercise. If exercising longer than 90 minutes, drink 8 to 10 fl. oz. of a sports drink every 15 to 30 minutes.

**Hydration After Exercise** Weigh yourself before and after exercise and replace fluid losses. Drink approximately 20 to 24 oz. for every pound lost. This can be replenished during the hours immediately following exercise.

Although uncommon, you can drink TOO much water and cause hyponatremia (low sodium). This is a serious health problem in athletes, so hydrate appropriately. Any player that feels lightheaded, dizzy or very weak should inform the trainer or a coach.

### **Cramping**

Leg cramps are relatively common in athletes during and after strenuous endurance training. They are most common when muscles are fatigued and subjected to extreme temperatures. Electrolyte imbalances from salt loss or other mineral (calcium or magnesium) depletions can also contribute. Adequate conditioning with stretching and replacement of fluids and electrolytes is critical. Small amounts of tonic water each day can help prevent cramping.