



Hydration and Nutrition Tips for Athletes

Hydration:

- Hydrate 2-3 hours before practices, games and other events:
 - Aim for at least 17-20 (2-3 cups) of fluid during this period.
 - Add an additional 8 ounces (1 cup) 10-20 minutes prior to stepping on the field.
 - AVOID: sugary drinks (sodas, juices, etc.); coffee, energy drinks (monster, red bull, 5 hour energy, etc.) and iced teas.
- Drink at regular intervals:
 - Every 15-25 minutes during workout and games.
 - Sports drinks are helpful in keeping the athlete hydrated during activities.
- Rehydrate after events are over:
 - Within two hours of the exercises, you should rehydrate with water, carbohydrates to replenish glycogen lots and electrolytes (like Gatorade) to speed up the process.
- KEY POINTS:
 - The lighter the urine, the more hydrated you are.
 - Don't drink ice cold water because it is a shock to the body during participation, room temperature water is better for athletes.
- Signs of Dehydration
 - Thirst, headache, general discomfort, weakness, cramps, dizziness, chills, nausea/vomiting, decreased performance.

Nutrition:

- Especially during preseason when there are practices beginning early in the day it is important to eat a well-balanced breakfast. Be sure to wake up and get energized.
- Helpful healthy snacks to pack:
 - Granola and cereal bars
 - Dried fruit and cereal
 - Pretzels and graham crackers
 - Animals crackers
 - Cheese sticks
 - Yogurt cups
 - Fresh fruit and veggies
 - PB and J sandwich

Sleep:

- 8-10 hours a night in a cool environment will help speed the bodies recovery for the next practice session.
- Try to limit napping to 20-30 minutes between preseason practice sessions.