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Proper Hydration Information

Parents and athletes: Adequate hydration is CRITICAL to performance, stamina, recovery from injury as well as general well-being. Typical adolescent boys and girls are 70% and 60% water by weight.

Hydration Rules

1. Hydrate hours and days before you need it.
2. Hydrate often -- before, during and after exercise.
3. Water and sports drinks are fine before and during exercise.
4. Avoid carbonated drinks since they may promote dehydration.
5. Your thirst does NOT equal your body's need to replenish fluids. You need more than your thirst indicates.
6. It is essential for every teenager to drink at least 8 glasses of water a day while athletes need about 1- 12oz bottle for each pound sweated off.

Signs of Dehydration

1. Dehydration is cumulative. Do not fall behind with replenishing fluids.
2. Signs include muscle cramps, headache, fatigue, continued weight loss, vomiting and lethargy. Darker than usual urine indicates possible dehydration.
3. Monitor your weight. Each day you should return to 90-95% of yesterday's amount. Rapid weight loss is water, not body fat.

Remember: proper hydration begins at home

Come to practice well hydrated and go to bed well hydrated

It is easier to stay ahead of dehydration than to catch up