

# Hydration for Teen Athletes

Water is an essential nutrient and plays a key role in athletic performance and health. Staying hydrated can be one of the biggest challenges for busy athletes. In addition to drinking plain water, under *certain* conditions an athlete can benefit from a sports drink. As athletes sweat, electrolytes such as sodium are lost. Also, as training intensity and time increases, energy stores will decrease and should be replaced. On hot, humid days and when involved in continuous activity for more than an hour, an appropriate sports drink may be needed. Having a daily hydration plan will help optimize performance on the court, on the field and throughout the day.

**Its best to establish a regular drinking schedule. Consider your own activity level and environmental conditions and modify as needed based on individual hydration status.**

Time of day	Fluid Intake
Upon waking through bedtime	Fill your water bottle. Drink 8 oz. of water first thing in the morning and aim for 6 – 8 oz. every hour.
2 hours before exercise	Drink at least 2 cups (16 oz) in this hour. Drinking 2 to 3 hours before exercise allows enough time for fluid to be lost through urine before exercise begins.
30 minutes before exercise	Drink 5 to 10 oz of fluid. There is no benefit to chugging fluid in an attempt to stay hydrated. Although people differ, the body can absorb fluid only so fast, and you do not want to have extra fluid sloshing around in your stomach when it is time to start your activity.
Immediately after exercise	Check your weight.
Every 15 minutes during exercise	Keep track of how much total fluid you consumed. It can be helpful to start with a full water bottle, so you can quickly determine how much you drank. Drink 4 to 8 oz every 15 minutes, or 16 to 32 oz over an hour, without overloading the body and cause stomach upset. One gulp is about 1 oz, so aim for 4 to 8 gulps of fluid every 15 minutes.
After exercise	Reweigh yourself immediately after exercise. Compare that weight to your pre-activity weight you see how much water you lost and REPLACE.

Mangieri, H. Fueling Young Athletes. 2017, Human Kinetics.

## Know the Early Signs and Symptoms of Dehydration

- ◇ Headache
- ◇ Dark Yellow Urine
- ◇ Light-headedness
- ◇ Poor Concentration
- ◇ Thirst and Dry Mouth
- ◇ Weakness
- ◇ Fatigue
- ◇ Nausea
- ◇ Decreased performance
- ◇ Muscle Cramping
- ◇ Disinterest in the game
- ◇ Irritability

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