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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.

### **Hydration Rules**

1. Hydrate often -- before, during and after exercise.
2. Water and sports drinks are fine before and during exercise.
3. Avoid carbonated drinks since they may promote dehydration.
4. Your thirst does NOT equal your body's need to replenish fluids. You need more than your thirst indicates.

### **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 may indicate possible dehydration.

**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.**