

It's **HOT**, be smart and follow these recommendations to help prevent heat-related problems:

1. Proper Hydration – drink 20–32 ounces of water at least 2 hours before workouts, practices, or competition
2. Drink another 8-10 ounces of water 10-15 minutes before starting workouts, practices, or competition
3. After workouts, practices, or competition drink 24 ounces of water for every pound of fluid lost through sweat
4. EAT – maintaining a balanced diet is essential for all highly competitive athletes. It is all based on each individual's composition, but as a recommendation, try to eat no earlier than 2 hours prior to practices or competition, this will help you avoid any heat-related muscle cramps, nausea, etc. Make sure you eat something after your workouts because you need the carbohydrates, minerals, and other nutrients to replenish & rebuild what your body burned off
5. Remember, drink plenty of fluids until your pee is clear...it may sound funny or disgusting, but that is the easy way to gauge whether you are properly hydrated or not.

Gatorade vs. Water

As a rule, for activities lasting longer than 1 hour, or competing/practicing more than once per day, it is recommended that you incorporate sports drinks (non-carbonated) into your diet. Water is always good, but you need to replenish the electrolytes such as sodium and potassium lost in sweat and water will not do that for you alone.

Last but not least...DON'T BE A HERO! Communicate with your coaches and let us know if you are feeling sick, dizzy (more than you normally are), etc. Overdoing it and trying to push yourself harder in the heat can be dangerous, use common sense and work with us to help you.