

# OPTIMIZE HYDRATION

Optimal hydration is the nutrition cornerstone for enhancing training and maximizing performance. Without proper hydration, it's impossible for athletes to reach their full potential. Remember, by the time you are thirsty you may be dehydrated.

## Dehydration can lead to:

- Muscle fatigue
- Decreased strength and power
- Muscle cramps
- Heat illness
- Decreased energy and athletic performance

## Hydration Options

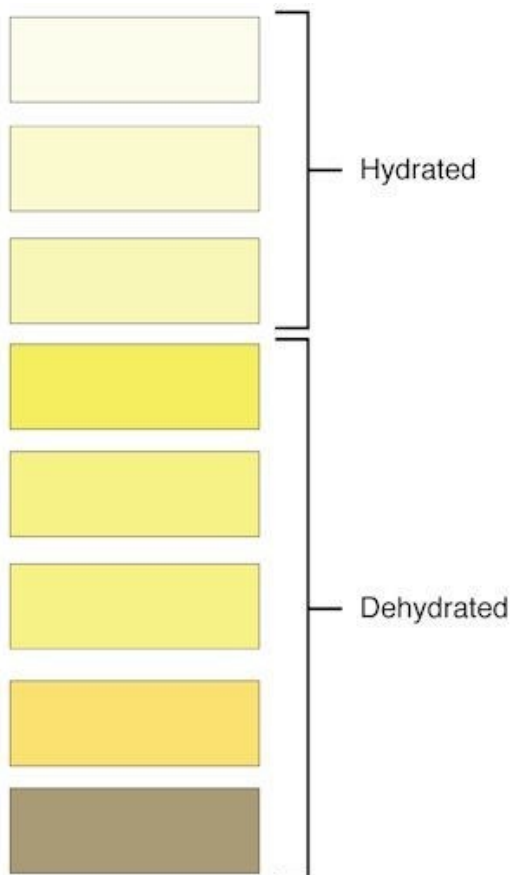
Water, 100% juice, milk, sports drink, soup, water rich food (watermelons, grapes, tomatoes)

## 3-H Rule

Drink a sports drink whenever exercise is:  
Hard; Hot; >1 Hour long



## Monitor Hydration Status



## Hydration Guidelines

- **Athletes wake up dehydrated.**  
~ Drink 32 oz. of fluid the 1st two hours of waking up ~
- **Stay well hydrated all day.**  
~ Aim for 1/2 oz. to 1 oz. of fluid per pound of body weight ~
- **Have a pregame/training hydration plan.**  
~ 16 oz. 2-3 hours before practices/competitions; 8 oz. 30 minutes before getting on the court ~
- **Drink on schedule during workouts and competition.**  
~ Drink 6-8 ounces every 15-20 minutes during hard exercise or competition ~
- **Replace what is lost in practice/competition.**  
~ Drink 20-24 oz. for every pound lost during practice/competition ~

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