

# Signs of dehydration:

- **Dry Mouth**
- **Fatigue- beyond being tired from practicing or playing**
- **Muscle cramps**
- **Headaches**
- **Light-headedness**
- **Dizziness**
- **Nausea**
- **Infrequent urination**
- **IF YOU NOTICE ANY OF THESE SIGNS NOTIFY A COACH OR THE TRAINER**
- **IMMEDIATELY &**
- **DRINK FLUIDS**

# Fluid Intake Tips:

- **Drink 17-20 ounces of 2-3 hours before exercise.**
- **Drink 7-10 ounces 10-20 minutes before exercise.**
- **Drink 7-10 ounces every 10-20 minutes during exercise.**
- **Within 2-3 hours after exercise drink at least 20 ounces/pound of weight loss.**
- **Other tips:**
- **Get plenty of sleep.**
- **Wear light colored clothing if possible.**
- **Wear as loose fitting clothes as possible.**
- **Avoid alcoholic beverages and smoking.**
- **Change to dry clothes if possible.**
- **Drink water and gatorade.**

# BEAT THE HEAT!

- **Intake fluids on a schedule, not when you are thirsty**
- **Intake Gatorade before, during, and after competition**
- **Avoid cokes, juice, and energy drinks**
- **By the time you are thirsty, you are already low on fluids.**
- **Eat a good, well balanced diet**
- **Do not take salt tablets foods have enough salt in them already.**