

Creekside High School Athletics

Hydration for Athletic Performance

Pre-Activity

- 2-3 hours prior to activity athletes should consume at least 17 – 20 fl. oz. (Approx. 3 standard glasses) of water or sports drink.
- 10 – 20 minutes prior to activity athletes should consume 7 – 10 fl. oz. (Approx. 1 ½ standard glasses) of water or sports drink.
- Weigh and record body weight after eating and before exercise.

During Activity

- Every 10 – 20 minutes during activity athletes should consume 7 – 10 fl. oz. (Approx. 1 ½ standard glasses) of water or sports drink.

After Activity

- Weigh and record weight after exercise. Then, subtract the post-activity weight from the pre-activity weight to find weight lost.
- After activity, athletes should consume 20 fl. oz. of water or sports drink per pound of weight loss to replace body fluids lost during exercise.
- If sports drink is not available, water should be consumed along with carbohydrates and electrolytes. Water alone is not enough!

Additional Hot Weather Hydration Tips

- Avoid all diuretic drinks containing caffeine, carbonation and alcohol
 - Coffee, Tea (YES Sweet Tea is bad), and Sodas
- Do not to rely on thirst as an indicator of when to drink
- Begin all exercise sessions well hydrated
- Monitor pre and post-exercise body weight and urine color and volume
- Exact hydration amounts should be based on individual needs
- If possible, exercise in the shade and avoid the hottest times of the day
- Make sure you put fluids “into” instead of “onto” your body for rehydration
- Be aware of the signs and symptoms of dehydration

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Nutrition for Athletic Performance

Pre-Activity Meals

- Never skip a meal prior to athletic activities.
- All pre-activity meals should be consumed 2-3 hours prior to activities to ensure proper absorption.
- Athletes should **not** be on a low sodium diet, even if parents are. Extra salt on meals is beneficial in retaining body water and helps fight dehydration.
- Pre-activity meals should consist of:
 - 60% whole grain or whole food carbohydrates
 - 25% low-fat protein
 - 15% dietary fats.

Pre-Activity Snack (Optional)

- Snacks should be consumed 30 – 60 minutes prior to activity.
- All pre-activity snacks should be:
 - Salty, low-fat carbohydrates, such as pretzels
 - Dried fruits; such as raisins
 - Fruits and nuts high in potassium; such as bananas and sunflower kernels
- These foods are high in electrolyte nutrients that the body needs during athletic activity.

Special Considerations

- If an athlete is unable to eat a meal prior to activity, they should consult the Athletic Trainer or Coach prior to participating.
- If an athlete is diabetic, they should closely monitor their insulin levels before, during, and after exercise and adjust diet and insulin intake as necessary. They should consult the Athletic Trainer on these levels.

After Activity

- The best time for nutrient absorption is 30 minutes after a bout of exercise.
- All post-activity meals should be planned within 30 – 60 minutes after activities.
- Post-activity meals should consist of:
 - 60% whole grain or whole food carbohydrates
 - 25% low-fat protein
 - 15% dietary fats