

# Hydrating junior athletes

- Hydration is an important since losing 1-2% of total body water can reduce performance by 15-20%. If you feel thirsty you may have lost 1% of your body fluid
- You should think about fluid every day not just in training/matches. Hydration apps are a great way to track your progress
- Urine colour: light yellow suggests you're well hydrated, dark yellow suggests you need to drink
- You don't need to buy expensive sports drinks: homemade drinks are cheap and effective



- **Before exercise:** do not drink large amounts up to 15 minutes before exercise. Suitable drinks include: water, diluted fruit juices, squash and fruit teas. **DON'T** drink caffeinated drinks
- **During exercise:** you may need to sip sports drinks to replace fluid & electrolytes. Use a sports drink if you exercise intensely, for more than 1 hour, sweat a lot or if you train/compete more than once a day. Do not drink caffeinated drinks. Brush your teeth, sports drinks are sugary
- **After exercise:** milk is an excellent way of rehydrating. Rehydration should happen over 4-6 hours following exercise, not in the first few minutes, drink slowly
- **Sports drinks recipe:**
  - 200ml sugary fruit squash + 800ml water+ 1g salt (pinch)
  - 500ml fruit juice + 500ml water + 1g salt (pinch)

