

Hydration for the High School Female Athlete:

1. Why is hydration important?

Water is a key nutrient necessary for many maintenance and energy creation systems in the body. When it isn't there, these systems don't work effectively!

2. What does our body lose when we sweat?

Among other things, our body loses the key ingredients of water, sodium, chloride, and potassium in our sweat (whether we're on land or in the water!)

3. How much water should I be drinking each day?

The average healthy adult woman needs about 72 ounces of beverage per day, before taking exercise into account. You can imagine this as 9 cups of water or 4.5 normal 16 oz water bottles.

4. Do drinks other than water count towards this?

Yes and no... Juices, milk, and other beverages often have a high water content and can count towards this. HOWEVER, things like coffee, caffeinated soda, energy drinks, and alcohol have chemicals in them which will cause you to lose water and therefore dehydrate you!

5. How much more do I have to drink if I'm exercising?

When you exercise, you can actually monitor how much water you're losing due to sweat by looking at how much your weight changes during exercise. This "water weight" is an indication of how much water you need to replenish to remain properly hydrated!

It's recommended that you drink about 20-24 ounces of water for every pound of "water-weight" you lose during exercise.

6. What happens if I don't drink enough water?

Dehydration robs your body of the water it needs to properly function. Some effects that dehydration will have during exercise are:

- Impaired Aerobic Performance
- Reduced Muscle Endurance
- Reduced Muscle Strength
- Heat Exhaustion and Cramps

Some of the effects of dehydration start to show up before you even feel thirsty, so it's important to be PROACTIVE in hydrating!

**A GENERAL HYDRATION PLAN FOR
A MEET OR PRACTICE DAY**

Throughout the Day	~8 cups OR 4 Poland Spring bottles of water
10 – 15 minutes before meet/practice	8 – 12 oz of water (half a Poland Spring bottle)
During Practice (every 15 – 20 minutes)	3 – 8 oz of sports beverage/water (one third of a Gatorade OR half a Poland Spring bottle)
During Meet (every 15 – 20 minutes)	3 – 8 oz of water
Post – Practice	20-24 oz. of water per pound lost

*Blake, J. 2015. *Nutrition & You: Third Edition*. Boston: Pearson Education Inc.