

Quick and Easy Snacks to Keep in Your Locker!

- Granola, Cereal, Oatmeal, and Energy Bars
- Dried Fruit
- Dry Cereal
- Animal Crackers
- Graham Crackers
- Juice Box
- Sports Drinks

Keeping our athletes safe is my number one priority. Please let me know of any medications your child may be taking that would put him at a higher risk of dehydration or heat illness. I will do my part on the field. I need the support of all parents and athletes to do your part at home. Please send all students prepared for hot and humid days. During two-a-days you may want to encourage a change of underclothes between sessions. Encourage water the days before games and practices as well as adequate sleep.
THANK YOU! GO PANTHERS!



KEEPING YOUR ATHLETE HYDRATED

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Ya, Ya... Who Cares?

Hydration plays a critical factor in hot and humid climates, such as Ponte Vedra, Florida. Dehydration can lead to fatigue, lack of performance, nausea, fainting, and more seriously heat related illnesses. This brochure will educate parents and athletes on how to keep hydrated and what to hydrate with no matter the conditions.

The Scoop on Dehydration

If you are thirsty, you are already dehydrated. Many athletes do not prepare for practices until the morning of. Hydration needs to begin at least the night before, especially in hot humid environments. When a person is dehydrated the blood becomes thicker and harder for the heart to pump the blood adequately throughout the body. Blood carries oxygen throughout the body. When dehydrated, blood and oxygen can be deprived from the muscles and shunted toward vital organs, keeping a person alive, but not allowing them to athletically function.

Why Don't Athletes Drink Enough During Practice?

- Poor access to water: This is NOT a situation at Nease High School. Football has multiple hydration specialists.
- Poor quality of available beverage: Water is available for all athletes and will be an adequate temperature to assure quenching thirst and optimal absorption.
- Fluids sloshing in the stomach: Drink less amounts more often!
- Lack of education: This brochure will negate that problem.

Heat Illnesses

- Heat Cramps: Dehydration causes stress to the nerve endings in muscles causing them to be sensitive and spontaneously contract.
- Heat Exhaustion: The next level of illness can lead to fainting, nausea, dizziness.
- Heat Stroke: An emergency situation. Most notably the athlete will no longer be sweating. No matter the illness, athletes need to be cooled slowly.

What's Up With Sports Drinks?

Complex carbohydrates (sucrose, fructose, glucose) encourage rapid absorption of fluids, do not cause gastrointestinal distress, and encourage better blood flow. Muscles also use carbohydrates as fuel. Sodium is lost in sweat and is needed for the body to hold in water. Sports drinks contain these substances needed for optimal performance. However, sports drinks do not contain anything that can not be found in a well-rounded diet. Sports drinks do NOT contain caffeine. The sugar found in sports drinks is needed to make the drink tasty, not enough to cause a sugar high.

Pre-Practice Hydration

Drink 17-20oz 2-3 hours before exercise and 7-10 oz 10-20 before.
Eat complex carbohydrates 30 minutes before.

During Practice Hydration

7-10oz every 10-20 minutes.
You only need an 8% carbohydrate drink.

Post-Practice Hydration

Rehydration should be completed within 2 hours after exercise. For every pound lost you should be drinking 1-2liters of water.

I Need Numbers!

On average, adults lose 1-2.5 liters of sweat in heat during intense exercise. This is equal to 2-4 pounds of body weight. Within that sweat is approximately 115-690 milligrams of sodium. This can lead to a 15-30% sodium deficit within the body. Every liter of sweat lost causes heart rate to increase 8 beats per minute and the body temperature to increase 0.3°C.

So Easy, Even My High Schooler Can Do It!

Think W.U.T.

W=Weight: For every pound lost you should be drinking 1-2 liters of water.

U=Urine: If your urine is not clear you are not drinking enough.

T=Thirst: If you are thirsty you are dehydrated