



Tournament Hydration & Nutrition Guide

Hydration – drink on schedule not just when thirsty

One of the most important functions of water is to cool the body. As a child exercises, his muscles generate heat, raising his body temperature. When the body gets hot, it sweats. The evaporating sweat cools the body. If the child does not replace the water lost through sweating by drinking more fluids, the body's water balance will be upset and the body may overheat.

To keep from becoming dehydrated your child must drink fluids before, during and after exercise. To promote fluid intake in kids, fluids containing salt (i.e. sports drinks) have been shown to increase voluntary drinking by 90% and prevent dehydration compared to drinking plain water. To ensure that your child is drinking enough, you should see that she drinks fluids according to the following schedule.

Ages 6 to 12 (ages 13 to 18)

Before Sports

Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration.

- 1 to 2 hours before sports: 4 to 8 (8 to 16) ounces of cold water
- 10 to 15 minutes before sports: 4 to 8 (8 to 12) ounces of cold water

During Sports

- Every 20 minutes: 5 to 9 (between 5 and 10 ounces) ounces of water or a sports drink, depending on weight (5 for a child weighing 88 pounds, 9 ounces for a child weighing 132 pounds, 132 pounds + 10 ounces)

After Sports

- Post-exercise hydration should aim to correct any fluid lost during the practice.
- Within two hours: at least 24 ounces of water or a sports drink for every pound of weight lost



Breakfast - Eat a light breakfast to ensure appropriate digestion

- Cereals, oatmeal & whole-grain breads are good choices at breakfast. All can be combined with low fat preserves for taste.
- Fruits and Fruit Juices are an excellent source of carbohydrates as well as being packed with essential nutrients and vitamins.
- Fluid intake is very important. Milk is an excellent choice at breakfast as it provides many essential nutrients to the body to include the protein/vitamins/minerals that are required for appropriate muscle function. Please note caffeinated drinks such as coffee/tea/soda etc act as dehydrates that can negatively affect performance.

Post Breakfast Snack/Pre Game Snacks

- Ensure that all players carry a supply of light snacks such as granola, fruits and sports drinks that may be consumed up to 45 minutes before kickoff.

Post Game

- Eat a small healthy snack (e.g. whole wheat bread sandwich) as quickly as possible post game and be conscious to take on appropriate fluids such as water and sports drinks.
- Milk (regular or flavored) is an excellent choice as it contains the appropriate proteins/vitamins/minerals for muscle regeneration in recovery.
- Be conscious to graze (eat little and often).

Lunches/Dinners

- Ensure appropriate carbohydrate intake (pasta) but be aware to avoid fatty sauces. Rule of thumb, red sauces (tomato based) are fine white/yellow (cream/cheese based) sauces limit or avoid.
- Ensure a lean protein is consumed e.g. chicken/fish for muscle regeneration.
- Ensure appropriate fluids are consumed.
- Deserts should be yogurt or sorbet based. Fresh fruit would be the recommended choice.