

**Hey Athletes
and Parents:**

Don't Wait, Hydrate!



- **Staying hydrated** before, during and after sports activities is very important for your health and overall performance.
- **Signs of dehydration:** thirsty, dizzy, cramps, weak, tired, stomach ache. If you feel this way, tell a coach or parent!
- **How do you stay hydrated?**
Before activity: Drink 12 gulps of water.
During activity: Drink 10-12 gulps of water every 20 minutes.
After activity: Drink 20 gulps of water.

Remember:

**Bringing water to the sporting venue
is as important as bringing your equipment!**

