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!