



The Richard Stockton College of New Jersey

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Athlete Hydration Guidelines

Pre-Season Training Camps

- All fluids should be Cold!

Before Every Practice (at home)

Pre-hydrate! The following is a minimum.

- 2-3 hours before exercise: drink 17-20 oz of a sports drink or water.
- 10-20 minutes before exercise drink another 12 oz of a sports drink or water.

During Practice

Continue to Hydrate!

- Drink early and often
- Drink before you are thirsty
- Drink 7-10 oz of water every 10-20 minutes
- Drink a little more than you are thirsty for

After Practice

Re-hydrate!

- Every 1lb of body weight lost during practice, must be replaced with 16-20 oz of fluids.
- It is normal to lose 3-4lbs during a practice. This means you should drink 3-4 large beverages.
- These fluids must be replaced before your next practice session.

Mix up these After Practice Selections:

Good Choices

orange juice, grape juice, cranberry juice, water, powerade, gatorade

OK Choices

Root beer, 7up, sprite

Absolutely Not

Coke, Pepsi, Mt. Dew, Dr. Pepper, coffee, tea, iced tea

Mini-Carb Loading: Post Practice

Prepare for the next practice and next day

- Eat/ Drink 50g of carbohydrate 15-20 minutes after each practice.
- Bring some ready to eat foods with you to practice.
- For example, an apple and bannana will provide the required 50g of carbs.

Excellent post practice choices:

- Fruit
- Bagel
- Rolls
- Raisins
- Pretzels
- Yogurt
- Orange Juice
- Grape Juice
- Power Bar

Monitor Your Hydration Level

- Check your urine color—light = hydrated, dark = dehydrated
- Check your weight daily, it should be maintained through pre-season.

When You Eat During Preseason

- Calorie volume should increase
- Carbohydrates are your primary energy source
- Add some table salt to meals
- Drink two V8's per day
- Increase your intake of vegetables and fruit

Forbidden During Pre-Season:

- Caffeine
- Creatine
- All nutritional supplements
- Alcohol
- Dieting/ Weight Loss

Clothing

- Wear light colored clothing
- Wear loose fitting clothing
- Wear different clothes to each practice session