

# STAYING HYDRATED

## DURING SOCCER GAMES & CAMPS

You've probably seen soccer players drinking water when there is a break in the action. That's because athletes need water before, during, and after exercise. When people sweat, they lose water through their skin. Sweating cools the body down, but if you lose too much water this way, you could get **dehydrated**.

If you get **dehydrated** you won't feel well or perform well. Serious dehydration can make you sick enough that you'd need to go to the emergency room. Signs of dehydration are: headache, dizziness, irritability and tiredness. Let your coach know right away if you feel **dehydrated**.

Drinking before, during, and after practice or a game is the best way to stay hydrated. Don't wait until you're thirsty. If you are thirsty, you are already dehydrated. Water and sports drinks are the best choice. Fruit juice mixed with water is another refreshing drink. **Avoid soda, especially caffeinated ones.**



## Tips For Hydration at British Soccer Camps

-  Your body can absorb cold water more quickly than it can absorb warm water.
-  Drink one to two cups of fluid at least one hour before the start of exercise.
-  Bring a big insulated water jug to Soccer Camp clearly marked with your name on it.
-  In the morning fill the jug with as much ice as possible and top up with water.
-  Take frequent small drinks each time you take a break from the action.
-  Do not waste your water by throwing it over your head (or a friend's!).
-  If you run out of, or spill your water ask your coach if there is a faucet for you to refill it.

