



## Hydration

Replace **all** drinks at meals with Gatorade or  
*WATER*

### Pre-hydration

- 16 ounces- The night before at dinner
- 16 ounces- First thing in the morning at breakfast
- 20 ounces-1-2 hours before game
- 10 ounces-15-20 minutes before game

### Hydration

Have a drink every 15-20 minutes during exercise or when needed

### Re-hydration

20-24 ounces- for every pound lost

Important to eat a good diet

These elements reduce the risk of leg cramps

Potassium, Magnesium, Sodium, Calcium