

HYDRATION CHECKLIST

Build consistent hydration habits before, during, and after training

Before practice or competition

- Start the day drinking fluids regularly rather than waiting until practice
- Bring a labeled water bottle
- Drink with meals and snacks
- Arrive feeling hydrated and ready to train

During training

- Keep fluids accessible
- Drink regularly based on thirst, conditions, and the team's plan
- Increase attention to fluids during heat, humidity, and longer sessions
- For prolonged or very sweaty sessions, ask a qualified professional about whether an electrolyte drink is appropriate

After training

- Continue drinking fluids
- Pair hydration with a balanced meal or snack
- Replace fluids lost during demanding sessions

Watch for

Very dark urine, dizziness, unusual fatigue, headache, or feeling unwell can be reasons to stop and tell a parent/coach and seek appropriate medical guidance.

QUICK CHECKLIST

- Water bottle packed
- Fluid available during practice
- Drink with meals/snacks
- Hydrate after training
- Extra plan for hot-weather or long sessions

For athletes and families: individual nutrition needs can vary by age, growth, training load, medical needs, and other factors. For individualized guidance, consult a qualified sports dietitian or healthcare professional.