

Hydration, Nutrition, and Health

We work in a very hot climate. It is vitally important for you to maintain your hydration levels. Water taken during workouts will not be sufficient for you to maintain proper body hydration.

Water. Water. Water

Throughout the day you need to drink plenty of water. Sodas are not adequate and can, in fact, rob your body of necessary fluids due to the effects of caffeine. Sports drinks can replace fluids, but many of them have high amounts of sodium which also inhibit fluids from absorption. Water is best.

Water. Water. Water

If you are not eating three solid meals a day, change your eating habits. Good nutrition is essential to active growing bodies. Be sure to include fruits and vegetables in your daily diet.

Water. Water. Water.

Do **NOT** skip lunch. Your body needs fuel. Eat a healthy lunch. And drink plenty of **WATER!!!**

For health and safety reasons all male athletes will be required to wear compression shorts during the athletic period and athletic events. These shorts serve the same function as a traditional athletic supporter. Athletes may be held out of practices or games if they are non-compliant with this rule. These shorts may be purchased at any local sporting goods store. WHITE in color only.

Contact the coaches at 594-2200 if you have any questions.