



## **Dehydration**

Players need to drink a lot of water starting the evening before an event and continue throughout the day of the event. It's important to realize that a player cannot wait until they are thirsty before they drink. They must stay hydrated at all times.

Some of the consequences of dehydration include: Heat cramps, which can result in brief but painful muscle cramps as a result of insufficient liquid intake. Heat exhaustion which can result in difficulty breathing, headache, feeling hot on the head and neck, dizziness, heat cramps, chills, nausea, irritability, vomiting, extreme weakness or fatigue

Drinking a lot of water at one time isn't as effective as drinking a reasonable amount of water over a longer period of time. If your player drinks a lot of water at one point, they are most likely to rid themselves of this through urination so drinking normal amounts in advance of the training will be in your player's best interests.