

# TrueSportPARENT Hydration



For athletes, it's not enough to just drink an occasional sip of water while exercising. Staying properly hydrated is a full-time habit, but it doesn't have to be a difficult one to develop.

There's a lot of conflicting advice about how much water athletes should drink and when, but your athlete(s) will always be hydrated properly if you help them remember these three things:

1. *Drinking water before, during, and after exercise will help them play their best, feel great, and recover effectively*
2. *Good hydration is preemptive: if athletes wait until they feel thirsty, they are likely already dehydrated*
3. *Watery foods like watermelon, carrots, celery, smoothies, and other fruits and veggies are a great way to replace lost fluids, sodium, and electrolytes (and are much healthier than sports drinks)*

## What Are The Symptoms Of Dehydration?

Being dehydrated is more than just being really thirsty. Learn to recognize the symptoms of a dehydrated athlete below:



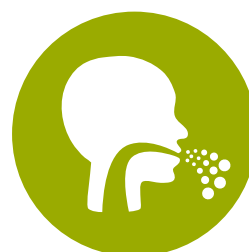
**Increased Thirst**



**Dark Urine**



**Dry Mouth**



**Nausea & Vomiting**



**Fatigue**



**Joint & Muscle Pain**



**Headaches**



**Dizziness &  
Loss of Concentration**

As a parent, be sure that your child's coach includes regular water breaks during practices. These help instill the habit of good hydration and allow athletes to take care of themselves.

Finally, help your child understand that needing a water break isn't a sign of weakness, and that they should never be afraid to ask for one if they feel dehydrated.

### To learn more about hydration for youth athletes, check out:

- [Learn.TrueSport.org](https://www.learnsport.org) for insightful articles and videos full of valuable hydration advice
- [Teach.TrueSport.org](https://www.teachsport.org) for an entire lesson plan surrounding hydration
- [Play.TrueSport.org](https://www.playsport.org) (app available on the App Store and Google Play) for fun hydration-focused games you can play with your athletes