



Did you know July is Hydration Month?

The next couple weeks we are going to see triple digits in Roseville. With the summer in full effect, it's important to be aware of proper hydration and heat illness safety. The WJT football & cheer coaches work with our athletes to slowly acclimate them to the summer heat. This includes frequent water breaks & close monitoring of our athletes for signs of heat illness. Heat illness symptoms can include:

- dizziness
- muscle cramps
- nausea
- cold, clammy skin
- decreased concentration

You can help your athlete by encouraging them to pre-hydrate 2-4 hours prior to camp, practice, or games. Pre-hydrating will help the performance & stamina of our athletes. How much water should your athlete consume? It is recommended that your athlete consume 5-10 ml/kg. Time to pull out that calculator Wolfpack.

1. Athlete's weight in pounds divided by 2.2 (this will give you their weight in kg)
2. Answer x 5 (this will give you the minimum amount of water in ml)
3. Answer divided by 30 (this will give you the minimum amount of water in oz)

Repeat steps 1-3 except in step 2, multiply by 10 which will give you the max amount.

Example:

Athlete weighs 75 pounds.

1. $75 \text{ divided by } 2.2 = 34.1$
2. $34.1 \times 5 = 170.5$ or $34.1 \times 10 = 341$
3. $170.5 \text{ divided by } 30 = 5.7$ or $341 \text{ divided by } 30 = 11.4$

So, your 75 pound athlete should drink 6-12 oz of water 2-4 hours prior to camp, practice, or games.

Having trouble getting your athlete to drink water? While sports drinks have the benefit of electrolytes, don't forget that our body is almost 60% water. If your athlete is drinking a sports drink, encourage them to drink the same quantity in water. Consider adding a little MiO or other flavor enhancers to their water if they want some flavor.

Stay safe & stay hydrated!!