

# ENGLAND HOCKEY

## HOCKEY FACTSHEET 7



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### NUTRITION - HYDRATION

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#### THE SCIENCE OF SWEAT

It's cool to sweat...literally. Sweating is the body's most efficient way of cooling itself because when sweat evaporates from the skin, body heat is reduced.

Whilst sweating is important, if you don't replace the fluids you lose through sweat it can lead to dehydration and heat illness. Fluid replacement before, during and after exercise and activity is crucial. Most athletes lose substantially more body fluids through sweat than they replace by drinking during exercise.

For each pound of weight an athlete loses during an exercise period, the fluid shortfall is about 16oz. For example if your child loses 3 pounds during a 1.5 hour training session, they have sweated away  $3\text{lbs} \times 16 = 48\text{oz}$  more of fluid than they have consumed.

#### WHY DON'T ATHLETES DRINK ENOUGH?

- Sense of thirst is reduced immediately after a sip of beverage moistens our mouths ... therefore thirst is not a good indication of fluid needs
- Uncomfortable sensation of fluid in the stomach
- Poor access to drinks during exercise
- Poor quality of available drinks
- Lack of education about the need to drink before, during and after exercise

#### WHAT CAN YOU DO TO ENSURE YOUR CHILD DRINKS ENOUGH?

You can help train your child to become a better drinker, before, during and after exercise

- Actively encourage your child to drink more
- Young athletes are more likely to consume more of a flavoured beverage than water
- The colder the drink the more palatable, therefore the colder the drink the more likely your child will be to consume more
- Ensure that at training sessions and at matches your child has a large water bottle, containing their favourite, non – fizzy diluted chilled beverage. The night before a training session or match freeze the drink so that whilst active the beverage remains cool
- To combine with your child's training and match schedule, draw up a fluid intake schedule, so to ensure a young athlete is properly hydrated before they begin their activity
- Encourage your child to drink smaller volumes more frequently before and during exercise to minimise stomach discomfort