




# THE BEST SPORTS DRINK FOR YOUTH ATHLETES

# 5 WAYS WATER WINS

1

## It keeps kids hydrated.

Drinking water throughout the day, especially before, during, and after practices and games, is the best way to keep players hydrated to perform their best.

		
		
<p>Drink 1 to 1 ½ cups (or 8-12 oz) of water 30 minutes before</p>	<p>Take water breaks every 15-20 minutes</p>	<p>Replenish with water after play to stay hydrated</p>

2

## Doctors recommend it.

Some coaches and parents think that the electrolytes in sports drinks are important for youth athletes, but the fact is, kids don't need sports drinks and **doctors recommend water.\***

Sports drinks were developed for *professional* athletes to help prevent severe dehydration and improve performance during extended competition. Kids don't have the same needs.

4

## It's kid friendly.

Studies show that when water is in plain sight, kids drink more. Make sure your athlete has a water bottle with them throughout the day so they can come to practices and games well hydrated.

Athletes should bring at least **2 full water bottles** to every practice and game so they don't run out. Consider volunteering to bring extra water for the team, so every player can refill.

3

## It beats out sugary beverages.

When kids stick to water, they avoid the **large amounts of added sugar** in drinks like iced teas, fruit drinks, and sports drinks. Added sugar provides no nutritional benefit, and it's a big culprit in unhealthy weight gain.

5

## It's free.

Sticking to tap water **saves money and time** at the store.

For a simple, inexpensive twist to plain water, try adding fresh or frozen fruit, like lime wedges or frozen berries.

Find more tips, trainings, and resources on promoting healthy youth sports at [www.CoachingHealthyHabits.org](http://www.CoachingHealthyHabits.org)



\*American Academy of Pediatrics, 2011