

# Hydration Recommendations

When to Consume	Amount to Drink
1-2 hours AND 30 minutes before practice/competition	At least 16 ounces
5-15 minutes before	5-15 ounces
Every 15-30 minutes of exercise	16 ounces (at least one water bottle per practice)
Immediately following exercise	16 ounces
After exercise and the next day	Drink fluids liberally as it may take up to 36 hours to completely hydrate.

The following foods are recommended before and or during a competition:

- Water
- Sport drinks
- Chocolate milk
- Juice boxes
- Hot Apple Cider