



## STAYING HYDRATED FOR TOP PERFORMANCE (And Passing the Hydration Test for Skinfold Measurements)

### Attn: Wrestlers and Coaches

The purpose of the hydration test is to help assure that each wrestler's weight taken at the time of skinfold measurements is an accurate weight from which a minimum weight can be established. Below are some guidelines that can help you prepare for the hydration test. But staying hydrated means more than passing the hydration test. It is an important step in making sure you perform your best in your sport.

Water is second only to air in its importance to our survival. Our bodies are 60 to 65% water by weight. Much of this fluid weight comes from the muscles (70% water) and the blood – both of which are critical optimal athletic and wrestling performance. **Dehydration compromises muscular endurance and strength.** Dehydration also decreases blood volume which can decrease athletic performance and increase the risk for heat illness (heat cramps, heat exhaustion, or heat stroke).



The key to staying well hydrated is to drink plenty of non-caffeinated beverages throughout the day, and to replace fluid loss incurred while working out. On a daily basis, this will help you feel stronger and last longer at practice and matches. It will help you pass the hydration test before your skinfold measurements are taken.

### Following are some guidelines:

- Drink 8 to 10 cups (8 ounces) of water, milk, sport drink, or non-caffeinated beverages each day.
- Drink another 4 cups for every hour you work out. If you have a 2-hour wrestling practice, that means an additional 8 cups of fluids. Individuals who sweat heavily or are in a hot environment may need to drink 6 to 8 cups of non-caffeinated beverages for each hour they work out.
- Make sure you are well hydrated the day before games, matches and your hydration test. Drink until your urine is a pale yellow and almost odorless. Dark colored urine usually means you are dehydrated. Drink 4 to 5 glasses of non-caffeinated fluids the night before, then drink as recommended above, the day of your match or hydration test.
- 2 hours before the game, match or hydration test, drink 16 to 24 ounces of water or non-caffeinated beverage. The 2-hour time frame will allow the body to clear excess fluid from the body. Being dehydrated, then drinking immediately prior to an athletic contest or the hydration test will do little to help improve performance or pass the hydration test.
- These tips stress avoiding caffeine, because caffeine is a diuretic. That means it increases urine production. Increased urine production means you are losing extra fluids, essential for top performance and will likely become dehydrated. Caffeine is a common ingredient in some sodas, coffee beverages and some teas. Chocolate and some pain relievers may also contain caffeine. Additionally, carbonated beverages will also contribute to the sensation of “feeling full” or bloated. This sensation may be counter-productive as it will likely diminish the thirst drive.



Carefully following these guidelines, along with the recommendations in *The Wrestler's Diet* will increase your chances for a healthy, safe and successful high school wrestling season.