



Sweat, hydrate, recharge

Keeping young athletes hydrated

Playing sports and being physically active can be a fun part of childhood. Whether your child is playing indoors or outdoors, it's essential that they stay hydrated. When water loss exceeds water intake in the body, your child can become dehydrated. This can pose a danger to a young athlete's health and safety, negatively affect performance and increase chances of heat-related illness.

Symptoms of dehydration

- Headaches
- Lightheadedness
- Thirst
- Irritability
- Nausea
- Muscle cramping
- Dark-colored and/or unpleasant smelling urine
- Difficulty paying attention
- Weakness and fatigue
- Decreased athletic performance
- Noticeable weight loss

Ways to stay hydrated

- Drink water (one swallow = about 1 ounce)
- Consume fruits and vegetables with high water content
- Children, ages 6 to 12, should drink:
 - 8 ounces, two hours before activity
 - 4 to 8 ounces, 20 minutes before activity
 - 4 ounces, every 20 minutes during activity
 - 16 to 20 ounces, after activity
- Adolescents, ages 13 to 18, should drink:
 - 16 ounces, two hours before activity
 - 8 to 10 ounces, 20 minutes before activity
 - 6 to 12 ounces, every 20 minutes during activity
 - 20 to 24 ounces, after activity

Does my child need sports drinks?

- Sports drinks are generally unnecessary for the average child engaged in daily physical activity.
- If the activity exceeds an hour, is higher intensity, has multiple sessions a day and is in extreme heat conditions, then the athlete may benefit from a sports drink.
- If regular meals are not possible (all-day tournaments), sports drinks may be a great alternative to get carbohydrates and electrolytes into the body quickly.

Does my child need energy drinks?

- Energy generally should come from carbohydrates in one's daily diet. Most energy drinks contain carbohydrates; however, their main energy source is caffeine.
- Caffeine can have many negative health effects and energy drinks typically contain more than the recommended daily amount.
- There is no guarantee of what's actually in energy drinks. They are not regulated by the FDA.



Learn how to keep
your athlete hydrated.

We can help!

Schedule an appointment with one of our sports medicine doctors or sports dietitian to get back in the game. We'll help with treatment and create an at-home program to give young athletes more relief.

Orthopedics and Sports Medicine locations:

- 750 Mid Cities Blvd., #100
Hurst, TX 76054
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Fort Worth, TX 76008
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To schedule an appointment
or learn more, call
682-885-4405.

We accept most insurances.

