

Tips For Making Sure you Drink Enough Water

- Don't wait until you are thirsty to drink.
- Take a drink of water before every practice or game.
- Take a drink every 15 to 20 minutes while participating in a practice or game.
- Drink about 8 glasses of water a day. Having a glass of water at every meal and also in-between meals helps you get to 8. Remember that soda and juice do not count.
- Carry a bottle of clean, chilled water in your bag all the time.