

Walsall FC Talented & Gifted

Fluid Intake – Parent Information

I would like to take this opportunity to make all T&G players, and particularly parents, aware of the importance of fluid intake before, during and after training/matches. If a player can have good fluid intake habits it can improve a player's performance in the short as well as the long term, therefore from the week beginning 11/01/2010 all T&G players will be given a Puma drinks bottle to be used at every session. As all of the bottles will be identical we suggest that you name/initial/identify them as soon as possible.

Here is some additional and useful information on how your fluid intake can be managed.

The water lost from the body during sweating needs to be replaced to stop you getting tired quickly, and also speed up the recovery process. That means feeling fitter and sharper afterwards a lot sooner.

These following checks will help players:

- * Weight. 1kg of weight lost during a training session is equal to 1-litre of fluid lost.
- * The pee test. If your urine is dark coloured, it means you need to have a drink. Lots of trips to the toilet, producing lots of clear coloured urine, shows you've taken on enough fluid.
- * Thirst. Being thirsty is an unreliable indicator of when you need to have a drink. If you're thirsty, you're actually already partly dehydrated so if you finish a training session and you're gasping it's a giveaway you haven't taken enough fluid on board.

What's best to drink?

For footballers, the best fluid to drink is a diluted carbohydrate/electrolyte solution. In plain English, that's the kind of stuff you'd find in stuff like Isostar, Lucozade Sport and Gatorade.

When should I drink?

Ideally, it's best to drink before, during and after a training session, as well as drinking frequently during a match.

How much should I drink?

Only a little. but often. If you drink too much too quickly, you run the risk of getting a stomach upset.

Hypotonic Drinks

Hypotonic drinks contain a very small amount of carbohydrate (energy) per 100ml - this makes them excellent for rapid fluid replacement but poor for giving or replacing energy. The commonest of these drinks is water itself!! Other hypotonic drinks include Lucozade low calorie. These drinks are good if you are replacing energy by another means ie. by food.

Hypotonic Recipe 1	Hypotonic Recipe 2	Hypotonic Recipe 3
100ml fruit squash (ordinary not low calorie or reduced sugar) 900ml water 1 small pinch of salt Put salt into water, mix in squash and chill.	250ml unsweetened fruit juice (orange, pineapple, apple) 750ml water 1 small pinch of salt. Put salt into water, mix in fruit juice and chill.	20g sucrose (ordinary table sugar) or glucose 1 litre warm water 1 small pinch of salt. Put salt and sucrose/glucose into water, mix and chill.

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Isotonic Drinks

Isotonic drinks are the best type of drink as they contain the optimal amount of carbohydrate per 100ml of fluid for fast absorption of fluid and energy from the stomach. This makes them ideal for immediately before and even during an event for an added energy boost and to reduce the effect of sweating and dehydration. They are also good immediately after an event to start replacing fluid and energy. Examples of isotonic drinks include Lucozade Sport, Gatorade and Powerade.

Isotonic Recipe 1	Isotonic Recipe 2	Isotonic Recipe 3
200ml fruit squash (ordinary not low calorie or reduced sugar) 800ml water 1 small pinch of salt Put salt into water, mix in squash and chill.	500ml unsweetened fruit juice (orange, pineapple, apple) 500ml water 1 small pinch of salt. Put salt into water, mix in fruit juice and chill.	50g sucrose (ordinary table sugar) or glucose 1 litre warm water 1 small pinch of salt. Put salt and sucrose/glucose into water, mix and chill.

Hypertonic Drinks

Hypertonic drinks are an excellent source of energy (carbohydrate). However, they are absorbed much more slowly into the body so they cannot solely be used for fluid replacement. Examples of hypertonic drinks include Lucozade high energy and Ultra Fuel.

Hypertonic Recipe 1	Hypertonic Recipe 2	Hypertonic Recipe 3
400ml fruit squash (ordinary not low calorie or reduced sugar) 600ml water 1 small pinch of salt Put salt into water, mix in squash and chill.	1 litre unsweetened fruit juice (orange, pineapple, apple) 1 small pinch of salt. Mix salt in fruit juice and chill.	100g sucrose (ordinary table sugar) or glucose 1 litre warm water 1 small pinch of salt. Put salt and sucrose/glucose into water, mix and chill.