

**STAYING HYDRATED FOR TOP PERFORMANCE**  
(And Passing the Hydration Test for Body Composition Assessment)

**ATTN: COACHES AND WRESTLERS**

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

The key to staying 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 measurements are taken.

***HERE ARE SOME GUIDELINES:***

- ***TWO HOURS PRIOR TO THE HYDRATION TEST DRINK 24 OUNCES OF WATER (THREE CUPS)***  
Drink 8-10 (8 ounce) glasses of water, or non-caffeinated beverages daily.
- Drink another 4 cups for every hour of workout. If you have a two hour football practice, that means an additional 8 cups of fluids. Individuals who sweat heavily or are in a hot environment may need to drink 6-8 cups of non-caffeinated beverage for every hour they workout.
- ***2 hours before the game, match or hydration test, drink 16-24 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 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 the 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.