

# FINISH WITH THE RIGHT STUFF

## FLUIDS FOR JUNIOR SPORT

Water is the best drink for junior sport. Coaches and managers have a very important role in promoting water and other everyday drinks to players (and patrons).



**Water is the best drink to keep kids hydrated. Tips for staying hydrated and maintaining performance:**

- Sip regularly on water throughout the day
- Drink water before, during and after sport or practice
- Always have a water bottle on hand to sip from at drink breaks

**Water is the best choice because it:**

- Re-hydrates and replaces fluid lost in sweat during sport
- Keeps the body cool
- Supports performance by improving concentration
- Helps recovery
- Is naturally sugar-free

**Kids don't need sports or soft drinks**

Sugary drinks should be avoided because they are high in sugar and provide no nutritional benefit.

**Hydrate  
with  
water before, during  
and after sport or  
practice**

**Have more water  
on hot or humid  
days**