

HYDRATION

Hydration is one of the most important components of physical performance and staying healthy. Here's a list of all the information you need to stay hydrated.



BRING A WATER BOTTLE WITH YOU

Bring your own re-useable bottle so that you can have it with you at all times. This will help you stay hydrated throughout the day.



HOW MUCH WATER TO DRINK AND WHEN

Aim to drink about 5-8 ounces of fluid every 15 minutes during exercise. That is equal to 1 standard sport water bottle per hour. Replace 16-20 ounces of fluid for every pound of weight lost during exercise.



HOW TO CHECK IF YOU ARE PROPERLY HYDRATED

Check your urine color! Your goal is to keep it a light lemonade color. If it's too light, to where it's almost clear, you're likely over hydrated. If it's too dark, such as the color of apple juice, you are not hydrating enough.



SPORTS DRINKS

Include sports drinks to supply carbohydrates and electrolytes needed for energy and muscular function. Sports drinks, such as Gatorade, will help you do that, but they should always be used in addition to drinking water and never to replace water completely.



WHAT TO AVOID DRINKING

Caffeine. Stop consuming caffeine 3 hours prior to exercise. This includes energy drinks, coffee, and teas.



THE FACTS

Being dehydrated can result in:

- Drastic increase in fatigue
- 20% decrease in lower body power
- Overall decline in performance ability
- Increased risk of injury

NEW FOOTWEAR & BLISTER CARE



NEW FOOTWEAR



- Break in new footwear prior to coming to camp.
- Wear new footwear for a short amount of time each day, gradually increasing the time day to day. Ex. 30 minutes on day 1, 1 hour on day 2.
- Try to rotate wearing new footwear for one session and old shoes for the next to help break new footwear in.

HOW TO TREAT BLISTERS

- Be proactive. The earlier you address/take care of blisters, the better!
- Treating a blister when it first appears will allow it to heal faster and not interfere with training.
- If you have a blister, visit the Athletic Training Room to have it cleaned and covered before your session.



HOW TO PREVENT BLISTERS

- To help avoid blisters and promote good hygiene, remove tape after your session is over.
- Break in new footwear prior to coming to camp.
- Wear proper socks with footwear.



PROPER HYGIENE

Proper hygiene will help you avoid bacterial and fungal infections, rashes and sickness.

Here's some guidelines on how to stay clean and healthy.



WASH YOUR HANDS OFTEN.



WEAR YOUR MASK WHEN YOU ARE WITH OTHERS.



USE HAND SANITIZER IN BETWEEN HAND WASHING.



SHOWER AFTER EACH TRAINING SESSION.



AVOID TOUCHING YOUR FACE.



REMOVE ANY TAPE OR WRAPPING AFTER EACH TRAINING SESSION.



CHANGE CLOTHES IN BETWEEN EACH TRAINING SESSION.



APPLY DEODORANT OFTEN.
(after showering and in between training sessions)

OPTIMIZING SLEEP FOR RECOVERY

TIPS TO HELP YOU GET THE BEST SLEEP!



CREATE A BEDTIME ROUTINE.

Routines help you relax and prepare your body for sleep, such as reading, packing your backpack for the next day, or taking a warm shower or a bath. Avoid high-intensity exercise right before bed as this can increase cortisol levels which impair sleep.



AVOID BLUE LIGHT 2 HOURS BEFORE YOU GO TO BED.

Blue light from screens such as phones, or computers suppress melatonin production that helps you fall asleep. Try to limit texting, social media, and playing games on screens.



CONSUME FOODS THAT HAVE NATURAL MELATONIN IN THEM.

Raspberries, almonds, walnuts, tomatoes, and tart cherry juice may all potentially improve sleep.



DON'T FALL ASLEEP TO THE TV.

Studies show that falling asleep to the TV may lead you to frequently wake up during the night and have poor quality sleep.



AVOID NAPS DURING THE DAY, AND DON'T HIT THE SNOOZE BUTTON.

Try to get a full night's sleep so that you don't have to nap, but, if you must nap, limit napping to 1 hour, and don't nap after 3pm. Getting a couple extra minutes of sleep by hitting the snooze button won't improve your sleep.



MAKE YOUR BEDROOM QUIET, COOL, AND AS DARK AS POSSIBLE.

Having a cool body temperature can help improve sleep.



GETTING ACCLIMATIZED



PREPARE

- Do your best to condition or exercise before coming to camp.
- If possible try to begin conditioning about 3 weeks before reporting to camp to allow adequate time for the body to adapt.



SLOW AND STEADY

- Understand that acclimatization is a process. This period can take 7-14 days.
- Gradually increase the amount of time spent doing continuous exercise day to day.
- Allow for adequate rest breaks.
- You can slowly decrease time resting between exercise as you get adjusted.



CLOTHING

- Wear loose fitting, sweat wicking clothing. This will allow the body to cool down more efficiently.
- Light colors are encouraged as they do not attract as much radiant heat from the sun.



HYDRATION

- Drink fluids often.
- Do not rely on being thirsty.
- Drink more than just water.
- Electrolytes are important too!



HYDRATION

- Always eat breakfast, and do not skip meals. Your body will replace most of the water and salt lost during exercises from food.
- Get adequate sleep! 7-8 hours is encouraged as this is when the body recovers from the exercise you did that day.
- Rehydration is also an important part of the recovery process.
- Stretching and foam rolling can aid in recovery and help with soreness.