Fueling young athletes

WHAT TO DRINK, AND WHEN

Start with water. Know when a sports drink has a job.

SITUATION	START WITH
Everyday hydration	WATER
Routine practice	WATER
Short game	WATER

LONGER. HARDER. HOTTER.

Needs vary by athlete and conditions.

1 to 2+ hours of hard effort	CONSIDER A SPORTS DRINK
Heavy sweating in heat/humidity	CONSIDER A SPORTS DRINK
Repeated events, short recovery	SPORTS DRINK MAY HELP

SPORTS DRINKS ARE TOOLS

Understand the job. Choose the tool.

NOT AN ENERGY DRINK

Energy drinks have caffeine and excess sugar. Check which one is in the bottle.

Informed by AAP HealthyChildren.org guidance on sports nutrition (water is enough for activity under an hour; sports drinks can help beyond 1 to 2 hours or in very hot conditions) and the NATA position statement on fluid replacement (2017). Needs vary by athlete and conditions. General guidance for young athletes, not an individual plan.