

BC HOCKEY FEMALE HP NUTRITION OPTIMIZATION



Hydration for Hockey Players

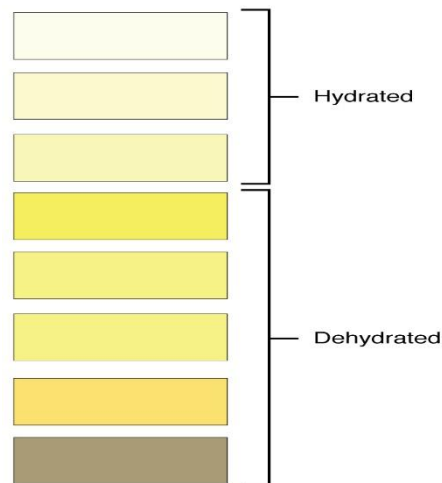
Dehydration of 2% or more decrease in body weight may negatively affect an athlete's performance and lead to muscle cramps, lack of focus, and decreased energy and strength.

Example: Kaley weighs herself before and after a game and notes the following...

- Weight before game = 150lb
- Weight after game = 147lb
- Difference = 3lb → 3 divided by 150 = 2% weight loss → Kaley didn't drink enough

Symptoms of Dehydration

- Dark colored urine (see chart →)
- Low urine output
- Dry mouth
- Muscle cramps
- Nausea
- Low energy: feeling tired or lazy
- Loss of appetite
- Dry skin
- Headache
- Dizziness when standing up
- Flushing (red face)
- Reduced endurance
- Increased heart rate
- Elevated body temperature
- Rapid onset of fatigue



How Much Fluid to Drink?

- An athlete should aim to drink the equivalent of their sweat rate:

$$\text{Sweat rate (liters/hour)} = \frac{\text{Weight change (kg)} + \text{Fluid intake (L)}}{\text{Exercise time (hours)}}$$

Instructions for measuring sweat rate

1. Weigh yourself before and after exercise (Hint: Divide pounds by 2.2 for weight in kg)
2. Add the amount you drank (liters) to the weight difference (kilograms)
3. Divide by the amount of time you exercised (hours)

What NOT to Drink

- Energy Drinks: may cause rapid heartbeat, make an athlete too jittery to play a focused game, or cause frequent urination due to caffeine content
- Caffeinated Carbonated Drinks: same as above, plus causes bloating and gas
- When you are of legal drinking age...keep in mind to not drink alcohol. It impairs reaction time, reduces performance, delays post game recovery, and impairs your immune system.

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What to Choose - Water or Sport Drink?

- Before: start practice or a game hydrated by drinking plenty of water 2 hours before and right beforehand – water is your best choice
- During: drink about ½ cup (125mL) of water or sport drink every 15-20 minutes. Start practice or the game with a full water bottle and check the capacity line every so often
- If practice or game is less than one hour, choose water
- If practice or game is greater than one hour, choose sports drink
- After practice or a game, drink 2-3 cups (500-750mL) of fluid for every pound of body weight you lost

Homemade Sport Drink Recipe

Ingredients		
Sugar	¼ cup	50 g
Salt	¼ tsp	1 mL
Hot water	¼ cup	60 mL
100% juice	¼ cup	60 mL
Lemon juice	2 Tbsp	30 mL
Cold water	3.5 cups	875 mL

Directions:

In the bottom of a pitcher, dissolve the sugar and salt in hot water. Add the juice and the remaining water; stirring together. Chill in the fridge until ready to drink.

Makes 4 servings: 1 serving = 1 cup (250 mL/258g)

Adapted From: Nancy Clark's Sports Nutrition Handbook

Brand Name versus Homemade

Electrolytes Lost in Sweat (per 1 liter)	Gatorade Perform Thirst Quencher (per 1 liter)	Homemade Sport Drink (per 1 liter)	Hydration Goals (per 1 hour exercise)	Gatorade Perform Thirst Quencher (per 750mL)	Homemade Sport Drink (per 750mL)
Sodium 200 - 1600mg	420mg	600mg	Carbs 30-60 grams	48 grams	45 grams
Potassium 120 - 600mg	110mg	170mg	Calories 120 - 240	188 calories	180 calories
			Fluid* 350-750 mL	750 mL	750 mL

*estimated - always best to use individual sweat rates



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