



HYDRATION GUIDELINES

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Guidelines

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Before Play

- Junior Tennis players are to be encouraged to drink fluids with meals and snacks especially before playing in a competition or tournament. This takes advantage of the extra calories in food to ensure the water is better retained by the body, promoting optimal hydration.
- Players should always have their own water bottle handy to sip from between breaks in play, when practicing or while playing games.
- Fluids should be kept cool to encourage greater intake and can actually help the body stay cooler. In summer, aim to have drink bottles in a cooler box, or try freezing a bottle overnight as it will thaw quickly on a hot day.



Remember to remind Junior Tennis players:

- to not wait until they are very thirsty before they start to drink. By then they may already be starting to dehydrate and be experiencing a decline in performance.
- that professional tennis players drink fluids during breaks in games to help them perform at their best.



EAT AFTER PLAY TO REHYDRATE, REPLENISH AND RECOVER

After Play

- Suitable fluids for recovery include water, plain and flavoured milk, liquid meal supplements or soup (in cold weather it can provide fluid with electrolytes, carbohydrate and protein).
- Energy levels may deplete from having soft drinks before, during and immediately after exercise as they can upset the stomach and reduce desire to drink.
- Avoid drinking cola, coffee, tea and "energy drinks" as these contain caffeine.

FOOD FOR GAME DAY

The aim of breakfast on a competition/tournament day is to provide some carbohydrate and fluid to top up stores, after what is often 12 hours without food, and to obtain energy and prevent hunger before and during play. Breakfast should be eaten around two hours before the first match commences to keep feeling satisfied and well fuelled. If they become hungry again up to one hour before starting play, have a small low-fat snack should be eaten.



PRE MATCH IDEAS

- Hot cereal, topped with bananas
- Spaghetti on toast
- Sultanas, nuts, and a fruit smoothie
- Natural yoghurt, fruit with a small juice
- Scrambled egg with cheese and tomato, on toast
- Peanut butter on toast topped with sliced banana
- Plain toast or English muffins with honey or jam
- Fruit smoothie
- Pancakes with fresh fruit and yoghurt.



ENERGY BOOSTER IDEAS

- A snack pack of mixed fruit with fruit yoghurt
- Bread roll with banana
- Rice crackers with vegetable dip
- Frozen yoghurt
- Sushi hand rolls
- Wholegrain fruit bar
- Watermelon slices
- Pikelets with jam or honey
- Flavoured milk or liquid meal tetrapak