You'll see how many ounces are in a bottle at the bottom of the label.

If you don’t drink enough water, you might:
- Feel thirsty
- Feel tired
- Get muscle cramps
- Get headaches
- Feel confused
- Feel dizzy
- Get dry mouth

Aim for 64 oz daily!
Our bodies are 60% water & our muscles are 80% water. We can lose some of this water when we sweat or go to the bathroom, so it is important to drink plenty of liquids to stay hydrated.

**BEFORE A GAME**

1. **8 to 16 oz. of water**
   - It is important to be well hydrated before a game to prevent symptoms of dehydration.
   - Staying hydrated will allow you to perform your very best!

**DURING A GAME**

Drink Every 15-20 minutes

2. **4 to 8 oz. of water**
   - OR
   - 4 to 8 ounces of a sports drink
   - Why? It has electrolytes like sodium (salt) and potassium that we lose in our sweat.

**AFTER A GAME**

3. **8 to 16 oz. of water**
   - OR
   - Low fat or fat-free chocolate milk
   - Why? It has protein, vitamins and minerals to help us recover for our next game.