



# FLUID PLAY



## HYDRATION TIPS FOR TENNIS PLAYERS

Drink cool water or sport drinks during play. Sport drinks are especially helpful during long matches, in hot weather and for recovery after play. Use a similar hydration routine before, during and after practice.

### BEFORE PLAY

Drink 12-16 ounces about 1 hour before play begins.

Drink fluids often throughout the day.

Prepare at least 2 quarts (64 ounces) to drink during play. Sports drinks are preferable for long matches or during play in hot weather.

### DURING PLAY

Drink 4 to 8 ounces (4 to 8 normal swallows) after the warm-up and during every changeover.

Many players like to drink a sport drink and water, with an emphasis (e.g., 2:1) on the sport drink.

For some players, fluid requirements may even be higher in very hot or humid environments.

### AFTER PLAY

Weigh yourself before and after play and drink about 20-24 ounces of fluid for every pound of post-play body weight deficit.

Immediately begin to replace fluid, electrolytes and carbohydrates with water, other fluids (e.g., juice, sport drinks, etc.) and food. Sport drinks are very effective if you are going to play again soon.

Consider adding salt to your food and/or drinks if sweat losses were extensive.



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For reprints, write to USTA Sport Science Dept., 7310 Crandon Blvd., Key Biscayne, FL 33149.