

NCHSAA Wrestler's Hydration Tip Sheet

Wrestlers: The following are tips that will help wrestlers report to body fat testing properly hydrated.

Two days prior to test day:

- Drink plenty of fluids throughout the day, (Water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day
- Increase intake of foods high in fiber- this will help with removal of excess waste from body. (salad, cereal with skim milk, vegetables, fruits, etc are examples of foods high in fiber)
- Eat smaller, more frequent meals
- AVOID foods high in fat (fried foods, meat, French fries, pizza, nuts, salad dressings, etc.)
- AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)
- Be sure that you eat and drink, do not dehydrate!!!

One day before test:

- Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated
- Eat smaller, but more frequent meals. Continue eating fibrous foods, to eliminate excessive waste from body
- Fatty foods / snacks will stay in your body – STAY AWAY

Day of test:

- Eat small portions, eat a very light lunch (if afternoon testing)
- Eat lighter foods such as fruit, grains, etc.
- Continue to drink water
- Do not drink salty drinks such as Sodas, Gatorade or Powerade, etc... This will cause you to retain fluid
- Urinate as frequently as possible throughout the day until one-two hours prior to test time
- Use the bathroom (defecate) before the test
- Please be ready to urinate for hydration testing