

HYDRATION 101

The Quick Facts For Players. No Fluff.

What Is Actually Happening

Cramping in the seventh is not toughness. It is math.

Lose 2 percent of your body weight in sweat and your bat speed, your command and your decision making all drop. That is about 3 pounds on a 150 pound player.

And you will not feel any of it as thirst until you are already past it. One more thing: sweat is salty. You can drink plenty of water and still cramp, because what you actually lost was salt.

Your One-Time Test

Weigh yourself in shorts, dry, right before practice. Weigh again right after, towed off. Track what you drank in between.

Every pound you lost is 16 to 20 ounces you owe your body back, the same day. Run the calculator on the hydration page once and you have your number for the whole season.

Your Game Day Clock

When	How much	Why
2 hours before first pitch	16 oz	Start the day even, not behind
15 minutes before	8 to 16 oz	Top off the tank
Every 15 to 20 minutes of play	4 to 8 oz	Small sips hold the line. Chugging comes back up
Right after	16 to 20 oz per pound lost	Pay it back today, not tomorrow

Hot day or a doubleheader? Scale it up and add salt, not sugar. Set four phone alarms once.

The Free Check

Look in the bowl. Pale straw means you are good. Darker than apple juice means you are behind. Dark like iced tea means drink now and tell your coach or athletic trainer.

The Rules. Non-Negotiable.

- 1. Drink on the clock, never on thirst. Thirst is a late warning, not a plan.**
- 2. Salt goes back in with the water. Water alone can still leave you cramping.**
- 3. No energy drinks around games in the heat. Caffeine plus August is not a plan.**
- 4. Pay back every pound the same day. Yesterday's practice is why today feels heavy.**
- 5. Feel confused, dizzy, or stop sweating? Stop playing and tell an adult. Immediately. Nobody plays through that.**

The Bottom Line

Hydration will not add a mile an hour to your fastball. It just makes sure the player who shows up in the seventh inning is the same one who showed up in the first.

Measure it once. Set the alarms. Still be dangerous in game two.

The sweat rate calculator, the game day clock and the electrolyte picks are at uncommittedu.com/hydration. Free, no account.

[Uncommitted University](#) | [Complete Player Development](#) | Not medical advice. Talk to your doctor or athletic trainer before adding any supplement, and check your league and school rules on supplements first.