



# DRINK TO WIN

## Level II Coaches Course



# IMPORTANCE

- Hydration is an underrated issue in tennis
- Some players and coaches are unaware of the basic aspects of hydration: what, how much, when and why?
- Having good hydration habits can help players to win a lot of matches



# IMPORTANCE (II)

- Coaches should teach hydration habits in the same way they teach technique or tactics
- Players should develop hydration habits as a routine from childhood
- Hydration, nutrition and sleep are part of the “INVISIBLE TRAINING” that is very important



# IMPORTANCE (III)

- Players cannot afford to have bad hydration habits
- Fluid is lost during exercise, largely through sweating
- A fluid loss equal to 1% of body weight can result in a reduction of physical fitness



# REASONS FOR DRINKING?

- Immediately before playing: PREPARES THE BODY
- During play: HELPS ENERGY SUPPLY TO MUSCLES (Carbohydrates)
- Immediately after playing: HELPS IN THE RECOVERY AND REPLENISHES THE FLUID LOST



# DEHYDRATION

- A slight dehydration can undermine the player's energy and reduce his performance
- In some cases the feeling of being thirsty can be a symptom of dehydration
- So, don't wait to be thirsty to drink water!



# FACTORS THAT AFFECT THE AMOUNT OF FLUID LOST

- Temperature
- Humidity
- Intensity of exercise
- Training status
- Acclimatisation
- Size of body surface
- How well hydrated you are
- Clothing
- Sweat rate



# MONITORING HYDRATION LEVELS

- Check the colour of your urine. It should be always straw coloured and plentiful

## FINDING OUT THE FLUID LOST

- Weigh yourself before and after exercise, without clothes and dry
- 1 kg. of weight loss indicates 1 litre of fluid loss



# CHECKING DEHYDRATION

- After or during exercise, pinch the skin on the back of your hand
- If you are well hydrated, once you let go, it should snap back
- If the skin remains in the pinched position for several seconds or more, you may be in need of fluids and should begin rehydration immediately



# REHYDRATION

- The body has to absorb fluids as fast as possible
- There are some fluids that are absorbed 30% faster than water
- These fluids are the ones which have a carbohydrate solution lower than 8%
- If the percentage is higher, the absorption will be lower



# WHAT TO DRINK (I)

- The most important nutrient a player needs is water
- It is the best replacement fluid for most players
- When a player sweats he loses more water than electrolytes. Therefore, during a match, water replacement is the main concern
- Water is all natural, 100% pure, low sodium, fat free, no cholesterol, no calories, thus it fits the description of a perfect food



# WHAT TO DRINK (II)

- After the match, electrolyte replacement is easily achieved by a normal diet
- Sports drinks are fine to use as fluid replacement after the training or match is over
- There is no evidence of any improvement of performance using these “electrolyte” drinks for events lasting less than three hours
- On the other hand, no study on carbohydrate drinks reports any reduction in performance



# WHAT TO DRINK? (III)

- Isotonic drinks (sodium, potassium, etc) scientifically tested: GATORADE, ISOSTAR, etc.
- Water
- Fruit juices
- Make your own “energy drink” according to your needs



# WHAT TO DRINK? (IV)

- If drinking commercial drinks, it is convenient to drink scientifically tested and tennis proven drinks
- Drinks should combine:
  - Fast rehydration
  - Provide energy
  - Good taste



# MAKING YOUR OWN SPORT DRINK



- There are different types:
  - Dissolve 60 gr. of glucose in 1 litre of water, and add 1 gram of salt
  - Mix 200-250 mls of unsweetened fruit juice with 800-750 mls of water. Add 1 gram of salt
- Always ensure that your drinks bottle is sterilised
- Drinks should be cold

# WHAT TO DRINK? (VI)

- Very sweet drinks do not favour the absorption of the fluid
- Avoid fizzy drinks, alcohol, coffee or tea: they are counter active
- Coffee, tea or colas contain caffeine which is a diuretic substance which promotes fluid loss, causing even faster dehydration



# TYPES OF DRINKS

- Drinks with a low concentration in carbohydrates
- Isotonic drinks (6-8% carbohydrates)
- If it's cold and/or the match/tournament is longer it may be useful to use a drink with slighter higher concentration but never higher than 16%



# WHEN TO DRINK? (II)

- DO NOT wait until you are thirsty to drink
- Drink:
  - Before
  - During
  - After play
- In training as well as in matches





## Prior to the match

- The day before training or competition, players should start drinking early
- Take in fluid in small but frequent amounts in the hours prior to the match
- To remain hydrated, research has shown that a player should drink 4 to 6 cups of liquid 2 hours before a match and 2 to 4 cups of liquid 15-20 minutes before a match

# WHEN TO DRINK? (III)

- The day before training or competition:
  - Start drinking early
  - 2 hours before: 4 to 6 cups (small but frequent amounts)
  - 15-20 minutes before: 2 to 4 cups
- During play: 1 glass each 15 mins. of play
- After play: Drink until they feel all right



# CONCLUSIONS

- Drinking is very important for the player's performance
- Drink before, during and after the match
- Do not wait until being thirsty to drink
- The hotter the day and the longer the match are, the more the player has to drink

