



Cool Zone Game Plan

Pre Game/Practice

A player who practices preventative health performs at higher levels. You should drink 17-20 oz. of water or power aid one or more hours before practice or game time and another 7-10 oz. immediately before the activity.

During Game/Practice

To help defend your body from muscle fatigue and cramping you should re-hydrate yourself at a rate of 28-40 oz (7-10 oz. every 10-15 minutes) during every hour of competition.

Post Game/Practice

To allow proper muscle and body replenishment athletes should replace fluids at a rate of 20 ounces per pound lost during practice/game time.

Based upon the volume recommendations of the National Athletic Trainers' Association. Cass, DJ. Et al J Athl Train 35: 212-224, 2000



Cool Zone Game Plan

Pre Game/Practice

A player who practices preventative health performs at higher levels. You should drink 17-20 oz. of water or power aid one or more hours before practice or game time and another 7-10 oz. immediately before the activity.

During Game/Practice

To help defend your body from muscle fatigue and cramping you should re-hydrate yourself at a rate of 28-40 oz (7-10 oz. every 10-15 minutes) during every hour of competition.

Post Game/Practice

To allow proper muscle and body replenishment athletes should replace fluids at a rate of 20 ounces per pound lost during practice/game time.

Based upon the volume recommendations of the National Athletic Trainers' Association. Cass, DJ. Et al J Athl Train 35: 212-224, 2000



Cool Zone Game Plan

Pre Game/Practice

A player who practices preventative health performs at higher levels. You should drink 17-20 oz. of water or power aid one or more hours before practice or game time and another 7-10 oz. immediately before the activity.

During Game/Practice

To help defend your body from muscle fatigue and cramping you should re-hydrate yourself at a rate of 28-40 oz (7-10 oz. every 10-15 minutes) during every hour of competition.

Post Game/Practice

To allow proper muscle and body replenishment athletes should replace fluids at a rate of 20 ounces per pound lost during practice/game time.

Based upon the volume recommendations of the National Athletic Trainers' Association. Cass, DJ. Et al J Athl Train 35: 212-224, 2000



Cool Zone Game Plan

Pre Game/Practice

A player who practices preventative health performs at higher levels. You should drink 17-20 oz. of water or power aid one or more hours before practice or game time and another 7-10 oz. immediately before the activity.

During Game/Practice

To help defend your body from muscle fatigue and cramping you should re-hydrate yourself at a rate of 28-40 oz (7-10 oz. every 10-15 minutes) during every hour of competition.

Post Game/Practice

To allow proper muscle and body replenishment athletes should replace fluids at a rate of 20 ounces per pound lost during practice/game time.

Based upon the volume recommendations of the National Athletic Trainers' Association. Cass, DJ. Et al J Athl Train 35: 212-224, 2000