

## **The importance of being hydrated.**

The difference between a good performance in a game and a bad performance can often be due to your state of hydration. This is something that is well within the control of you - the player. Hydration is not just simply about drinking water. Hydration in sport is more like a strategy for maintaining performance and ensuring a speedy recovery following training and playing. This section discusses the best practices and routines currently available for ensuring good hydration before, during and following exercise.

### **Key Point 6**

**Consider 'Hydration' as a 'strategy' for improving performance and ensuring a speedy recovery.**