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Gatorade Fluid Loss Testing



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Gatorade Fluid Loss Testing

- Winter Showcase – Lancaster ,CA
 - Reach:
 - Reached 71 U15/16 teams
 - Averages:
 - Weight loss: **2.0 lbs**; **1.3%** of body weight
 - Notable Results:
 - Greatest individual weight loss:
 - Player 1:-6.4 lbs; -4.2% of body weight
 - Player 2:-5.2 lbs; -3.7% of body weight
 - Greatest team average weight loss:
 - Team A: -4.2 lbs; -2.8% of body weight
 - Greatest divisional weight loss:
 - Southeast: -2.7 lbs; -1.8% of body weight
 - 16 teams were at or above the 2.0% threshold
 - This translates to more than **21% of teams** that potentially had compromised performance due to their levels of dehydration
- Spring Showcase – Sarasota, FL
 - Reach:
 - Reached 18 teams with the FLT experience
 - Averages:
 - Weight loss: 3.2lbs ; 2.0% of body weight
 - Notable Results
 - Greatest individual weight loss:
 - Player 3: -9.6lbs; -6.4% of body weight
 - Player 4: -8.2lbs; -5.5% of body weight
 - Greatest team average weight loss:
 - Team B: -4.7lbs; -3.0% of body weight





Gatorade Fluid Loss Testing

- Why Fluid Loss Testing?
 - To promote proper hydration through hydration education
 - Research has shown that as little as 2% dehydration can affect performance by compromising mental and motor skills
 - Athletes showing an increase in body weight from the start of practice/game to the end of the practice/game, are over hydrating.
 - Athletes recording a loss in body weight from start to end of a game or training session should look to match their fluid loss.
 - Ideally, a player's weight before and after a game or training session, should be unchanged.
- 2009-2010 Season
 - Gatorade will continue to be involved in the Development Academy
 - Plans for the upcoming season are being finalized and will be communicated in the coming weeks

