

# Preseason Preparation: Fuelling Little Athletes for Success

Proper hydration, nutrition, rhythm, adapting equipment and clothing, warm-up, and core strength are all critical factors in preparing young athletes for the transition from winter to summer sports. Here's a guide on each of these aspects to help your little athletes perform at their best and stay healthy.

## 1. Hydration:

Importance of Hydration: Staying well-hydrated is crucial for young athletes. Dehydration can lead to reduced performance, fatigue, and potentially heat-related illnesses.

- Hydration Plan: Encourage athletes to start hydrating well before practice or competition. Consume fluids with electrolytes for intense activities.
- Red Flags of Dehydration: Educate athletes on the signs of dehydration, such as dark urine, dizziness, and dry mouth. If they experience any of these symptoms, it's better to rehydrate than ignore these red flags.

To keep reading, head on over to Carlingford Active Health's website for the full blog: <http://www.carlingfordactivehealth.com.au/news/preseason-preparation-fuelling-little-athletes-for-success/>

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