

December 2019

Electrolyte Drinks and Swimmers – Coach Liz

In practice earlier this week, electrolyte drinks became a week of meet topic in our daily mini team meetings in preparation for Champs this weekend (and next for our 12&Unders).

I am going to make this as simple as possible for the kids (and us parents)... All of the following helps before practice, during practice and afterwards.

1. Do kids need water at practice? Yes. All kids. All levels. Every practice. No matter the weather. They are sweating underwater and unaware its happening in most cases. Hopefully they are drinking some water all day long everyday.
2. Do kids need electrolyte replacement drinks? It is not a bad idea at all but plain water will do wonders all by itself.
3. Is Gatorade okay? Don't tell Gatorade or the NFL or whoever, but not really. The sugar content is so unnecessarily high it can be counterproductive resulting in a sugar crash. It is better than nothing. The idea is for every 2 sips of water, take 1 sip of Gatorade.
4. If a juice flavor is needed, Vitamin Water is a great alternative to Gatorade – much lower sugar. I suggest staying away from the Zero product which boasts sugar free.
5. Smart Water and the like – are they worth it? Some products are better than others. Smart Water is notorious for lower quality. Essentia (in HEB) has proven better in many tests. And the convenience of the large bottle for big meet weekends is helpful. But the plastic waste...

So how about DIY with all of our kids now “needing” their super fancy water bottles...

6. In my home we are experimenting with the following recipe making electrolyte packed water with the option to sweeten to avoid the boring water taste as needed. I asked the kids in Senior group if they wanted the recipe, so here it is...

<https://wellnessmama.com/2575/natural-sports-drink/>

We are using:

- quality sea salt (cheaper than Himalayan pink but we have that too)
- CALM as our magnesium powder (in the natural section at HEB and many places-great recovery and mood benefits, too)
- Honey, 100% fruit juice, or single serve Stevia (for on the go needs)
- Whole Foods Vitamin C Powder – we are adding a serving of this both for health and taste (this powder is about 1/3 the cost of Emergen-C and is super helpful for both performance/energy and immune system boosts)

Bonus: If your kids are milk drinkers, far and away the best (and easiest) post practice recovery drink is milk. If you are non-dairy, SOME of the alternatives are equally high in protein, some not so much. Just check the label – we are looking for 8 grams or so per serving.