

## **Individualising Nutrition Strategies in Team Sports-Hydration**

### **Lewis James Abstract**

Training and competition increase metabolic rate (energy expenditure) and heat production, which initiates an increase in sweating to help facilitate heat loss (or at least minimise heat gain) via evaporative cooling. Athlete sweat responses show large between- and within-athlete variation, meaning that hydration needs of athletes are highly individualised, as well as specific to the athletes training demands, environmental conditions and clothing/protective equipment used. The often prolonged-duration, high-intensity nature of training and match demands in many team sports means high sweat rates are possible or even likely. When this is combined with limited opportunities to drink, as is the case in many team sports, or the potential risk of exercise-associated GI discomfort caused by high rates of fluid intake, dehydration is likely to accrue during activity and may be substantial towards the end of training sessions and matches. Thus, it is important to consider the impact of dehydration on team sports performance, with the large inter-individual variation in sweat rate and composition meaning an individualised approach to hydration in team sports is essential to optimise performance and recovery. This presentation will consider the impact of hydration on team sports performance and cover information to help athletes and support staff make decisions about assessing hydration needs and implementing hydration recommendations with team sports athletes.