

HYDRATION FOR SOFTBALL ATHLETES: WHY IT MATTERS BEFORE TRYOUTS

Whether you're gearing up for your first travel softball tryout or returning as a seasoned player, there's one performance booster that often gets overlooked—hydration. It's not just about drinking water during the game or tryouts; proper hydration starts days before you hit the field.

Why Hydration Matters

Your body is made up of roughly 60% water, and when you're training or competing in hot, humid weather (hello, Virginia summers ☀️), your body loses water faster through sweat. Even slight dehydration can lead to:

- Muscle cramps
- Fatigue
- Poor reaction time
- Headaches
- Decreased focus and performance

Softball is a game of speed, power, and precision. If you're even 1-2% dehydrated, your performance takes a hit—literally and mentally.

Pro Tips for Pre-Tryout Hydration

- Start hydrating 48 hours before tryouts—not the night before.
- Aim for at least half your body weight in ounces of water per day. (Ex: 120 lb athlete = 60 oz water minimum).
- Electrolytes matter: Add in coconut water, electrolyte tablets, or sports drinks (low sugar) if you're sweating heavily.
- Check your pee. (Yes, really!) Light yellow = you're on track. Dark = drink more water.
- Avoid high-caffeine or sugary drinks that dehydrate you.

Tryouts Hydration Strategy

- Wake up and drink 16-20 oz of water within 30 minutes.
- Sip water every 15-20 minutes throughout tryouts.
- Bring a refillable water bottle and pack extra!
- For longer sessions: Add an electrolyte mix or drink (but watch the sugar).