

FUEL · PILLAR SERIES

HYDRATION: THE MOST OVERLOOKED PERFORMANCE ENHANCER

When was the last time you forgot your skates? Never. Your stick? Unlikely. Now the real question: when was the last time you drank enough water?

Hydration gets treated like the backup goalie – everyone knows it matters, nobody pays attention until there's a problem. You can survive a practice dehydrated. You just won't perform your best.

01 YOUR BODY RUNS ON WATER

Your body is about 60% water – muscles around 75%, brain almost 80%. Even a small fluid loss starts to impact energy, reaction time, decision-making, focus, strength and power output, and recovery. Not ideal when you're trying to make plays at full speed.

02 IT HAPPENS FASTER THAN YOU THINK

Hockey is played on ice, but players can still lose 1–2 litres of fluid per hour through sweat in intense practices and games. Research shows losing as little as 2% of body weight in sweat hurts performance – for a 150 lb athlete, that's just 3 lbs of fluid. By the time you're thirsty, your performance may already be dropping.

03 3–4 LITRES A DAY + THE PEE TEST

Drink water when you wake up (add a few pinches of pink Himalayan salt and lemon juice), bring a bottle everywhere, drink with every meal, hydrate before and after every skate. Don't panic-drink a litre at warmups – stay consistent all day. Easiest test in the world: urine should be pale yellow like lemonade. Apple juice means drink more; crystal clear all day means you're overdoing it.

04 WATER FIRST. ELECTROLYTES SECOND.

For most sessions, water is your go-to. When sweat losses climb – tournaments, multi-game days, hot environments – an electrolyte mix beats a sugary sports drink, because what you lose in sweat is mostly water and sodium, not sugar. Water = daily hydration. Electrolytes = heavy sweat days. Sports drinks = long events where you also need energy.

TESTIFY TAKEAWAY

NOBODY EVER STEPPED OFF THE ICE WISHING THEY WERE MORE DEHYDRATED.

Carry a bottle. Drink throughout the day. Hydrate before and after practice. Check your urine colour. Repeat. Water isn't the most exciting performance enhancer – it's one of the most effective.