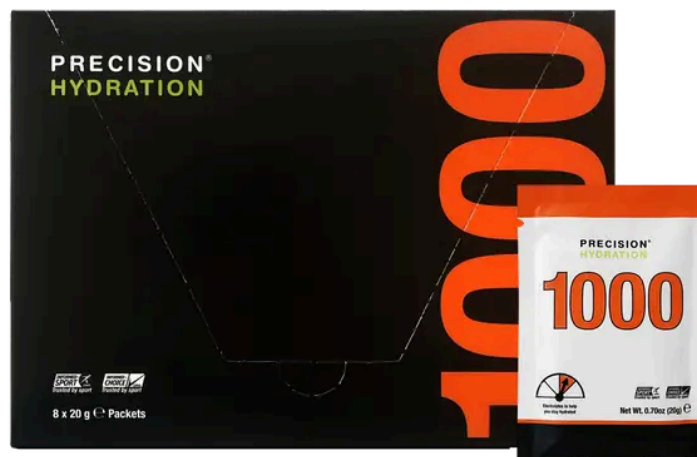


Precision Hydration Electrolyte Drink



Precision Hydration Packets will be used at LTA events. Please follow the guidelines for use below:

- For higher sweat rates, mix 2 packets of Precision Hydration 1000 mix with 1.0 liter of water (this will provide you with 1,000 mg sodium and 34 grams carbohydrate)
- For lower sweat rates, mix 1 packet of Precision Hydration 1000 with 1,000 mL (1.0 liter) of water



Please see a PHCP in the Training Room if you have any questions.



Precision Fuel

Precision Fuel 30 Carb Gel or Chew will be used at LTA events. Please note the important information below:

- Provides additional fuel source (carbohydrates) for energy
- You can include 1 gel or 1 packet of chews per hour + ~0.5L-1.0L of Precision drink mix (prepared as 2 packets mixed with 1L water) to help maintain on-court energy
- Additional chew, gel, or drink may be necessary in very warm temperatures or prolonged matches



Please see a PHCP in the Training Room if you have any questions.