



**Student-  
Athlete Peer  
Education  
Programs &  
Activities**

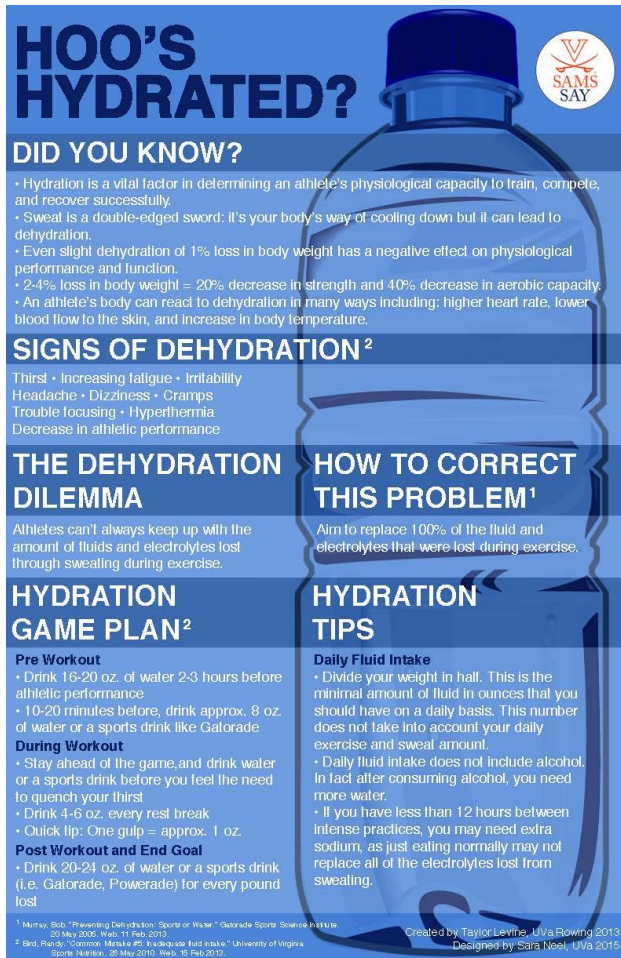
# SAM Programs Across the Country

- Focus
  - Primary – Education
  - Secondary – Community Service, Leadership
- Activities
  - Educational programming
  - Mentoring relationships
  - First year involvement and connections



- Each team must have at least two representatives
- Nomination/volunteer selection
- Directed by SAM Council
- Co-advised by Phil Gates (Athletics) & Holly Deering (Gordie Center)

# SAM Responsibilities



**HOO'S HYDRATED?**

**DID YOU KNOW?**

- Hydration is a vital factor in determining an athlete's physiological capacity to train, compete, and recover successfully.
- Sweat is a double-edged sword: it's your body's way of cooling down but it can lead to dehydration.
- Even slight dehydration of 1% loss in body weight has a negative effect on physiological performance and function.
- 2-4% loss in body weight = 20% decrease in strength and 40% decrease in aerobic capacity.
- An athlete's body can react to dehydration in many ways including: higher heart rate, lower blood flow to the skin, and increase in body temperature.

**SIGNS OF DEHYDRATION<sup>2</sup>**

Thirst • Increasing fatigue • Irritability  
Headache • Dizziness • Cramps  
Trouble focusing • Hyperthermia  
Decrease in athletic performance

**THE DEHYDRATION DILEMMA**

Athletes can't always keep up with the amount of fluids and electrolytes lost through sweating during exercise.

**HOW TO CORRECT THIS PROBLEM<sup>1</sup>**

Aim to replace 100% of the fluid and electrolytes that were lost during exercise.

**HYDRATION GAME PLAN<sup>2</sup>**

**Pre Workout**

- Drink 16-20 oz. of water 2-3 hours before athletic performance
- 10-20 minutes before, drink approx. 8 oz. of water or a sports drink like Gatorade

**During Workout**

- Stay ahead of the game, and drink water or a sports drink before you feel the need to quench your thirst
- Drink 4-6 oz. every rest break
- Quick tip: One gulp = approx. 1 oz.

**Post Workout and End Goal**

- Drink 20-24 oz. of water or a sports drink (i.e. Gatorade, Powerade) for every pound lost

**HYDRATION TIPS**

**Daily Fluid Intake**

- Divide your weight in half. This is the minimal amount of fluid in ounces that you should have on a daily basis. This number does not take into account your daily exercise and sweat amount.
- Daily fluid intake does not include alcohol. In fact after consuming alcohol, you need more water.
- If you have less than 12 hours between intense practices, you may need extra sodium, as just eating normally may not replace all of the electrolytes lost from sweating.

<sup>1</sup> Murray, Bob. "Preventing Dehydration, Sports or Water." Gatorade Sports Science Institute. 20 May 2006. Web. 11 Feb. 2013.  
<sup>2</sup> Bed, Paul. "Common Mistake #3: Inadequate Fluid Intake." University of Virginia Sports Nutrition. 20 May 2010. Web. 16 Feb. 2013.

Created by Taylor Levine, UVA Rowing 2013  
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Attend initial and on-going training

- Monthly meeting

Wellness programming

- 1 program/semester/team
- Post monthly SAMs Say posters in locker rooms

Internal resource on wellness issues and resources

# Game Night

- End of October from 7-830pm
- All student-athletes invited
- Held in the football practice field
- Pizza provided
- All-sport t-shirts



Tell us about your SAM group or activities that are held for student-athletes at your school!