

NUTRITION

Hydration and Recovery for Cheer Athletes

Hydration quietly affects strength, focus, and injury risk. A simple approach that works.

Even mild dehydration reduces power, coordination, and concentration — all things cheer demands. Hydration is a performance tool, not an afterthought.

Hydrate all day

Sip consistently throughout the day, not just at practice. Starting a session already behind is hard to recover from.

Replace what you sweat

During long or hot sessions, water plus electrolytes helps maintain performance and reduce cramping.

Recovery is a routine

Hydration, nutrition, and sleep together form the recovery base that lets athletes train hard day after day.
