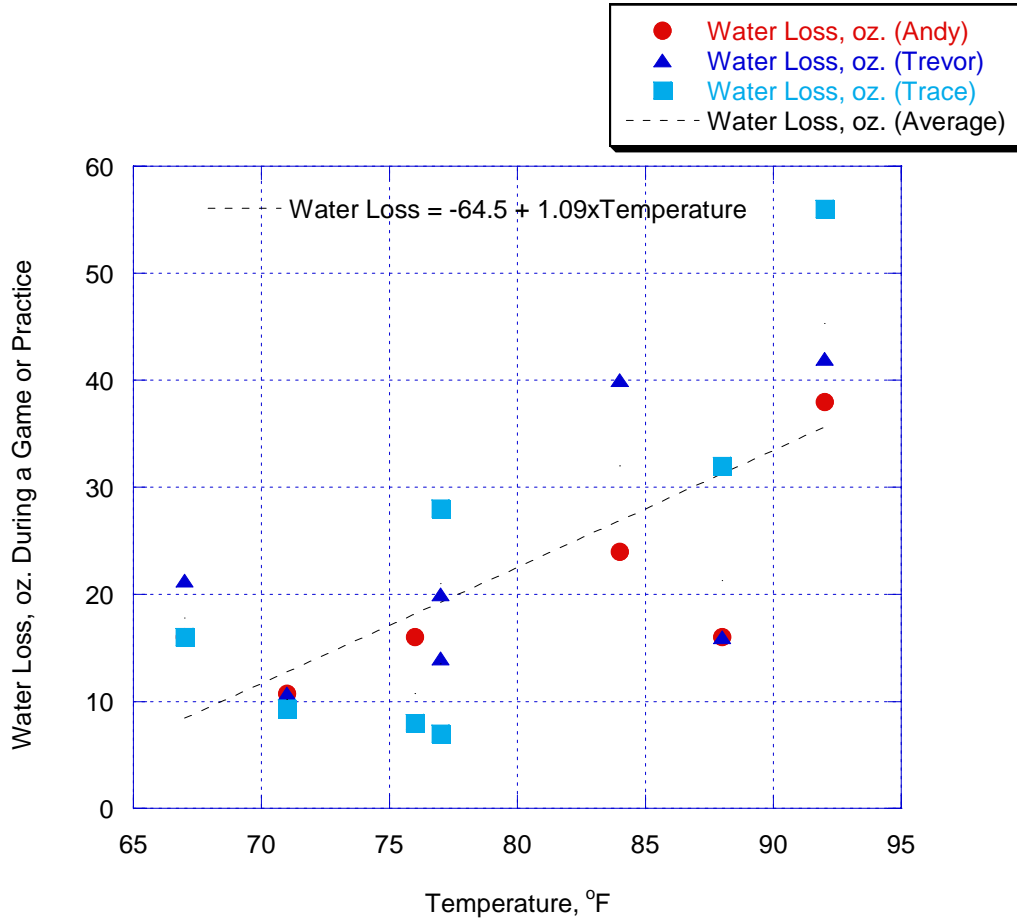


**Results of Hydration Studies
Conducted by Rampage Player, Trace R. (3/04-5/04)**



From these data, the coach concludes that players lose 10-60 oz. of fluids during a typical practice or game. Fluid loss increases with increasing temperature. It appears that for every 10°F increase in temperature, a player will lose about 12 oz. more fluid (the size of a soda can). These data suggest that in 90°F weather a typical Rampage player needs to drink 40-60 oz. of water to make up what they lose!