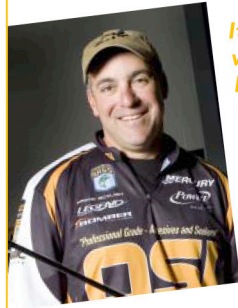


# Off the Clock

## Fishing with Frank

For good summer fishing, find the best water – to drink



*It's the dog days of summer, when the heat, humidity, and blazing sun take their toll. Unfortunately, I've seen dehydration and poor nutrition ruin many good days of fishing. For some folks, it will result in sunstroke. For others, dehydration will cause them to fish poorly, mostly because they can't concentrate. I like pizza and beer as much as the next guy, but here's what I do to stay healthy (and catch more fish) when the mercury climbs.*

### **Drink water –before you leave the dock and lots throughout the day.**

In the summer, I tell everyone on my boat to drink a bottle of water before we even leave the dock. If you wait until you're thirsty, game over. You're already dehydrated and you'll never catch up. For a day of fishing, I take eight or nine bottles of water and one

bottle of Gatorade (or another sports drink) just for me, enough for about 16 ounces an hour. If I can, I freeze the water the night before, so it thaws throughout the day.

### **Colas and energy drinks don't count.**

The most common mistake people make is to drink these instead of water. I'm a coffee fanatic, but I don't recommend anything with caffeine or sugar on the boat – you'll get a big charge of energy, then crash hard. Stay away from liquid garbage.

### **Speaking of garbage....**

That means candy bars, too, or any other food that won't fuel you properly – like pizza or junk food. When the fish are really biting, I don't have time to mess around with food that won't keep me going. I stick with protein, especially nuts like almonds, peanuts, or cashews. If time is really tight, I'll reach for a protein or meal supplement bar. Best lunch? A peanut butter sandwich. That's why survival kits always have peanut butter – it's a damn near-perfect food.

*Sponsored by OSI since 2003, pro angler Frank Scalish competes on the Bassmaster Southern Opens and the FLW BP Eastern Series tournament tours.*

**Good Fishing!** *Frank*

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