



### From the Editor: SSI News

Connecting with NCAA member institutions is one of the Sport Science Institute's best opportunities to serve student-athletes. We started the Sport Science Institute Newsletter a year ago to do just that.

Our goal was to provide relevant and interesting information to those who serve and know student-athletes best: athletic trainers, coaches, strength and conditioning coaches, physicians and athletics administrators. Your work at the institutional level to help protect the health and safety of our over 450,000 student-athletes is commendable. Over the last year, we have set out to connect with you, learn from you and provide a platform for your voice to be heard.

We have featured articles, events and fact sheets from some of the best experts in the field – the NCAA membership. No one knows our student-athletes better than those who serve them daily. For all that you do, we thank you. For reading and contributing to the SSI Newsletter, we thank you. For understanding the value of collaboration, dedication and fortitude, we thank you. We look forward to teaming up with you more in the upcoming academic year.

This month, we are bringing you a shorter version of the SSI Newsletter (SSI News) and announcing a brief summer hiatus. We will resume monthly issues – published on the second Thursday of each month – on September 11, 2014. Until then, take some time to rest, recover and prepare for the 2014-15 academic year. It will be here before we know it.

Latrice Sales, Editor  
Associate Director, NCAA Sport Science Institute



### NCAA Division II Summer Conditioning Workouts

#### ***Proposal No. 2014-13 (No. 2-20): Football Summer Workouts***

Strength and conditioning sessions have become an integral part of athletic preparation. An appropriately structured strength and conditioning program can serve to prevent injury, complement skill, and enhance an athlete's overall performance.

Proposal No. 2-20 allows Division II institutions to conduct on campus summer conditioning workouts for football beginning June 1, 2014. The National Athletic Trainers Association (NATA) College & University Athletic Trainers' Committee (CUATC) has provided resources to assist Division II athletic trainers, coaches, strength and conditioning coaches and athletics administrators address Proposal No. 2-20: Football Summer Workouts. [Click here to learn more and view the resources.](#)





### Top Sports Nutrition Organizations Feeding Education to Student-Athletes

Two prominent sports nutrition member organizations have formed an alliance with the NCAA Sport Science Institute to provide timely and relevant nutrition education for NCAA student-athletes. The Collegiate & Professional Sports Dietitians Association (CPSDA) is partnering for the first time with Sports, Cardiovascular and Wellness Nutrition (SCAN) - a dietetic practice group of the Chicago-based Academy of Nutrition and Dietetics - to author stories and sport-specific fact sheets and to translate the most current nutrition-related research into practical fueling and recovery strategies. [Read more.](#)



### Health and Safety to Be Considered in All Future Playing Rule Changes

Occasionally, rules are changed primarily to address a health and safety risk. More often, though, a rule is changed in order to ensure fairness or to adapt to changes in playing styles or equipment in a given sport. Though those rules aren't changed to address a health and safety concern, the Committee on Competitive Safeguards and Medical Aspects of Sports noted that they can still have a health and safety impact. At a June 5-7 meeting in Salt Lake City, the competitive safeguards committee called for playing rules and sport committees to evaluate the health and safety implications of every rule change and to involve the committee and Sport Science Institute whenever such potential exists. [Read more.](#)



### NCAA and DoD Educational Grand Challenge

The NCAA and the U.S. Department of Defense are embarking on a landmark \$30 million initiative to enhance the safety of student-athletes and service members. Roughly 75 percent of the money will fund the study while the remaining 25 percent of the funding will finance an educational grand challenge aimed at changing important concussion safety behaviors and the culture of concussion reporting and management. The educational grand challenge, which will open for submissions this September, seeks academic and private sector innovation to help change concussion safety behaviors and the culture of concussion reporting and management. [Read more.](#)



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