



September 2014

From the Editor: SSI Communications

Welcome to Volume 3 of the NCAA Sport Science Institute Newsletter. As we begin the fall semester, I wanted to provide you with a few updates regarding communications from the Sport Science Institute via the SSI Newsletter, SSI Alerts and @NCAA_SSI on twitter. A few things to look forward to this academic year include dynamic articles written by experts in the field, sport-specific nutrition education and a regular coach's corner with articles specifically for sport coaches. [Read more.](#)

NCAA Student-Athlete Concussion Injury Litigation: Summary of Proposed Settlement Agreement

The NCAA will provide \$70 million for concussion testing and diagnosis of current and former NCAA student-athletes as a part of its agreement to settle claims in several consolidated concussion-related class actions. The settlement agreement, which also includes educational initiatives and \$5 million in concussion research, will resolve pending class actions. To learn more about the settlement class, statement of benefits, funding, timing and member institution impact, [click here](#).

Weight Loss in Wrestling: Current State of the Science



The development of a safe, standardized approach to determining the most appropriate weight class in collegiate wrestling is critically important. The ultimate goal is for all wrestlers to begin their year within 2 percent to 5 percent of their target weight, thereby eliminating the need for descent plans. Applying sound and consistent sports nutrition strategies to wrestling training programs would help ensure that the most well-prepared, well-fueled and strongest competitors meet on the mat. [Read more.](#)

Drug Free Sport Serves Up NCAA Education Initiatives

Drug Free Sport is the nation's leader in sport drug-testing services and a proud partner of the NCAA, administering NCAA year-round and championship drug-testing programs. Drug Free Sport believes that drug-testing is necessary for ensuring fair game in sport, as well as promoting the health and safety of every student-athlete. Beyond sport drug-testing services, Drug Free Sport offers educational resources that are invaluable to student-athletes, athletic trainers, coaches, sports dietitians, administrators and parents. [Read more.](#)



Skin - The Athlete's Largest Organ



Exposure to sunlight for student-athletes and athletics staff members is a common part of outdoor athletics activities and daily life. Athletics activities often occur during the midday hours when ultraviolet (UV) radiation is most damaging, putting student-athletes and athletics staff at increased risk. Exposure to UV radiation is the most important risk factor for developing skin cancer, and data shows that more than 90 percent of NCAA student-athletes participating in outdoor sports do not use sunscreen. [Read more.](#)

Coach's Corner

Athletic Intelligence

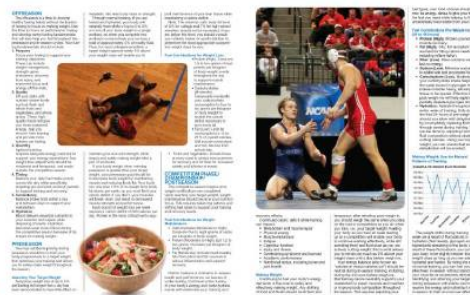
Athletes who possess superior athletic intelligence are better able to take in new information rapidly, grasp complex situations with speed and ease, and are able to generate numerous solutions to a problem. Athletic intelligence includes flexibility and adaptability, and the ability to adjust to unanticipated variables. Ultimately, athletes with superior athletic intelligence are both efficient and effective in their decision making during competition. Additionally, the athlete is able to identify when a previously learned strategy did not work and thus more readily discard the failed strategy. [Learn the components, measurement and competitive advantages of athletic intelligence.](#)



Wrestling Sports Nutrition

Wrestlers must use their strength to overpower, quickness to elude, endurance to outlast and mental sharpness to outwit their opponents. Wrestling matches require a unique blend of power, endurance and technique. Although scheduled to last seven minutes, matches can end at any moment with a fall or can extend to 11 minutes or more with overtime. Competition fueling is critical, but often it is just the tip of the performance iceberg, because weight maintenance and weight cutting can just as easily undermine performance as support it.

Click the images below to learn more about nutrition for wrestling student-athletes and to understand the 1.5% per week wrestling weight management rule.



[Wrestling Sports Nutrition Fact Sheet](#)



Upcoming Events

APPLE Conference

Mark your calendars for the NCAA Sponsored APPLE Conferences promoting student-athlete wellness and substance abuse prevention:

January 16-18, 2015 – Washington, D.C. Area (Reston, VA) at the Hyatt Regency Reston

January 23-25, 2015 – Orlando, Florida at the Hilton Orlando

Registration Is Open. Please register early as spots fill quickly! The cost is still \$350/institution (before October 31st). come basis and spots are not held for CHOICES schools. [For more information and to register, click here.](#)

Association for Applied Sport Psychology (AASP) Annual Conference

Attend the Association for Applied Sport Psychology Annual Conference October 15-18 in Las Vegas. The conference will feature over 100 workshops, lectures and symposiums; including the ability to earn CC-AASP, APA or BOC continuing education credits by attending pre-conference workshops and other designated sessions. Learn more about the conference, view the full program and [register here](#).

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