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Ebola

The purpose of this column is to provide NCAA member schools and athletic departments with basic guidance about objective, informational resources on Ebola. The NCAA recommends that member institutions rely on and monitor information provided by the Centers for Disease Control and Prevention, which is the governmental agency with primary responsibility for managing these situations. For a list of CDC resources and more information about Ebola, [click here](#).

Ask the Expert: Prevention and Treatment of Eating Disorders

Every month the Sport Science Institute Newsletter will feature a Q&A with a leading clinician about one dimension of student-athlete mental wellness. If there are topics that you would like covered, clinicians you would recommend we feature, or specific questions that you would like us to ask, please contact Emily Kroshus at ekroshus@ncaa.org. We invite your feedback about this new series. Follow us on Twitter [@NCAA_SSI](#) and join the conversation using the hashtag [#MindBodySport](#).

[Click here](#) to read the interview with leading eating disorder clinicians Ron Thompson and Roberta Sherman.

Best Practices to Address Student-Athlete Alcohol Abuse

Drinking by college students has long been viewed by many as a harmless and expected part of the transition from high school to college. The truth is that drinking is *not* harmless and is among the most serious public health problems of American college students. Student-athletes are shown to be at greater risk for abusing alcohol than their non-athlete peers and they experience more frequent negative consequences. [Read more](#)

Why Electronic Medical Record Keeping Works for Athletic Trainers

Owen Stanley, who oversees the sports medicine staff at South Dakota State University, has been relying on electronic medical records there for five years. Electronic medical records set a standard of documentation, help increase efficiency and effectiveness for he and his staff, and allow them to [analyze trends over time](#).

The Student-Athlete Training Table

Student-athletes have an additional incentive to make good food choices and to pay particular attention to the food they fill their plates with – athletic performance. Many things go into helping a student-athlete successfully perform at a high level: sport-specific training, recovery, rehabilitation, talent, strength and conditioning and nutrition (among others). The training table is the perfect opportunity to provide the fuel student-athletes need while also providing the opportunity to educate them on the importance of proper nutrition. [Read more](#)



Building a Performance Plate

Quality hours in the gym and on the practice field or court are important for improving performance, but full athletic potential can be hindered if you aren't incorporating proper fueling strategies. Whether you eat your meals in the dining hall or at home, each and every meal you consume during the day should be considered an essential part of your training regimen. Your daily "training table" or "performance plates" play a significant role in your energy levels, hydration status and recovery potential. [Click here for performance plate](#)

[suggestions and sample meals.](#)



Coach's Corner

A Female Athlete Triad Case Study

Coaches, athletics administrators and support staff who spend so much time with student-athletes cannot always wait for a broken bone or diagnosis of severe anorexia to be the reason to intervene. Unfortunately, due to budgets, location or other confounding factors, many institutions do not have reliable resources to deal with these issues. In these situations, if we don't recognize and address issues in their infancy, student-athletes may be forced to give up their sport – or worse, they could lose the battle all together. [Read more](#)



Volleyball Sports Nutrition

Collegiate volleyball is a fast-paced, demanding sport that requires year-round training and conditioning. Volleyball student-athletes maintain a high muscle mass-to-fat ratio and work hard to achieve a balance between strength, speed, endurance and skill. Workouts include strength training, conditioning; skill-building sessions and near daily games or scrimmages. The keys to developing a nutrition strategy that maximizes volleyball training and performance include; establishing a balanced and consistent core eating and hydration plan, promoting a positive team culture toward nutrition, applying sound nutrition practice before and during the game, and emphasizing recovery nutrition.

Click the images below to learn more about nutrition for Volleyball student-athletes and how to create a nutrition strategy that works well at home and on the road.



[Volleyball 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.](#)

Coaching and Sport Science College

Attend the 9th annual Coaching and Sport Science College hosted by The Center of Excellence in Sports Science and Coach Education

at East Tennessee State University. The event will take place December 5 – 6 at the Millennium Centre in Johnson City, TN. Coaches College is designed to provide attendees with cutting edge information on working with athletes, as well as network with others within the field. For more information about Coaches College, including submitting a scientific poster and registration, visit www.sportscienceed.com.

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