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Ask the Expert: Anxiety and Athletes

Anxiety disorders can affect a student-athlete's ability to function effectively – academically, athletically or socially. Symptoms of anxiety disorders often worsen under stress. A student-athlete may be experiencing stress because of the transition of being away from home and adjusting to a new living situation, or worrying about achieving academically, or meeting performance expectations in his or her sport. Leading sports psychology expert Dr. Scott Goldman, the Director of Athletic Counseling for the University of Michigan's athletic department, provides concrete suggestions for how coaches and clinicians can work together to address problematic anxiety among student-athletes. [Read more](#)

Understanding Student-Athlete Burnout



The human body needs recovery to thrive. Without it, performance can begin to suffer and/or an athlete can start breaking down. The state of burnout is often regarded as the endpoint of this breakdown process and is characterized by the absence of motivation as well as complete mental and physical exhaustion. What leads to burnout is too much training stress coupled with too little recovery. Training stress can come from a variety of sources on and off the field, such as physical training, travel, academic or social demands. [Read more](#)

Moving On: Staying Physically Active After College Sports



Maintaining physical activity across the lifespan is essential for everyone, and especially important for student-athletes transitioning out of college sports. Student-athletes may struggle with this transition and find it difficult to maintain their activity levels once they are no longer competing. Though student-athletes spend years building their fitness and health, becoming sedentary after college can quickly reverse the benefits gained from years of training. Recent data from the University of Southern California's Trojan Lifetime Champions project shows that former student-athletes are no more active or healthier than non-athlete alumni. [Read more](#)

Caffeine and Athletic Performance



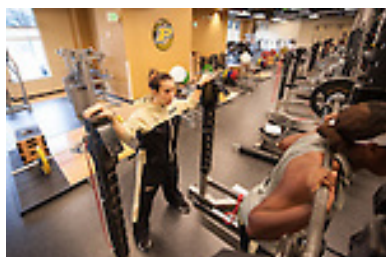
Student-athletes use caffeine as an ergogenic aid for a variety of reasons, but not all of these reasons are supported by research. Because of caffeine's potential benefits in performance, several studies and review articles on its use in athletes have been published. The consensus opinion is that caffeine is effective as an ergogenic aid for some athletes, but dosing, timing, and form are important considerations. [Read more](#)

Click the image for a fact sheet to share with your student-athletes.



Coach's Corner

Basketball Strength and Conditioning



Yearly programming and training for the long-term athletic development of basketball players requires careful planning and consideration. A sports performance coach will work alongside the sport coach to help reduce injury, improve performance on the court and help build both physically and mentally strong players that have great team chemistry, confidence, leadership skills and genuine care and love for each other. Working with a sport performance coach provides a tremendous opportunity to have consistency and continuity in training, beginning with building a quality base, meaningful gains in strength, power and conditioning and an opportunity to maintain performance gains within the competitive season. [Read more](#)

Gymnastics Sports Nutrition

From an energy delivery standpoint, gymnastics is a predominantly anaerobic sport. The rebounding and high-force landings associated with each event result in a high rate of muscle, bone and connective tissue breakdown. Gymnasts must fuel for repeated, intense efforts and restore depleted energy before the next training session.

Click the images below to learn nutrition strategies to help Gymnastics student-athletes maintain an optimal body composition throughout the season.



[Gymnastics Sports Nutrition](#)

Grant Opportunities

NCAA and US DOD Mind Matters Challenge

The NCAA and U.S. Department of Defense are now accepting proposals for the Mind Matters Challenge, a \$4 million educational grand challenge aimed at changing concussion safety behaviors. This initiative includes grants up to \$400,000 for scientific research to improve understanding of how to effect cultural change regarding concussions, and awards up to \$100,000 for an educational programs challenge to identify entities that create materials in the area of concussion education aimed at at-risk populations. To learn more about the Mind Matters Challenge, go to MindMattersChallenge.org.

USA Triathlon Women's Triathlon Emerging Sport Grant Program

USA Triathlon announces the organization's \$2.6 million Women's Triathlon Emerging Sport Grant program, created to assist Division I, II and III institutions in developing varsity triathlon programs. The multi-year grant will be awarded to NCAA institutions in order to develop, implement, grow and sustain women's triathlon at the collegiate level.

Grant application requirements are available at usatriathlon.org/ncaa. Initial grant applications are due on January 30, 2015 and awardees will be notified by February 13, 2015. USA Triathlon will officially announce grant winners on February 20 and funding will be dispersed on March 2.

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