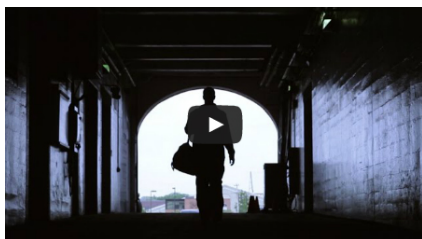




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## Ask the Expert: Athletes Connected



The University of Michigan, funded by an NCAA Innovations in Research and Practice Grant, recently created Athletes Connected to “equip student-athletes with the evidence-based skills and support they need to increase their emotional health and be successful in athletics, academics and all other aspects of their lives.” In this month’s issue of Ask the Expert, the principal investigator of Athletes Connected, Dr. Daniel Eisenberg, answers questions about the program and discusses how campuses can encourage help seeking for mental health concerns. [Read more.](#)

## Traveling with Medication



Traveling with a sports team to provide care is a routine activity for team physicians. Typically, these trips are short in duration, with very little interaction with anyone other than the athletes and staff of the team the physician is contracted with. However, the legal standing of physicians providing medical coverage is murky, and in many cases physicians could be facing allegations of practicing medicine without malpractice protection. Two medicological issues exist for the traveling team physician: 1). What is the proper way to carry and dispense medications to athletes who require them, especially when such travel takes the physician across state lines? 2). What are the legal issues implicated by traveling across state lines to provide care? [Read more.](#)

## Supporting Student-Athletes with Type 1 Diabetes

Anyone working with collegiate athletes knows how much work it takes to be both a dedicated student and a competitive athlete. It’s challenging to balance practice and games with classes and exams, not to mention trying to have a social life and maybe sleep somewhere in between. Then add trying to balance your blood sugar for optimal performance and it can seem like an astronomical task. Although the science behind our understanding of diabetes and the treatment of diabetes has come a very long way, many challenges still exist for student-athletes competing with diabetes. [Read more.](#)

## Defining and Timing Healthy Snacks



Healthy snacking is an important part of any athlete’s diet. Collegiate athletes have higher energy needs than nonathletic peers, making it harder to consume their required daily calories through a typical three-meals-per-day structure. This places importance on snacks as a strategy for obtaining additional nutritious foods. Snacking ensures adequate fuel for sport, improves muscle recovery, helps manage weight and boosts mental performance. Student-athletes should consume three meals and two to four snacks per day. The number and type of snacks are dictated by hunger in addition to academic, athletic and sleep schedules. [Read more.](#)

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



## Jump-Landing Program for Females: Development of a Systematic Progression Model



Sport movements often involve jump landings from a variety of heights and distances. These jump landings are associated with high ground reaction forces. Although athletes may have the capability to absorb these jump-landing impacts, incorrect landing technique, insufficient muscular strength, and lack of balance and neuromuscular control place the lower extremities under risk of injury. Designing and implementing jump-landing training integrating correct landing principles and specific conditioning of the lower limb may help to reduce injury prevalence and improve performance. This article focuses on targeted strategies and systematic progressions for the development of jump-landing proficiency for female athletes. [Read more\\*](#)

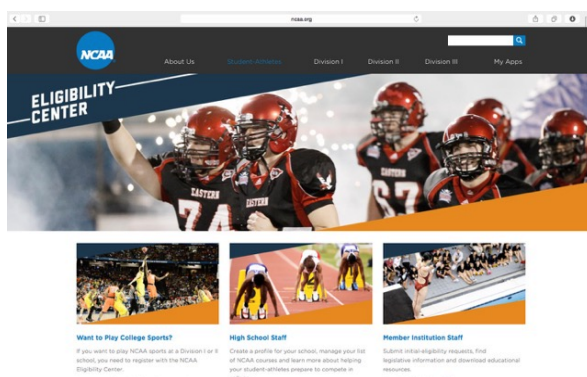
\*Provided by the National Strength and Conditioning Association (NSCA)

## NCAA Inclusion Forum

The NCAA Inclusion Forum brings together intercollegiate athletics leaders passionate about improving the educational and professional environment for student-athletes, coaches and staff. Sessions engage on a broad range of topics related to policy, research and best practices for racial and ethnic minorities, women, international student-athletes, LGBTQ and disability-access to sport. The 2015 Inclusion Forum will take place April 24 – 26 in La Jolla, California. [Register here.](#)

## NCAA Eligibility Center Launches New Website

The NCAA Eligibility Center has launched a new website at [NCAA.org/playcollegesports](http://NCAA.org/playcollegesports) to help high school student-athletes successfully transition to college. The enhanced online content gives student-athletes and counselors a broad look at the initial-eligibility process and detailed information about common eligibility situations. The new content is part of the NCAA Eligibility Center's continuing response to customer requests for key pieces of information student-athletes should know as they consider college. Student-athletes are guided through current and upcoming initial-eligibility requirements, recruiting guidelines and timelines for staying on track in high school.



A new website for high school counselors, coaches and college staff at [NCAA.org/eligibilitycenter](http://NCAA.org/eligibilitycenter) provides immediate access to initial-eligibility printouts, videos and tutorials. College student-athletes considering transferring can find specific information on requirements and timelines at [NCAA.org/transfer](http://NCAA.org/transfer).

Please share [NCAA.org/playcollegesports](http://NCAA.org/playcollegesports), [NCAA.org/eligibilitycenter](http://NCAA.org/eligibilitycenter) and [NCAA.org/transfer](http://NCAA.org/transfer) with your student-athletes, their families and your colleagues.

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