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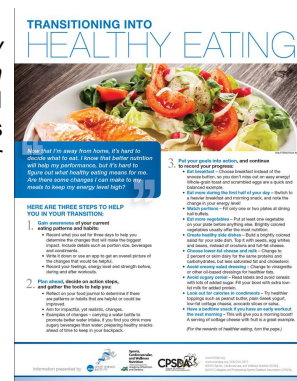
## Ask the Expert: Transition from High School to College



The transition from high school to college is a fragile period. The moment after a student-athlete waves goodbye to loved ones on that first day, he or she will face pressure to acclimate athletically, academically and socially. In this month's issue of Ask the expert, Harvard Medical School's Dr. Tim Benson explores the many challenges student-athletes face when transitioning from high school to collegiate athletics. Dr. Benson addresses these challenges, identifies signs that a student-athlete may be struggling and provides steps athletics administrators and coaches can employ to help facilitate a successful transition. [Read more](#)

## Transition into Healthy Eating

*"Now that I'm away from home, it's hard to decide what to eat. I know that better nutrition will help my performance, but it's hard to figure out what healthy eating means for me. Are there some changes I can make to my meals to keep my energy level high?"* Many student-athletes are faced with this scenario and find it difficult to develop a fueling plan that meets both caloric and nutrient needs. This fact sheet provides simple nutrition tips to support student-athletes transitioning into collegiate athletics. Click the image for more.



## How to Find the Right Fuel

Proper nutrition is necessary for collegiate athletes to train and compete successfully in their sport as well as in the classroom. Student-athletes who are better able to fuel on their own will be more prepared to train, recover better and ultimately experience greater overall health and wellness. However, the lifestyle of a student-athlete includes barriers to consistent fueling. Barriers, including perceived lack of time and resources, can interfere with getting the fuel needed at the right times to meet training and competition demands. Providing student-athletes with [simple strategies can facilitate their development of positive habits that can last throughout college athletic participation and beyond.](#)

## Cramping in Sports: Beyond Dehydration



Exercise-associated muscle cramps (EAMC) are a common, yet not very well understood phenomenon in athletic competition. Prevailing wisdom suggests that dehydration and electrolyte disturbances are the main cause of EAMC; however, review of available literature disputes this commonly made claim. This article, provided by the National Strength and Conditioning Association (NSCA) presents an examination of past and present knowledge on EAMC with the hope of facilitating a greater understanding of the possible causes for muscle cramps during exercise. [Read more\\*](#)

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

## Mind, Body and Sport: Student-Athletes in Transition



"For much of the 10 years that I've been out of uniform, I've witnessed many of my student-athletes go through their own transition of taking off their jersey for the last time." Penny Semaia, former football student-athlete at the University of Pittsburgh, now athletics administrator at his alma mater recalls his transition from collegiate athletics. "For some, it was seamless; they were able to move on to the next phase of their life and not look back. For others, it was the day they wanted to avoid the most; the day they realized they are no longer athletes. Their commitment to their sport had been their identity for as long as they remembered. Now, their identity is a question mark." [Read more of this excerpt from Mind, Body and Sport](#), a guide to understanding and supporting student-athlete mental wellness.

## Lacrosse Sports Nutrition

Often called "the fastest sport on two legs," lacrosse varies from low to very high intensities, relying on all of the major energy systems. Successful lacrosse athletes need strength, speed, agility, and endurance, as well as mental toughness, quick reaction time, fine motor skills, and sharp focus. Fueling for lacrosse requires consistency to keep up with the demands of the sport. With limited free time, many lacrosse athletes skip meals and neglect to hydrate fully, leading to fatigue, heavy legs and muscle cramps. Having a plan in place for fueling and hydrating will ensure that your body stays strong and recovers well through all phases of training. Click the image to learn how to fuel your game.



## 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](#).

## SportsMedToday.com

A new patient-focused sports medicine website for student-athletes, coaches, parents and health care professionals is now available from the American Medical Society for Sports Medicine at <http://SportsMedToday.com>.

Visitors to the site will find a searchable database with a variety of sports medicine topics arranged by sport, medical condition (injury/illness) and body part, with topics being added and updated continually throughout the year. Launching in conjunction with the website is a new quarterly patient newsletter, *Sports Medicine Today*, featuring articles on current, seasonal sports information written by sports medicine physicians.

Additional resources include:



- Explanation on what a sports medicine physician is and why a patient would want to visit one;
- Find-A-Doc function to find a sports medicine physician by name or zip code;
- AMSSM Sports Medcasts (medical podcasts) produced by AMSSM member experts;
- AMSSM Position Statements, including statements on concussion in sport and overuse injuries and burnout in youth sports; and
- Patient advocacy sites for additional health care resources.

Founded in 1991, the AMSSM is comprised of more than 2,700 sports medicine physicians from across the country who are ideally suited to provide comprehensive medical care for athletes of all ages. This new website contains comprehensive, in-depth information with content continually updated by industry professionals across the country.

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