Athletic Training Room News
Treatment/Rehab/Evaluation Hours: 9:00am-3:00pm
Be sure to always sign in before getting treatment in the ATR. Hard work needs to be documented for any medical hardship!

Please sign-up for extended treatment (manual therapy, combo, ice baths, etc.) in the schedule on Shannah’s desk.

As a reminder, our office will be closed from December 19th-25th. We will re-open on December 26th.

Student-Athlete Wellness
With B Term coming to a close, it’s important for student-athletes to think about potential ways to de-stress during this hectic time of year. Feel free to grab a roommate, teammate, or friend and attend some of these WPI events in early December for a break from studying:

Hope N Mike Night: Are you ready to confront, control, and express experiences with mental health in a more creative way? Join Active Minds on Riley Commons on 12/4 from 6:00-9:00pm.

Brown Bag Holiday Concert: Want to rock out to some holiday classics? Join us on 12/5 from 12:00-1:00pm at the Alden Memorial Great Hall. Admission is free, but please bring a non-perishable item for those less fortunate than you!

Ginger Bread House Making: Create a ginger bread village with some friends at Goat’s Head on 12/5 from 6:00-8:00pm

Thursday Karaoke: Warm up your singing voice at Goat’s Head on 12/6 from 7:00-9:00pm

Musical Bingo: Challenge your friends at Goat’s Head on 12/7 from 7:00-9:00pm

Tuesday Trivia: Bring your brains to Goat’s Head trivia on 12/4 & 12/11 from 9:00-10:30pm

Please take some time this upcoming break to spend some time with family and friends and get some much needed rest post finals. Winter can be a difficult time in the year to be motivated to be outside/active, but it’s important to keep active during your break. Whatever activity you do decide to do, be sure to stay safe out there!

Health Services and Resources: [Phone number] 508-831-5520 (e) healthcenter@wpi.edu Hours: 8:00am-5:00pm M-F

Student Development and Counseling Center: [Address] 16 Einhorn Rd. [Phone number] 508-831-5540 (e) sdcc@wpi.edu Hours: 8:00am-5:00pm M-F with walk-ins welcome between 2:00-3:00pm.

Nutrition and NCAA Updates:
For those of you that may be interested in dietary supplementation beyond what you normally consume food-wise, it’s important to have a better understanding of the potential risks of supplements (not prescribed by a Physician). Under the FDA, Dietary supplements are not classified or monitored as “conventional” food or drug products (FDA, 2018). While foods and drugs may be monitored more closely for its health and safety, supplements under the DSHEA act of 1994 have more leniency. This means that supplements in a way are “innocent until proven dangerous” where the FDA then steps in. Banned substances and other potentially hazardous ingredients may not be listed by the supplement company. Therefore if you consume a supplement, you pose the risk of having a positive drug test. More importantly, you could pose risk to your health as numerous supplements contain excessive amount of vitamins and minerals (that the body usually ingests with food and drink) potentially stressing your body unnecessarily.

If you are unsure of a supplement or would like to discuss you diet/supplement use, be sure to contact us and we can help facilitate a conversation with a qualified individual!

Supplement of the Month: ALPHA Recovery Plus by Promera

NCAA Level 1 Risk– Meaning that ingredient list does not list any banned substances of the NCAA. However, this does NOT mean that this supplement is permissible by WPI. There is potential to test positively on a drug test if a student-athlete takes this supplement. Remember YOU are responsible for the supplements you consume!

WPI Nutrition Resources: WPI Dining Services Registered Dietitian: Shavaun Cloran, RD (e) scloran@wpi.edu