GOMPEI’S DIGEST
A monthly newsletter brought to you by the WPI Sports Medicine Team

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Athletic Training Room News
The Athletic Training Staff are excited to welcome our new and returning WPI student-athletes for this upcoming year! There have been a few changes made with the organization & scheduling of the Athletic Training Room:

Treatment/Rehab/Evaluation Hours: 9:00am-3:00pm

Don’t Wait: We’re here to support you all, whether it’s a bump or bruise to a more serious matter. Don’t put off that small irritation and wait for it to become a bigger problem. We’re here to help, not keep you out of practices or games! This includes any preventative exercises like stretching, foam rolling, heating, etc.

Sign-In: Remember to always sign-in on our computer! Not only does this help show our efforts with getting better but it may be a vital component in documentation in return to play efforts or earning a year back due to a medical hardship.

Scheduling: We have a book for treatment sign-ups which includes ice baths, scraping, massage, etc. Please see the book on Shannah’s desk to sign up for treatments. You must sign up in book to be fair to your fellow student-athletes!

Student-Athlete Wellness
We’re here for the whole athlete, not just physical aspect of Athletics:

Resources
Student Development and Counseling Center: (address) 16 Einhorn Rd. (tel.) 508-831-5540 (e) sdcc@wpi.edu Hours: 8:00am-5:00pm M-F with walk-ins welcome between 2:00-3:00pm.
Health Services and Resources: (tel.) 508-831-5520 (e) healthcenter@wpi.edu Hours: 8:00am-5:00pm M-F

NCAA: Free e-book An Introduction to Mind Body and Sport

Upcoming Campus Event
WPI BSU Presents: Welcome BBQ
9/7/18 4:00-6:00pm
8 Trowbridge Street Worcester, MA

Nutrition & Hydration
As seasons are gearing up or already in full swing, it’s easy to focus on the obvious aspects of athletic performance, but often times nutrition is overlooked as a major influence on performance. It’s important to optimize fueling/hydration for game and practice to support peak performance!

Signs of dehydration: Dizziness, fatigue, headache, or dry mouth.

Hydration Tips/Resources: Drink continuously throughout the day and include foods with higher water content
2 to 3 hours before workout: 16 ounces, 15 minutes before: 8 ounces, During exertion: 4 ounces of fluid every 15 to 20min, After exertion: 16 to 20 ounces of fluid for every pound lost (1-1.5 water bottles per pound).
It’s important to consider urine color/changes in body weight pre-post practice. Hydration charts are located in Locker Rooms and in the Athletic Training Room

Avoid the RED-S: Relative energy deficiency in sport applies to both males and females! Occurs with prolonged under fueling, meaning you’re using more in life/sport than you’re consuming in calories. This can decrease your performance (decreased muscular strength, endurance performance, concentration, training response, and places you at risk for injury).

Nutrition Tips/Resources:
WPI Dining Services Registered Dietitian: Shavaun Cloran, RD (e-mail) scloran@wpi.edu
Shavaun is a great resource to use for students with questions about diet and nutrition

NCAA Updates
Supplements:
Matcha Unsweetened Green Tea & Metabolism Boosting Blast
These two Planet Smoothie drinks are a level 2 Risk for containing NCAA Banned Substances