Top Stories

Athletic Training Room News
As winter sports gear up we have just a few reminders:

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

Be sure to always sign in and sign up for extended treatment in the schedule on Shannah’s desk. With winter sports beginning soon, scheduling will be key!

Pre-season Clearance:

Be sure that all your paperwork is in on SportsWare. Please email gr-athletictrainers@wpi.edu with questions.

Please sign-up in the Athletic Training Room for baseline concussion testing, you may not lift with Impact until you have done baseline testing.

Student-Athlete Wellness

If you find yourself in need of a breather from the stress of final exams, try a quick de-stressing yoga flow:

Standing in Mountain Pose take three long deep breaths and slowly raise arms into “Y” position of the Upward Salute, moving feet shoulder width apart. Take three deep breaths again and gently bend at the waist placing the palms on the floor (or to shins for less stretch) moving into the Standing Forward Bend pose. Gently extend your legs and kneel into Cat/Cow Pose and repeat the motion of both poses 10 times. Sit back into Fire Log Pose and focus on breathing for about 2min. Slowing stand and using the back of a chair stretch your chest/arms with the Puppy Dog on Chair Pose. Gently lower self to floor and transition to the Bridge Pose, remembering to contract your core muscles as well as your glutes. Hold bridge for 10 seconds 5 times. Transition to a kneeling position with forehead pressed to the floor and reach arms above head into Child’s Pose. Here you can repeat the Cat/Cow or transition to Savasana or Corpse Pose to finish the flow, hold for 5-10min. While in Savasana you may focus on a breathing exercise: breathe in for 5 or 7 seconds, out for 5 or 7 seconds, and pause for 5 or 7 seconds and repeat 5-10 times.

Achieve with adequate Zzzzz’s!

According to the Journal of Adolescent Health 1:5 College Students pull an all-nighter at least once per month.

With WPI in the midst of final exams remember that sleep is important for both performance in the classroom and during sport. Sleep helps with improved reaction timing, decreasing injury risk, as well as improving health, mood, and GPA.

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

Nutrition for Recovery:

The NCAA Sport Science Institute defines the goals of Recovery Nutrition as: Restoring fluids and electrolytes lost through sweat during activity, replacing muscle fuel (carbohydrates) burned during exercise, and providing protein to promote muscle repair and growth.

Aim to fuel post-exercise between 30-60 min post activity. Recovery snacks could include:

- Apple/Fruit/Graham crackers with Peanut/Nut butter
- WPI Nutrition Resources: WPI Dining Services Registered Dietitian Shavaun Cloran, RD (e) scloran@wpi.edu

NCAA Updates

The Division III LGBTQ Working Group recently released new resources for the LGBTQ community in NCAA Division III after hearing the responses from members last year.

WPI and NCAA III are, “committed to diversity, inclusion, and gender equity among its student-athletes” (NCAA, 2018). We encourage you and your teammates when promoting the LGBTQ community on social media to use the initiative’s logo “ONETEAM” #d3oneteam. Be on the lookout for new LGBTQ resources from the NCAA for student-athletes.