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1

Maintain a healthy, well-rounded diet.

This includes taking in protein, vitamins, minerals, etc., and avoiding excessive carbohydrates, sugars (soft drinks)

2

Stabilize sleeping patterns.

Lack of sleep can affect the athlete during practice and games.

3

Treat the athlete like a professional.

They need rest time away from the sport for muscle and joint recovery as well as mental health recovery in high intensity/stress sports.

4

Do a sports equipment check-up.

Make sure the equipment is appropriate and in working order. Old equipment can put your athlete at risk of injury.

5

Variation is good.

Play other sports so that the athlete develops the entire body, which helps with core strength, balance, mental health and coordination.

6

Train the right way.

Investigate the trainer or coach that works with your athlete. Having the wrong training or instruction can effect the growth of your athlete. Positive attitude, maintaining good habits and discipline can all help to make sports enjoyable.

7

Partner well with coaches.

Be involved in your athlete's sport but let the coaches take the lead on the development of your athlete. The athlete needs guidance from you and commitment in time. If there are issues with your athlete you want the coach to be able to approach you to fix any issues. This includes being positive and supportive after an event.