

Finding Your Balance

Academics

- Communicate with professors, let them know when you will be absent due to competitions
- If you feel like you are falling behind, get help- tutors are available through Academic Support- contact Martha Jackson
- Time management- get organized, keep a planner with important due dates, exams and competitions
- Have regular study times each night, in a quiet atmosphere free from distraction.



Athletics

- Be dedicated to your training and to your team
- Discuss strategies and goals with coaches to be successful
- Don't over train, listen to your body, rest is a component to top performance
- "Understand that for each student-athlete there is a UNIQUE body composition for performance. Do not try to achieve a body composition or weight based on someone else's performance." (NCAA)
- Stay hydrated! Dehydration can diminish energy and impair performance. Remember to drink fluids throughout the day.



Drink at least 16 ounces (2 cups) of fluid 2 to 3 hrs before practice or competition
Drink (1 cup) 10 to 20 minutes prior to practice or competition

Self Care

- In order to be at your maximum potential at practice and in the classroom, your body needs 9 hrs of sleep each night.
- Carry some nutritious snacks in your backpack to snack on throughout the day; this will help maintain your energy. (trail mix, fruit, Granola bar, chex mix)
- When eating choose a variety of foods that are colorful to optimize nutrients in your diet.
- Think of your plate as a "peace" symbol.
- "Prioritize your health. Remember your current decisions regarding food, exercise and body weight impact you today and for the rest of your life." (NCAA)



Visit NCAA website for more information on being a successful student-athlete
<http://www.ncaa.org/wps/portal>

For more information, please contact the Office of Health Education and Promotion
UNH Health Services
862.3823
www.unh.edu/health-services