

Recovery is Key

Being a student athlete in college requires focus to take care of your body and health in many ways. When athletes are working their body to an extreme six times a week, it takes a huge toll on their bodies. Without the proper care for athletes, they are more likely to get hurt or injured. Once injured, athletes then have to go through the process of recovery. It includes taking time off of practices and games which can result in a set back as well in some cases.

It's important to focus on the main jobs that coaches and trainers tell every athlete. Some key things to remember and imbed into daily routines include staying hydrated, stretching before and after workouts/practices, eating a balanced diet, properly warming your body up before activity, getting enough hours of sleep, and seeing athletic trainers regularly throughout the week for extra care to stay healthy.



