



RAC Round-Up

Student-Athlete Freshman Survival List

Inside this issue:

What factors help a student-athlete achieve success?	2
Rest and nutrition	2
Taking performance - enhancing drugs	3
Anabolic steroids	3
Habitat for Humanity	4
Study-skills workshops	4
UW Athletic Events Schedule - October	4

1. Try to keep a balance between your social, academic and athletic lives.
2. Get as much sleep as possible and try to eat healthy, drink lots of water, and ask for the nutritionist's help when you want to lose or gain weight.
3. Be on time for meetings, practices, class, etc.
4. Don't be afraid to ask questions, regardless if you think they are "stupid questions."
5. Be prepared for everything to be faster in the classroom and on the playing field – be prepared for college level classes and a tougher workload – it's not high school anymore. And get help before it is too late.
6. Go to every class (only miss due to travel), sit as close to the front of class as possible and take good notes.
7. Be open to constructive criticism from coaches, professors, and counselors – remember, they are here to help you become better in everything you do.
8. Some professors are lenient with athletes who miss class/assignments for traveling, others are not – you have to try your best to work with each individually.
9. Read material for class ahead of time so you can follow the instructor during lecture.
10. Stay organized – use a planner to write down exam dates, when assignments or presentations are due, etc.

DATES TO REMEMBER

October

6	Family Weekend
15-17	Midterm week for many classes
22-26	Pre-Advising (Meet with Athletics Academic Coordinators)
29-31	Advising Week

November

1	Registration for student-athletes begins
2	Last day to withdraw from semester courses

December

10-14	Final Exams
-------	-------------

DID YOU KNOW...

The typical person swallows 295 times during dinner.



Rest and nutrition

What difference does rest or eating right makes? Fatigue from staying up too late too often, regularly missing meals or eating a diet of "junk food" could mean placing second instead of first, finishing a milli-behind in time, or being unable to endure an exhausting practice. In the classroom inappropriate nutrition and lack of rest can lead to inability to recall important information for an examination, or lack the energy to do creative, critical thinking.

Student athletes who disregard rest and nutrition and consider it a random event in their lives over which they have little control or interest may run the risk of performing below par in athletics and academics.

From 20 years of working with elite athletes Dr. Steven Ungerleider recognizes that rest and relaxation are factors that are necessary to create the most effective environment for mental rehearsal and mental preparation before an important athletic event. (Ungerleider, 1996).

Nutritionist Jean Barilla (1999), has emphasized the importance of balanced nutrition to boost the immune system against sickness and provide support for dealing with stress.

Student athletes face many physical and mentally stressful situations and need to make sure that they eat a variety of foods that provide a plentiful supply of nutrients.

What factors help a student-athlete achieve success?

This question should challenge every student athlete to think about decision making and what success in athletics and academics means, without using drugs. Consider the following formula:

- GENETICS
- +
- FOCUS
- +
- MOTIVATION
- +
- COACHING
- +
- ADAPTABILITY
- +
- REST & NUTRITION
- +
- INJURY MANAGEMENT
- +
- LEARNING FROM EXPERIENCE
- +
- USE OF INTELLIGENCE
- +
- POSITIVE USE OF EDUCATIONAL EXPERIENCE

Out of this list it seems at first that **genetics** is a factor that is unchangeable and not worth examining. This is not entirely true. Every individual's attitude to his or her innate ability can have a powerful influence over how that person develops his/her potential. So, choosing to be willing to work with one's genetics is an all-important factor in personal development.

Everyone who reads this formula should know that many famous, elite athletes were not highly gifted genetically. Hard, consistent work helped many student athletes compensate for average inherited ability, and they achieved outstanding results during their collegiate athletic careers.

On Oct 4th the Athletic Department is co-sponsoring Deanna Latson's program "Eat Right, Feel Good, Look Great" with ASUW and Greek Life. The event will take place in the A&S Auditorium at 7:00 pm.

Taking performance-enhancing drugs: Are you risking your health?

Are you hoping to gain a competitive edge by taking muscle building supplements or other performance-enhancing drugs?

Most young athletes can tell you that the competitive drive to win can be fierce. Besides the satisfaction of personal gain, young athletes often pursue dreams of a medal for their country, a college scholarship or a place on a professional team. In such an environment, the use of performance-enhancing drugs has become increasingly common.

For a growing number of athletes, winning at all costs includes taking performance-enhancing drugs. Some may appear to achieve physical gains from such drugs, but at what cost? The truth is, the long-term effects of performance-enhancing drugs haven't been rigorously studied. And short-term benefits are tempered by many drawbacks. Take the time to learn about the benefits, risks and many unknowns regarding so-called performance-enhancing drugs. You may decide that the benefits aren't worth the risks.

In most amateur and professional sports, the athletes who win are those with the greatest strength, speed or endurance. Consistently performing with extraordinary strength, speed or endurance is the mark of an elite player.

Sheer strength is determined by two factors: amount of muscle and the ability of nerves to stimulate muscle contraction. Some elite athletes perform special exercises specific to their sports to improve the neural stimulation of their muscles, and many do weight training to build more muscle. Some, especially

professional athletes, also take hormones, supplements and synthetic drugs to induce their bodies to build even more muscle.

The amount of muscle you have and the ability of your nerves to stimulate muscle contractions also play a big role in determining your speed. A larger muscle mass allows you to generate more power, which helps you perform short bursts of activity — a sprint or short swim race — faster.

ANABOLIC STERIODS

Some athletes take a form of steroids — known as anabolic steroids — to increase their muscle mass and strength. The main anabolic steroid hormone produced by your body is testosterone. Testosterone has two main effects on your body: Anabolic effects promote muscle building and androgenic effects are responsible for male traits, such as facial hair and a deeper voice.

The anabolic steroids that athletes use are synthetic modifications of testosterone. These drugs were developed in an attempt to maximize the anabolic effects and minimize the androgenic effects of testosterone. As it turns out, these two actions of testosterone can't be separated. Given as pills, injection or topical treatment, these hormones have many medical uses. Some of these include replacement therapy for men deficient in testosterone, helping people with AIDS maintain muscle mass and reduce muscle wasting, and treating rare types of anemia.

Why are these drugs so appealing to athletes? Besides making muscles bigger, anabolic steroids may help athletes recover from a hard workout more quickly by reducing the



amount of muscle damage that occurs during the session. In addition, some athletes may like the aggressive feelings they get when they take the drugs.

However, many athletes take anabolic steroids at doses that are much higher than those prescribed for medical reasons. The effects of taking anabolic steroids at very high doses haven't been well studied.

Anabolic steroids come with serious side effects.

Men may develop:

Prominent breasts

Baldness

Shrunk testicles

A higher voice

Infertility

Women may develop:

A deeper voice

An enlarged clitoris

Increased body hair

Baldness

Increased appetite

Both men and women might experience:

Severe acne

Liver abnormalities and tumors

Increased low-density lipoprotein

(LDL) cholesterol (the "bad" cholesterol)

Decreased high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)

Aggressive behaviors, rage or violence

Psychiatric disorders, such as depression

Drug dependence

**Habitat for Humanity:
always seeking volunteers**

Email to sign up or contact Ted (760-5517) and let him know if you wish to volunteer. In addition, there is a UW student volunteer group. If you are interested in becoming a member, helping with the website or other projects, please contact Lynne Ipina at ipina@uwyo.edu or Bailey Brown at bbrown2@uwyo.edu to be added to the email distribution list.

Tentative Habitat for Humanity schedule:

- Oct 6: Wall raising and sheathing
- Oct 13: Floor system; perhaps 2nd wall raising;
- Oct 20: Truss system; decking; house wrap
- Oct 27: Finish drying in houses; windows

**Brown & Gold
Games**

UW Athletes benefit from the support of each other. Every team has chosen a game or a match when other UW teams will come to cheer and participate in mini intermission activities. The effort will bring increased awareness for the teams as well as attract more fans. See your SAAC representative for upcoming competitions.



**Study Skills
Workshops**

- **Test Taking Roundtable**
Monday, October 01, 2007
5-6pm
Rendezvous Room (Washakie)
Speaker will provide tips and discussion. Food provided.
- **Study Skills Workshops**
Monday evenings
7-8pm
RAC War Room
Topics include:
 1. *Chatting with the Cops for Fun & Logic* —
Anthony Johnson, UWPD
 2. *Writing for Fun and Games* —
Sandra Clark, Sr. Lecturer, English

COMMUNITY SERVICE UPCOMING EVENTS

OCT. 7th Highway Clean-up:

For anybody who wants to participate, all volunteers will be meeting by Pizza Hut at 1pm.

Nov 17th Toys for Tots Drive:

The Student-Athlete Advisory Committee (SAAC) & other volunteers will be collecting toys at the football game. This effort raises money for the annual Christmas party that SAAC hosts for the local Head Start program.

November Penny War:

Fundraising/competition between men and women in athletics; The penny jugs will be placed in the RAC for the entire month.

For more information, see your team's SAAC representative

**OCTOBER
UW ATHELTICS EVENTS**

- 5 Women's Soccer vs. UNC, 3:00 pm**
- 6 Football vs. TCU, 12:00 pm**
- 9 Women's Volleyball vs. UNC, 7:00 pm**
- 13 Football vs. New Mexico, 12:00 pm**
- Women's Volleyball vs. CSU, 7:00 pm**
- 18 Women's Volleyball vs. New Mexico, 7:00 pm**
- 18 Women's Soccer vs. TCU, 3:00 pm**
- 27 Football vs. UNLV, 12:00 pm**

Special thanks for the article research and layout design provided by student contributors Corina Lazar and Andrea House.

Comments or questions regarding the *RAC Round-Up* may be directed to gcotterm@uwyo.edu.