

# Behind the Team:

## A Multidisciplinary Approach to Health and Performance of Elite Athletes



To achieve peak sport performance on the world stage, elite athletes are supported by a comprehensive care team to prevent injury and improve overall health and wellbeing.



### Illness Prevention.

Wash hands regularly (or use sanitizer), don't share food, drink bottles, skincare products, wear mask in crowded public areas, avoid touching face frequently. Choose wholesome foods daily rich in vitamin , zinc and natural probiotics. (<https://www.usopc.org/sports-medicine-education-resources>)



**Sleep.** Bank sleep when you can. Try to maintain regular bedtime schedule with a routine. Avoid caffeine 8 hours and big meals 3 hours before bed. A 20-30 min nap can revitalize without grogginess.



### Technology and Innovation:

Wearables (e.g, rings, smartwatches, Apps), can be used to guide training adjustments, monitor recovery, and prevent overtraining and injury.



### Mental Health:

Consider journaling. Or Apps like *Optimize Mind Performance* (OMP; sport focused mental skills training) or *Headspace Plus* (resources for focus, sleep, and movement content). A sports psychologist can help guide this journey.



### Nutrition:

Try the *Athlete Plate* approach (<https://www.usopc.org/nutrition>) to help ensure adequate caloric and nutrient intake to meets the demands of the sport and recovery.



### Physical Optimization:

Train with purpose and proper technique. Include strength and power training, neuromotor exercises (e.g., balance, quick direction changes), and regular stretching. Don't forget rest days!

