

EVALUATING AND INCREASING HIGH SCHOOL ATHLETES' UNDERSTANDING OF HOW RECOVERY IMPROVES PERFORMANCE AND REDUCES INJURY RISK



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Introduction

It is well known to the medical community that nutrition, sleep, hydration, active recovery, and mental wellness all have significant impacts on athletic performance and rates of injury. It is not well studied if high school student athletes know or understand this information.

The purpose of this study was twofold. The first was to evaluate the understanding that High School student athletes have of how the 5 aforementioned topics of recovery impacts their athletic performance. The second was to investigate if educating the student athletes about the 5 topics of recovery made a difference in their understanding.

ATHLETICS PARTICIPATION SURVEY TOTALS											
Year	Boys Participation	Girls Participation	Total	Year	Boys Participation	Girls Participation	Total	Year	Boys Participation	Girls Participation	Total
1973-74	3,662,861	234,015	3,896,876	1985-86	3,524,052	3,807,126	6,331,178	1997-98	3,501,268	3,807,126	6,308,394
1974-75	3,662,861	234,015	3,896,876	1986-87	3,524,052	3,807,126	6,331,178	1998-99	3,501,268	3,807,126	6,308,394
1975-76	4,320,251	234,015	4,554,266	1987-88	4,145,172	3,743,126	7,888,298	1999-2000	4,145,172	3,743,126	7,888,298
1976-77	4,320,251	234,015	4,554,266	1988-89	4,145,172	3,743,126	7,888,298	2000-01	4,145,172	3,743,126	7,888,298
1977-78	4,320,251	234,015	4,554,266	1989-90	4,145,172	3,743,126	7,888,298	2001-02	4,145,172	3,743,126	7,888,298
1978-79	4,320,251	234,015	4,554,266	1990-91	4,145,172	3,743,126	7,888,298	2002-03	4,145,172	3,743,126	7,888,298
1979-80	4,320,251	234,015	4,554,266	1991-92	4,145,172	3,743,126	7,888,298	2003-04	4,145,172	3,743,126	7,888,298
1980-81	4,320,251	234,015	4,554,266	1992-93	4,145,172	3,743,126	7,888,298	2004-05	4,145,172	3,743,126	7,888,298
1981-82	4,320,251	234,015	4,554,266	1993-94	4,145,172	3,743,126	7,888,298	2005-06	4,145,172	3,743,126	7,888,298
1982-83	4,320,251	234,015	4,554,266	1994-95	4,145,172	3,743,126	7,888,298	2006-07	4,145,172	3,743,126	7,888,298
1983-84	4,320,251	234,015	4,554,266	1995-96	4,145,172	3,743,126	7,888,298	2007-08	4,145,172	3,743,126	7,888,298
1984-85	4,320,251	234,015	4,554,266	1996-97	4,145,172	3,743,126	7,888,298	2008-09	4,145,172	3,743,126	7,888,298
1985-86	4,320,251	234,015	4,554,266	1997-98	4,145,172	3,743,126	7,888,298	2009-10	4,145,172	3,743,126	7,888,298
1986-87	4,320,251	234,015	4,554,266	1998-99	4,145,172	3,743,126	7,888,298	2010-11	4,145,172	3,743,126	7,888,298
1987-88	4,320,251	234,015	4,554,266	1999-2000	4,145,172	3,743,126	7,888,298	2011-12	4,145,172	3,743,126	7,888,298
1988-89	4,320,251	234,015	4,554,266	2000-01	4,145,172	3,743,126	7,888,298	2012-13	4,145,172	3,743,126	7,888,298
1989-90	4,320,251	234,015	4,554,266	2001-02	4,145,172	3,743,126	7,888,298	2013-14	4,145,172	3,743,126	7,888,298
1990-91	4,320,251	234,015	4,554,266	2002-03	4,145,172	3,743,126	7,888,298	2014-15	4,145,172	3,743,126	7,888,298
1991-92	4,320,251	234,015	4,554,266	2003-04	4,145,172	3,743,126	7,888,298	2015-16	4,145,172	3,743,126	7,888,298
1992-93	4,320,251	234,015	4,554,266	2004-05	4,145,172	3,743,126	7,888,298	2016-17	4,145,172	3,743,126	7,888,298
1993-94	4,320,251	234,015	4,554,266	2005-06	4,145,172	3,743,126	7,888,298	2017-18	4,145,172	3,743,126	7,888,298
1994-95	4,320,251	234,015	4,554,266	2006-07	4,145,172	3,743,126	7,888,298	2018-19	4,145,172	3,743,126	7,888,298
1995-96	4,320,251	234,015	4,554,266	2007-08	4,145,172	3,743,126	7,888,298	2019-20	4,145,172	3,743,126	7,888,298
1996-97	4,320,251	234,015	4,554,266	2008-09	4,145,172	3,743,126	7,888,298	2020-21	4,145,172	3,743,126	7,888,298
1997-98	4,320,251	234,015	4,554,266	2009-10	4,145,172	3,743,126	7,888,298	2021-22	4,145,172	3,743,126	7,888,298
1998-99	4,320,251	234,015	4,554,266	2010-11	4,145,172	3,743,126	7,888,298	2022-23	4,145,172	3,743,126	7,888,298
1999-2000	4,320,251	234,015	4,554,266	2011-12	4,145,172	3,743,126	7,888,298	2023-24	4,145,172	3,743,126	7,888,298
2000-01	4,320,251	234,015	4,554,266	2012-13	4,145,172	3,743,126	7,888,298	2024-25	4,145,172	3,743,126	7,888,298
2001-02	4,320,251	234,015	4,554,266	2013-14	4,145,172	3,743,126	7,888,298	2025-26	4,145,172	3,743,126	7,888,298
2002-03	4,320,251	234,015	4,554,266	2014-15	4,145,172	3,743,126	7,888,298	2026-27	4,145,172	3,743,126	7,888,298
2003-04	4,320,251	234,015	4,554,266	2015-16	4,145,172	3,743,126	7,888,298	2027-28	4,145,172	3,743,126	7,888,298
2004-05	4,320,251	234,015	4,554,266	2016-17	4,145,172	3,743,126	7,888,298	2028-29	4,145,172	3,743,126	7,888,298
2005-06	4,320,251	234,015	4,554,266	2017-18	4,145,172	3,743,126	7,888,298	2029-30	4,145,172	3,743,126	7,888,298
2006-07	4,320,251	234,015	4,554,266	2018-19	4,145,172	3,743,126	7,888,298	2030-31	4,145,172	3,743,126	7,888,298
2007-08	4,320,251	234,015	4,554,266	2019-20	4,145,172	3,743,126	7,888,298	2031-32	4,145,172	3,743,126	7,888,298
2008-09	4,320,251	234,015	4,554,266	2020-21	4,145,172	3,743,126	7,888,298	2032-33	4,145,172	3,743,126	7,888,298
2009-10	4,320,251	234,015	4,554,266	2021-22	4,145,172	3,743,126	7,888,298	2033-34	4,145,172	3,743,126	7,888,298
2010-11	4,320,251	234,015	4,554,266	2022-23	4,145,172	3,743,126	7,888,298	2034-35	4,145,172	3,743,126	7,888,298
2011-12	4,320,251	234,015	4,554,266	2023-24	4,145,172	3,743,126	7,888,298	2035-36	4,145,172	3,743,126	7,888,298
2012-13	4,320,251	234,015	4,554,266	2024-25	4,145,172	3,743,126	7,888,298	2036-37	4,145,172	3,743,126	7,888,298
2013-14	4,320,251	234,015	4,554,266	2025-26	4,145,172	3,743,126	7,888,298	2037-38	4,145,172	3,743,126	7,888,298
2014-15	4,320,251	234,015	4,554,266	2026-27	4,145,172	3,743,126	7,888,298	2038-39	4,145,172	3,743,126	7,888,298
2015-16	4,320,251	234,015	4,554,266	2027-28	4,145,172	3,743,126	7,888,298	2039-40	4,145,172	3,743,126	7,888,298
2016-17	4,320,251	234,015	4,554,266	2028-29	4,145,172	3,743,126	7,888,298	2040-41	4,145,172	3,743,126	7,888,298
2017-18	4,320,251	234,015	4,554,266	2029-30	4,145,172	3,743,126	7,888,298	2041-42	4,145,172	3,743,126	7,888,298
2018-19	4,320,251	234,015	4,554,266	2030-31	4,145,172	3,743,126	7,888,298	2042-43	4,145,172	3,743,126	7,888,298
2019-20	4,320,251	234,015	4,554,266	2031-32	4,145,172	3,743,126	7,888,298	2043-44	4,145,172	3,743,126	7,888,298
2020-21	4,320,251	234,015	4,554,266	2032-33	4,145,172	3,743,126	7,888,298	2044-45	4,145,172	3,743,126	7,888,298
2021-22	4,320,251	234,015	4,554,266	2033-34	4,145,172	3,743,126	7,888,298	2045-46	4,145,172	3,743,126	7,888,298
2022-23	4,320,251	234,015	4,554,266	2034-35	4,145,172	3,743,126	7,888,298	2046-47	4,145,172	3,743,126	7,888,298
2023-24	4,320,251	234,015	4,554,266	2035-36	4,145,172	3,743,126	7,888,298	2047-48	4,145,172	3,743,126	7,888,298
2024-25	4,320,251	234,015	4,554,266	2036-37	4,145,172	3,743,126	7,888,298	2048-49	4,145,172	3,743,126	7,888,298
2025-26	4,320,251	234,015	4,554,266	2037-38	4,145,172	3,743,126	7,888,298	2049-50	4,145,172	3,743,126	7,888,298
2026-27	4,320,251	234,015	4,554,266	2038-39	4,145,172	3,743,126	7,888,298	2050-51	4,145,172	3,743,126	7,888,298
2027-28	4,320,251	234,015	4,554,266	2039-40	4,145,172	3,743,126	7,888,298	2051-52	4,145,172	3,743,126	7,888,298
2028-29	4,320,251	234,015	4,554,266	2040-41	4,145,172	3,743,126	7,888,298	2052-53	4,145,172	3,743,126	7,888,298
2029-30	4,320,251	234,015	4,554,266	2041-42	4,145,172	3,743,126	7,888,298	2053-54	4,145,172	3,743,126	7,888,298
2030-31	4,320,251	234,015	4,554,266	2042-43	4,145,172	3,743,126	7,888,298	2054-55	4,145,172	3,743,126	7,888,298
2031-32	4,320,251	234,015	4,554,266	2043-44	4,145,172	3,743,126	7,888,298	2055-56	4,145,172	3,743,126	7,888,298
2032-33	4,320,251	234,015	4,554,266	2044-45	4,145,172	3,743,126	7,888,298	2056-57	4,145,172	3,743,126	7,888,298
2033-34	4,320,251	234,015	4,554,266	2045-46	4,145,172	3,743,126	7,888,298	2057-58	4,145,172	3,743,126	7,888,298
2034-35	4,320,251	234,015	4,554,266	2046-47	4,145,172	3,743,126	7,888,298	2058-59	4,145,172	3,743,126	7,888,298
2035-36	4,320,251	234,015	4,554,266	2047-48	4,145,172	3,743,126	7,888,298	2059-60	4,145,172	3,743,126	7,888,298
2036-37	4,320,251	234,015	4,554,266	2048-49	4,145,172	3,743,1					