

### **CHAMPP: Building Better Athletes through a Holistic Approach**

UR Medicine's CHAMPP team – which includes sports medicine physicians, athletic trainers, physical therapists, and exercise physiologists – is studying how a combination of athletic performance and life skills training can help young athletes not only perform better on the field, but also improve their long-term health and academic results. CHAMPP combines injury prevention, athletic performance training, nutrition, and academic support.

In partnership with the Eastside YMCA, Wegmans, and East and Webster high schools, UR Medicine launched a CHAMPP pilot in summer 2018. Three hours a day, three days a week, for 12 weeks, East High and Webster athletes came to the Eastside Y for athletic performance analysis and training delivered by Sports Medicine experts, along with nutrition counseling and post-workout meals prepared by Wegmans. The program collected health and performance statistics on each athlete before, during, and after the training – and saw improvement in athletes' physical performance, as well as the factors that reduce injury and support good health.

With financial support from the Konar Foundation, Wegmans, and generous individual donors, a new session of female athletes from East and Webster has just begun their training sessions for the second round of pilot tests. In just the first weeks of the program, these athletes are seeing dramatic improvement in their strength and sports performance, as well as in their grades thanks to tutoring support they receive at each CHAMPP training day.