Anatomy of a student athlete

With the academic midterm season winding down The Cord takes an in-depth look into the pressures that surround the lives of Laurier’s student athletes.

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Student athletes are faced with the pressures of maintaining a high academic standard, as well as keeping up with their daily schedules, training and competing.

"You get knocked down all the time, physically and mentally. But it's how you handle it that's important." - Gary Jeffries, head football coach

For the most part, though, these programs do not include the personal and mental health pressures that Student athletes are currently facing. With the clouds of uncertainty surrounding many professional sports leagues and their players regarding the use of dietary supplements, both legal and illegal, the notion that such concerns can transcend to the university and collegiate level is not lost.

"We've been to nationals every year that I've been here and had those four players rented every time," added Osborne. But while the men's football and women's hockey teams have experienced monumental success in recent years, that hasn't been the case for Laurier athletics as a whole.

"The athlete’s health is important to their success both on and off the field; these programs are seen as a way of taking in the daily routine of the student athlete.

Laurier Athletics depends upon the health and well-being of its student athletes; the burden for these programs is seen as a way of aiding in the daily routine of the student athlete.

"You get knocked down all the time, physically and mentally," said Baxter. "But it's how you handle it that's important."

"It changes you as a person and affects every other aspect of your life," said Blais. "The work you put into developing yourself in sport can transfer to your career later on.

For this reason, Canadian Interuniversity Sport (CIS), the governing body for all national level teams, has implemented both education and testing policies relating to the use of performance enhancing drugs (PEDs). This program uses random testing as a means of discouraging the use of illegal substances.

However, judging by the sport that an athlete plays and the success of his or her team, the amount of times that athletes have been tested varies dramatically.

"I’ve been tested twice," said Bouché. "I think they’re a pretty good job of testing. It’s tough when you have such a big team, but we don’t get in violation unless we feel that there’s a problem with it."