CHALLENGE #9 AN APPLE A DAY: CREATE A HEALTHY GAMING PLAN

Professional esports players’ daily regimens vary from strategy and analysis discussions to practices, however it also includes a good fitness routine in order to maintain those demands. Most team managers and coaches encourage consistency in fitness and nutrition for their players.

Challenge: Submit a healthy gaming plan for your team and club.

Award: Win a $50 Amazon Gift Card for your Club, mentoring session with an esports professional/collegiate athlete, and website/social media recognition.

Challenge Details
● Create a healthy gaming plan including the following elements:
  ○ A short physical routine that all members of the Club can complete at the beginning of each club meeting. Include photos or videos of your exercises.
  ○ A list of healthy gaming strategies for you to share with your Club. The healthy strategies can include fitness and nutrition.
  ○ Research fitness and nutrition and its impact on players performance.
● Upload your Beyond the Game Challenge idea to your Club’s social media and make sure to use the hashtag #esportsBTG, so we will be able to locate it.

Submission Requirements
● All entries must be submitted at Beyond the Game Challenges or within your Club Portal by Friday, January 31, 2020 by 5:00 pm PT|6:00 pm MT|7:00 pm CT|8:00 pm ET.
● There are two parts to submit for this challenge:
  1. Share your Beyond the Game Challenge via a link (PDF, Google Docs, Word, Google Folder, etc.) in our submission form.
  2. Respond to the following prompts:
     ■ Describe your Beyond the Game Challenge. How did you develop the concept for the Challenge? What are the key elements of the Challenge? How do you think NASEF members will respond to the Challenge (200-word limit)
     ■ How does your experience as a Coach or General Manager contribute to your career aspirations? How does it contribute to your Club? (200-word limit)
● This Challenge can only be submitted by an individual student.

Questions? For any questions, email us at info@esportsfed.org or via NASEF Community Discord.