

THE RECOVERY TEAM

Recovery is a multifactorial process. There is a fundamental role in this process for every member of an athlete’s multidisciplinary support team. Together, the team aims to ensure that athletes are mentally and physically prepared for their following training session or competition.

The multidisciplinary team, often referred to as the sports medicine/performance team, is the network of individuals who support athletes’ health, performance development and recovery. Collaboration between these individuals may result in improved recovery that would not be achieved by a single discipline alone. Figure 3 provides examples of how each member of the team can influence an athlete’s recovery.

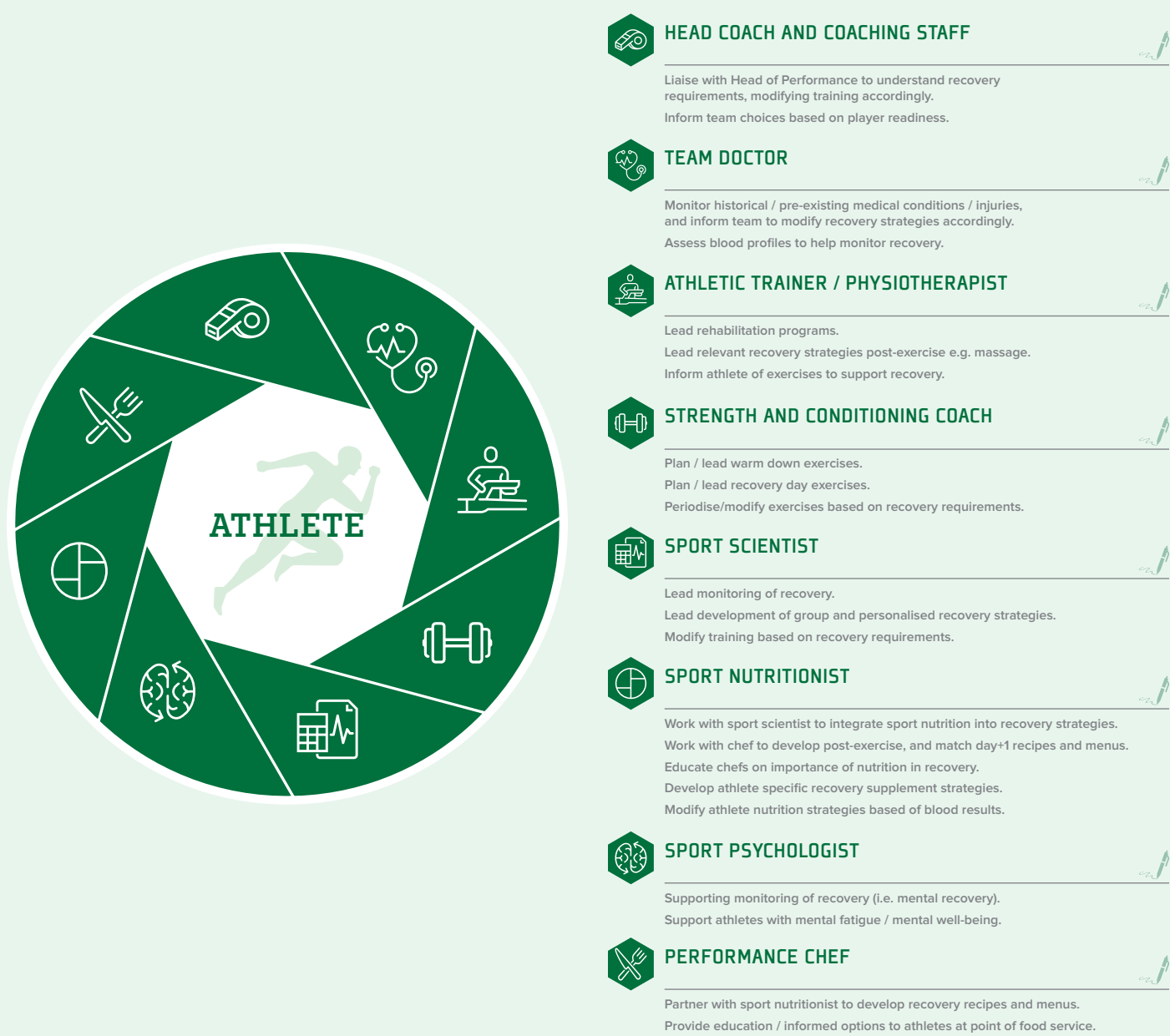


Figure 3 ▲

Examples of how the sports performance team can influence an athlete’s recovery. Space is included to list the names of recovery stakeholders for a specific athlete/team. (See pages 7 – 9 on integrating these disciplines).

Table 4 can be used to list recovery priorities, specific to the individual practitioner's role within the sports performance team. It should be considered how these priorities align with the different stakeholders within the team.

RECOVERY PRIORITIES		
PRACTITIONER'S ROLE: _____		
RECOVERY PRIORITY	RELEVANT STAKEHOLDER(S)	COMMENTS
E.g. Post-game recovery nutrition	Performance Chef, Sport Scientist	Ensure home and away post-match menus are aligned on a weekly basis

▲ **Table 4**

Space to list recovery priorities. An example priority has been included for a Nutritionist / Dietitian.