

## CHAPTER 9.

### **PANEL: ENHANCING COMPETITIVE SUCCESS THROUGH HOLISTIC PLAYER SUPPORT**

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MILO DODSON, HAYLESH PATEL, AND HILLARY PHAN

#### **ABSTRACT**

*A common trend among esports teams is focusing on immediate results and short-term success. This can lead to unhealthy environments and lifestyles. In this presentation, UCI Esports support staff will share their strategies on elevating performance through focusing on long-term wellness of esports athletes, supporting students in physical and mental health, academics, and career and life skills.*

#### **Panelists**

Dr. Milo Dodson acts as the team psychologist. He meets with each team biweekly, guiding them through discussions on conflict resolution principles, player burnout, and mental preparation. He works with players to develop healthy habits surrounding competition, constant high-stress environments, and conflict.

Haylesh Patel serves as the exercise physiologist. He runs the fitness programs for players and staff, complete with pre and

post evaluations. He provides personalized exercise and dietary plans, ergonomic consultation, as well as presentations on healthy living.

Hillary Phan focuses on player academics and professional goals. She aids players in time management and balancing their academic workload, connecting them with necessary resources like tutors or the career center. She checks-in with players on their college and career plans, critiquing resumes and advising on job applications.