

# What to Know When Providing Therapy to Elite Athletes

## Resources:

APA Division 47: <https://www.apadivisions.org/division-47>

Offensive lineman weight maintenance:

<https://www.theringer.com/nfl/2020/5/5/21246544/offensive-linemen-diet-weight-loss-gain-eating>

Some sports psychology assessments: <https://premiersportpsychology.com/assessments/>