

Beyond the Game: How Recovery Helps Student Athletes Build Strength, Resilience, and Confidence

BY NALETTA SANCHEZ

As parents of student-athletes, we've learned that success isn't just about practice, training, and game day. Recovery matters just as much.

Whether your child plays football, basketball, volleyball, soccer, hockey, track, lacrosse, or another competitive sport, their bodies are constantly being pushed to perform. Between practices, games, strength training, schoolwork, and social commitments, soreness, fatigue, stress, and emotional pressure can quickly build up.

Like many parents, we wanted to help our athletes recover better, feel better, and stay ready for the next competition — not just physically, but mentally and emotionally. That's why we added a Tylo sauna and cold plunges to our wellness routine.

WHY A TYLO SAUNA FOR OUR ATHLETES

After a hard practice or game, our athletes often come home tired, sore, and mentally drained. A session in the sauna provides a chance to slow down, relax, and begin the recovery process.

The soothing heat helps increase circulation and ease muscle tightness, while the quiet environment allows athletes to disconnect from screens and the constant demands of their schedules. It's one of the few places where they can simply relax and recharge.

THE ADDED BENEFIT OF FAR INFRARED THERAPY

One feature that stood out to us is far infrared therapy, which warms the body more deeply than traditional surface heat. Rather than heating only the air, far infrared energy penetrates muscles and soft tissues.

For student athletes, that can mean:

- Deeper muscle relaxation after practices and workouts
- Improved circulation to tired muscles and joints
- Reduced stiffness during a long season
- A gentler heat experience for longer recovery sessions

THE MENTAL STRENGTH BENEFITS OF COLD PLUNGING

Admittedly, cold plunges seemed intimidating at first — but if you can make it through the first 30 seconds, you can do it!

Cold plunge therapy has become a valuable recovery tool for athletes of all ages. With adjustable temperatures ranging from 80 to 40 degrees, athletes can find a comfortable starting point while enjoying the benefits of cold-water immersion.

Cold therapy may help reduce soreness, support recovery, and leave athletes feeling refreshed after demanding workouts. Many also report feeling more energized, mentally clear, and emotionally refreshed after a session.

WHY THE COMBINATION WORKS SO WELL

The sauna and far infrared heat promote relaxation, muscle recovery, and improved circulation, while the cold plunge helps sharpen focus, build resilience, and address inflammation. Together, they create a wellness routine that supports the body, mind, and emotional well-being.

As parents, there's nothing better than seeing our children feel strong, confident, and prepared for whatever challenge comes next. While no recovery method can replace proper training, nutrition, hydration, and sleep, incorporating heat therapy and cold plunging can be a valuable addition to a student-athlete's routine.

Because when athletes recover physically, mentally, and emotionally, they're better equipped to perform, grow, and thrive — both in sports and in life.

To learn more about these recovery options, please visit The Spa Team at 846 N. Westhill Avenue, Appleton or online at www.thespateamwi.com.