

## **P10 Male, LoL**

*How long were you a professional?*

Three years, three and half.

*What games did you play?*

LoL and Heroes, they were both MOBAs and I was on polish teams.

*Could you give me a run through of what your average routine as a pro was?*

Yeah, I would wake up and get a bagel and coffee then, because I was captain, I would work on watch session. Then we start at 10am and play 4 hours straight, take a break, then play another 6 hours. Then at the end we watch replays and then continue to play on our own in solo or duo queues. Then we usually get tea and just talk about the day, then go to sleep.

*What time would sleep?*

I would go to 2am and wake up 9am

*You played?*

At least 12 hours.

*Did you have exercise or nutrition with that?*

No, only personally. I wanted to go to dunkin every morning because I would walk there, but because I didn't have time to eat other food.

*How many days a week did you have this routine?*

Five days.

*Were you in a house?*

Before tournaments we would be in house, but otherwise we were just on the discord or teamchat all the time. IT is a rule when you sign the contract; you have to be accessible. You have to be online all the time incase owners and coaches come and check.

*Did you play more leading up to the tournaments?*

Tournaments were more chill because we just sit in a room and watch others play which is relaxing because we can drink tea, and laugh, like watching the bachelor. If you have a tournament match you practice until other games start. Then we go until last game. We watch, go to room and prepare for our matches, then compete, then go back to watching.

*What did you do after matches?*

After the matches we get more intense. If we lose I have to be like "calm the fuck down" because a lot of people get hearts broken and go blaming each other all the time.

*Have you ever experienced injuries?*

Yes it was on my right wrist. My mouse has buttons and needed to change my mouse and use more keyboard because it was too much stress. Now, I can't use a keyboard without a wrist rest. Otherwise, if I'm playing, I cannot play more than an hour, it just hurts.

*Did you ever get medical help?*

I went to a doctor who told me I needed to get an operation. My muscles were condensing on my bones and I should be taking more breaks and such. I had to ice my hands every two hours, my hands in a bucket of ice, for like 10 minutes. Then I have to dry it out before I could play again.

*Were there other issues as well?*

I get acid reflex that gets worse when I'm not eating well playing esports. Like a bagel, then pizza, and it was just bad. Lots of stomach problems.

*Have you ever had negative impacts on your psychological wellness relating to esports?*

I don't understand.

*Ok let me try again. Have you had mental issues come up because of esports?*

Oh ok. Actually, I kinda get more benefits at first because I was a bad public speaker because I felt judged. But after tournament games I thought "whatever fuck it" so it was good for public speaking more and being a leader. I like doing things and being the first. But after, I get a lot of stress. Not because of the game, but about how long I can do it. My stomach, wrists, competitions, it did not feel sustainable and I want my life. I'm spending 12 hours a day playing games and I felt I was missing something in life. So I went to psychologist and stuff because I was worried I was missing things. It was all connected to my future. I really did not care about the fans and knew who I was and just ignored everything coming from the fans. There was a guy that I loved and he still got criticized, and he still played very well. So after matches, I just go to my coaches, but I don't read or look on twitch or anything like that.

*You said you played two years. What made you stop?*

I began art college and it was pretty easy, all hands on. So when I left school, I was done. I had three hours of school, then went and spent all my time playing games. After I tried this, I love competing, but after LoL, I saw the situation around pro players and I did not want that. I said, I don't want this. Every relation I was in because of being professional it was doomed to fail, and people didn't know esports, and it just failed and they never understood what I was doing. You can't go out, can't be with people, so I just stopped. I wanted to be a designer and tried to be more competitive in design.

*What was your biggest source of support?*

My mom. My dad was so against it, but my mom said whatever makes you happy, do it. If I needed money or anything, she wanted me to ask and just do it. I showed my mom where I was, how good I was, and she just said ok, what do you need? My mom was the biggest support.

*Did you get support from the team you were on?*

They gave us merchandise but that was it. They were on times with payments and they have like, consulting if you ask. But you have to ask because they don't tell you they actually have it. Riot Games and Blizzard gave some support. Riot games cared about players, making sure I'm travelling and

everything is ok with customs and hotel and everything. But Blizzard didn't give a fuck. Riot would give the team baskets at the hotel, and hire a shuttle to get you around, everywhere. They were amazing.

*Based on your experience, what is the biggest health problem esports face?*

Honestly, what I'm watching, it is more mental than physical health. They are being forced to stream all the time and be on social media all the time and get more likes and fans. And it puts people in a very high level of standards. When you try something new and fail, you lose your lane and lose your fans. When you try something new, you fail, and streamers hate it. I always put myself in hard situations to try playing weak against strong and get those situations. Then in streams you get told "oh you idiot." And now, people only have scrims and that puts people into worse situations because no one feels like trying or doing other things. Most they face is mental health because they are criticized and hit all the time. You show your girlfriend you get harassed. And you can never step away because your team wants you to stay on the grid. Its narcissistic and anti-social behaviors emerge from that.