

*Do you play mostly on a team, or solo for this game?*

Well it's a team-based game so I have to play on a team. I started out playing solo but eventually moved to a team because I couldn't not do it.

*How many tournaments have you competed in?*

About five or six

*Have you won any of them?*

No (laughter)

*In a regular practice routine how often do you practice, how many hours?*

depended on the team I was in. Some people were really flexible and had easier schedules while other teams it was really hard to find time to practice. It would, at the most, practice 2 to 3 times of practice games per week, plus one or two competitive games a week. At the lowest it was one or no practices per week with one or no competitive games each week.

*So on average how many hours do you put into the game each day?*

Well I would play personally on my own time so, per day? Probably goes up to four hours per day, maybe five.

*Does that change when tournaments or matches get closer?*

I definitely do try to play a little bit more because a lot of my play style is based on muscle memory so I have to keep it all on check. So, if I don't play that's bad and it takes a while to get back on the horse, so I try to keep playing more when matches get closer.

*In your daily routine, do you do any physical exercise?*

Does arm movement count? Then no.

*Do you think it would have any affect on the game if it were part of your training routine?*

I know it's probably very wrong, but I don't think it would have any impact, I think its very wrong.

*How many hours of sleep do you usually get?*

Sleep is for the weak! Sleep is for the weak! I actually sleep a lot, just at very bad times. Something about staring at a screen, it just keeps you awake. IT suppresses your sleep hormones, or whatever it is that keeps you up. I would say I sleep 8-9 hours a day, which is the recommended amount, just not recommended to sleep at like 6 or 7am.

*Have you noticed any physical pain at all, or any physical issues that have come from eSports at all?*

The fact that it affects its sleep is the most it does physically, but the consequences of that are there are multiple times during the day where I feel like I'm going to crash because, like right now actually, I've been, definitely because of been up all night gaming. And I have to fight it because I'm not in a position where I can sleep right now, or even take a nap. So it makes me jittery sometimes, and coffee makes it even worse. I don't know if that's a personal thing or what. But not sleeping, and forcing myself to not sleep makes me really jittery.

*have you notice any neck pain, or hand pain, or wrist pain at all?*

Not any wrist pain, but I recently went to a chiropractor who told me my back and neck were messed up and he wanted me to sit better with better posture. I told him that it was because I was a student, but we all know that it's because I've been playing games all day, I just didn't want to tell him that. He told me to have better posture and stuff, but it's different when you're playing games. IT's not like doing school work or actual work where you're up 90 degrees. You're pulled into the game and get absorbed in the game, making you go hunchback and all.

*Have you tried to make changes at all to that?*

I mean the fact that I went to the chiropractor is a start. I tried making minor changes but I never fully committed to them. Now I'm back to square one but at least he knocked out some of the hooks in my back, so that's cool, I guess.

*I'm going to shift and ask a little bit about some of the psychological and mental health aspects. How much stress do you think you face as a professional each day?*

I feel like there's a reasonable amount of stress that comes with it. Funnily enough I was considering stopping because I have a lot of stuff I need to focus on and the stressful part about it is that it is always a situation of the more practice you make the better outcomes you get, and the less practice the worse you are. But the more you practice the less time you devote to your work and social life, and that's stressful. But the less practice, the more you lose, and that's stressful. So, win or lose, there's stress coming from all directions.

*What other psychological factors do you notice affecting you in eSports?*

Pressure from other teammates is one, but I wouldn't say its directly from the teammates; its more an internal struggle. I would say for the most part people don't fight with their own teammates because you know that's not the right way. You might queue up in an online game and flame everyone for being bad, but you never do that to your own teammates because you're kind of stuck with them for a short amount of time, so you want to be as constructive as possible. So it's not like teammates are toxic towards me, but if I'm underperforming, or feel like people are performing better than I am, even if I'm p[performing to a certain acceptable degree, it feels like I'm not doing enough, even if they feel like I am.

*So, would you say it is more self-inflicted?*

There's a lot of self-inflicted psychological harm, I guess. A lot of it is

*So, have you noticed any mental or psychological effects from that?*

I wouldn't say anything major. It's mostly just the sleep schedule and the work and balance, that type of stuff I mentioned earlier.

*What would you say is the biggest problem that professionals face in terms of their physical or mental health?*

the biggest, definitely, the biggest issue is finding balance with work life, and social life, and game life. The biggest issue is if you're fully committed to being eSports players, they don't have to worry about the job part, because that's their job, but even then, do people think that's the job because you're playing games for a living, that's dream? But whatever game you pick that's fun to play, that's not fun now and it's an added level of stress. Whatever escape you have by playing said game is now gone because its not a game, its literally a job, and it becomes so tiring and you cannot stand that game anymore, and that's a really tiring experience, because you're feeling withdrawal, and that's a really tiring experience.