

**(P8 Male NHL)**

*How long have you been playing pro and what games do you play?*

In terms of playing professional I play NHL, for three years now. As far as, I've played first in the world in 13 and 14, but I was too young to compete professionally. Then there was a gap where I stepped awa.

*Do you play on a team?*

What I do is all solo

*How many matches or tournaments in a season?*

It is so new that's tough. I was in 2 NHL club tournaments so far this year, with two more coming soon. Then there are a bunch of small tournaments I do, like with websites and other groups.

*Could you walk me through what an average day looks like for you?*

Right now, I have class M,W,F. I wake up and go play hockey, I play club hockey at 7am. Then I go to campus and work on the business side of the esports program here on campus, working there from 9:30 to 12:130, then class 1-4, and then I stream 5-8 MW. Tuesday and Thursday is the same only without classes.

*So you roughly play 3 hours a day?*

That's a good number, because the days I don't, I make up for it.

*The days you steam, do you play outside or only streaming?*

I say its 50/50 between working on other things or taking a night off.

*How often do you practice?*

I would say like 5 days a week.

*How much sleep do you get?*

I try to get 4-6, then catch up with 8-9 hours once a week.

*When are you going to bed?*

I'm going to bed between midnight and 2 so I can be up for 6am for hockey. But on weekends I can be up until 4am doing championships.

*Playing hockey is just personal right, not esports related?*

Yeah its real life hockey, that's my exercise.

*Do you have a nutrition plan you follow?*

I do not. I try to eat well but I don't have any real nutrition plan.

*I'm going to ask some health questions now. Have you ever experienced physica issues in esports?*

No, nothing that I can think of.

*As example, people have had wrist pain or eye pain. Anything?*

I'm surprised because I've honestly never had any of those issues. Maybe a sore thumb after a while, but never anything serious that has to be checked out.

*Do you have a set-up when you're gaming then?*

Yeah I have a dual monitor, gaming chair, the entire set-up all laid out.

*Ok cool cool. I wonder if hockey helps with that.*

It might honestly. Plus if I'm sore from hockey, I won't notice any soreness from esports. But it really isn't something I've ever noticed or thought about before.

*So I want to ask a few questions on psychological health. Are there factors that have effected you psychologically in any way?*

The only thing I can mention is that I place high and then fall one or two wins shy of getting money or making a finals, and you miss out. That's frustrating, but that's really it.

*When you feel that, would you say that is self-inflicted?*

People will joke around and say things around it, but I only care how I feel. I'm very competitive so I would say it is self-inflicted. Working in a tournament all day, then losing in the last moment can really ruin your day.

*Do you feel stress after or just the initial feelings?*

I would say it's the initial moment then you just move on, but sometimes it does come back to you in the future. Like thinking how close you are, you can notice again. Some small tournaments it sort of gets to you without the hype or pressure. But the large scale tournaments make it easier to get over it, but small ones get to me more.

*You mentioned streaming a lot. Do you ever feel anything from the streams?*

When school becomes too much, yeah I'll get a little stress. I love streaming, but there comes a point where I want a break to just play for myself. If you stream enough, you feel more like you're entertaining and not playing. If I ever feel like that I'll just go out and take a break.

*To the comments people leave get to you?*

Early on, trolls and stuff get to me. But now, I feel it got to me more than I should, but it also toned down. So I don't really notice anymore. You just start rolling with it.

*Based on your experience, what would you say is the biggest health related issue you've noticed?*

In terms of NHL, the school I go to we strategically placed our esports place near the gym. When they go to esports, they have to go through and up the gym. It is a larger incentive to try getting people to be active. I see with students and others activity is the biggest issue. But in NHL, a lot of people also play hockey, so I think they are fit and it isn't an issue. IT really varies game to game. But in a general sense, I definitely would say activity level.

*Last question, what is the biggest support you have around you?*

It is definitely a combination between my gf and parents. I met her just when I made world and regional finals, and she thought it was pretty cool and kinda funny. Then when she realized the money I make, she really jumped on board. My parents were always against it, but once I started making money they became much more supportive.