May 2, 2019

UH Statement to requesting News Media

“Multiple student-athletes were diagnosed with rhabdomyolysis in January. Each student-athlete diagnosed has recovered and returned to participating in their sport. UH Athletics has since made changes to its strength and conditioning program including a personnel change. Athletics added additional strength and conditioning staff and added additional Sports Medicine staff to assist us with identifying and addressing any training practices that may potentially jeopardize the health and welfare of our student-athletes. Sports Medicine personnel have been granted unquestionable authority over every workout. Sports Medicine personnel are authorized to step in at any time to remove a student-athlete from training who may be in distress. Under no circumstances is strength and conditioning to be used in such a way that it taxes an individual’s physical stamina beyond what is reasonably expected during intercollegiate athletic competition. These changes were communicated in a letter from UH Athletic Director, Chris Pezman, to all student-athletes, coaches, trainers and staff.”