APPENDIX A: THE E-SPORTSMAN

In search for educational content we've tried to come up with an e-sportsman profile. Finding that profile and we assume we also have course content.

Björn Nylund, sport coordinator at Yrkesinstitutet Prakticum

Karl Ögland, remedial teacher at Yrkesinstitutet Prakticum

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INTRODUCTION

As we're the first ones trying to bring e-Sports to the schools in Finland we have already some experience of it. It can be described both working uphill and at the same time be out of a quagmire, everyone thinks it's interesting but no one can give us any feedback.

The goal is to bring it, the e-Sport mindset, to every interested educational organization in Finland, no matter if it's a Swedish or Finnish speaking school. Therefor we write this documentation in a common language.

Björn Nylund

Björn is working as sport coordinator at Yrkesinstitutet Prakticum, he's responsible for the school's sport profiling and school sports. He has served as coach of various sports in 25 years and at different levels. Besides his work in school he also school coaches for the Finnish Handball federation. Since 21.1.2016 Björn also coaches the P98 national handball team.

Björn is **not** a gamer and has never been

Karl Ögland

Karl is working as a remedial teacher at Yrkesinstitutet Prakticum. He has used games in education since 2012, since 2013 Minecraft and last school year he had a project how to learn Economics through World of Warcraft. Karl is also mentor in a Minecraft project financed by the Finnish Board of Education, the project is called LärKraft,

Karl has been a gamer since 1984.

Collaboration partners

The following organizations or persons has helped us with this documentation and without their help we wouldn't be able to come up with an e-sportsman profile

- 100k eSports http://100koo.org/
- ENCE eSports http://www.ence.fi/
- Mikko Meriläinen http://mikkomerilainen.com/
- SEUL ry http://seul.fi/
- Team Menace http://www.team-menace.com/

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IN SEARCH OF A SPORTSMAN PROFILE

Why?

Ever since we started this project everyone has told us how much real sport it is, how important it is to do gym training, eat properly, sleep and have those daily routines. No one has been able to point this sportsman out. No Finnish e-Sport organization has so far been able to show us that role model.

We believe the key to bring e-Sport to the educators and sports world lay there, when we can show or prove this is like any other sport. There's no mumbo jumbo involved just because you compete in a virtual world. It's still the same basic skills needed.

How old is too old to pro game?

According to a Polygon blogpost [1] by Emily Gera on Aug 15, 2014 an average professional League of Legend gamer will retire by their mid-20s.

> *"Age is of particular importance in eSports, as youth dictates two necessary factors in being a skillful player: fine motor skills and reaction time, both of which begin to decline with age."*

These are the currently known facts but, as our collaboration partners points out, e-Sport is a relatively young sport so you can't yet say what age is too old for gaming. After all, as Mikko "DaddyO" Sohlman[2] points out, playing is mostly about logic and reactions and if you compare to ice hockey the peek of the best goalkeepers is around 32 year. Goaltending in icehockey has same similitaries with esport; reactions instead of good physical condition.

However and never the less, when we discuss this overall with the Finnish e-Sport organizations, we understand one big part of the higher retire age is because you add exercise to your daily routines and that you more and more get the mindset of a sportsman.We got two examples:

1. Markus Koskivirta[3] (SEUL) says it depends on the sport; Hearthstone for example can be compared with chess and will be completely playable even if you're 80 years old. The retire age is therefore higher than a game depending or reaction time.
2. Timo Metsäjoki[4] (100k eSports) puts out gamers probably retire around 30 something but it will depend on training and of course your personality. When we're talking about reaction time he would say equal important is having a good game sense, outsmarting, and right positioning. Training is the key.
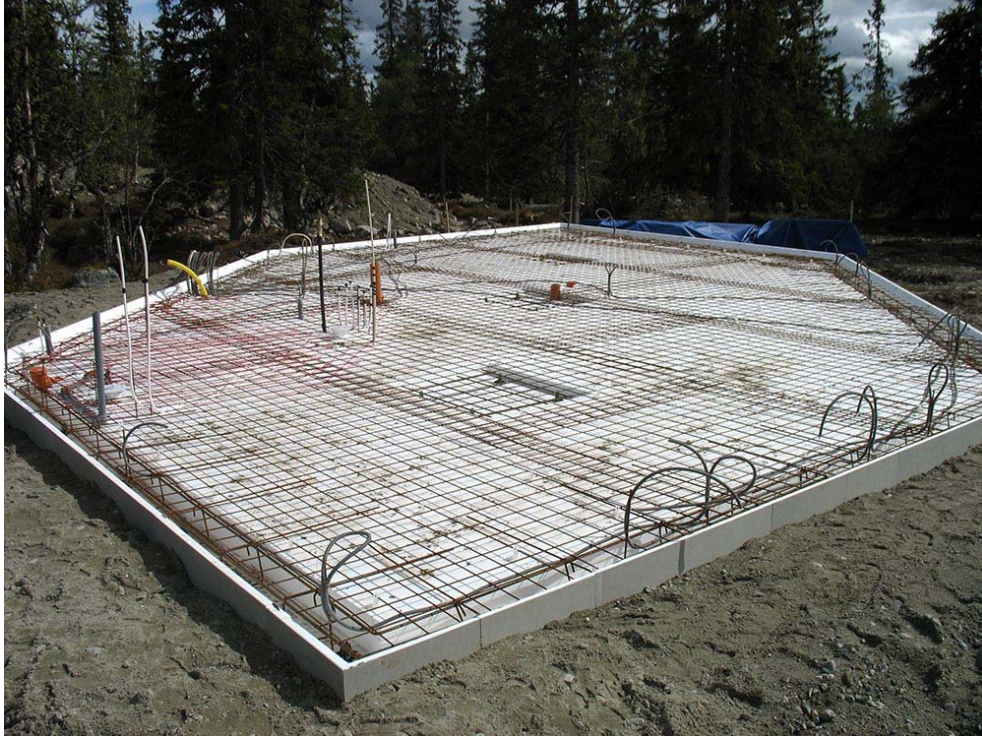
The sportsman mindset

We believe that very mindset comes from the sportsman mindset. You need a healthy living to last longer, you need to prevent for example mouse arm which can ruin your career. Also prevent back injuries and therefor ergonomics are vital for an e-Sport pro.

> *"Live healthy and you play better – quite simple." (Timo Metsäjoki)*

Timo confirms our thoughts above when he adds "as a youth work organization we like to promote healthy lifestyle as well and who wouldn't?"

Mikko Sohlman tells us that the sportsman mindset is extremely important as a professional player have to be able to set his/hers best peak in the most important matches. It's the same as in any sport; nutrition and your natural mental alertness are really important facts. A good mental/physical alertness is really hard to achieve other ways than with exercise.

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THE E-SPORTSMAN PROFILE

We're building our foundation

Together with Juha Kurppa[5] (ENCE eSports) and Teijo Sepponen[6] (Team Menace) we've come to understand a good physical condition is vital as this will affect your reaction times, helps you manage both stress and mental pressure and help you for a long time keep you concentrated in front of the screen.

> *"Eat sleep play repeat, I recommend some physical sport for everyone who play alot #esportsfi"* Miikka Kemppi @suNnycsgo (ENCE esports) - 20 Jan 2016

The image which increasingly appears in our minds does not different much from an ordinary athlete. The thing we do have to remember and is very important is that these persons usually have a very bad experience of school sports including bullying. Our goal is not to create any top athletics but give them better conditions to succeed in their hobby and maybe even more importantly educate them on useful life skills such as emotional and teamwork skills. Regardless of their future as e-Sports athletes, these skills will be important.

Teijo Sepponen was kind enough to ask his team captains to write down their daily routines and suddenly we found an existing e-sportsman [appendix ZaoC] profile! Teijo also told us his organization currently don't structure their players behaviors or routines but is working on building more planned one this year. He also puts out it would be beneficial to every organization to have healthier gamers as their can have longer careers and by sports training they can use those strengths when they have pressure in-game.

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Building block one: Workout

Juha points out long-distance running or cycling improves durability and also helps you to clear the brain. It will help you with the needed hyperactive focus on the game. At some point, he had a long walk every evening after the CS exercises, and felt that it improved his game in all its aspects as well.

Therefore some kind of physical exercise has to be on the list and we've chosen to give our students two tools to be in better shape. They are given (1) season ticket to the local swimming pool and (2) a gym membership. They're going to the gym together with Björn who also works as their personal trainer and help them build their own program that will fit them.

As the professional damage (type of injury) happen to be the same for a gamer as it's to a business ADB-technician we have to be sure we prevent back/neck pain and carpal tunnel.

Building block two: Ergonomics

Education in ergonomics has never been as important as now. It's not just a game as it can literally be the different between a stardust lives to unemployment. Besides education, we also have to have physio therapy people to check our students sitting posture and also give them the tools to fix eventual problems.

Would it be wrong to suggest a standing position? Just like a standing office? The more people sit next to the screens with bad ergonomics the worse. It certain depends on your habits and your preferences but it might we worth exploring.

A standing position for sure are easier with different games and can't be used in all, so for some of the games this might work (such as Hearthstone and Guild Wars 2) but for games like first person shooters standing and playing sounds something like more impossible. Anyhow, it's recommended take break between all the maps; stand up, flex, walk a bit and remember to drink lot of water.

Building block three: Mental coaching

With the building block number three we separate the wheat from the chaff: mental training. For this we need a sports psychologist or equivalent. Since we are in beta phase (and the sports world is still unfortunately a downside setting), we are considering alternative routes. Would it work with lectures from a fighter pilot, air traffic controls or with a former professional gamer like Juha Kurppa himself?

As we are dealing with teenagers, it is especially important for them to learn how to deal with both success and disappointment. Young people are still developing their socioemotional skills, and lost matches for example can be very distressing.

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It turns out this is a very important building block to make our students understand the concept, the mindset. We're not a bunch of people eating pizza and drinking Jolt cola, we're athletics.

Building block four: Team spirit

This turns out to be a challenge as many of our students for a reason previously have been avoiding team sports and instead sit in front of a computer. The more they have been sitting there, the better they have gotten (of course) but now we have to help them get to the next level.

The importance of be in a team and to have that team spirit! As we have figured out during the last fall, gamers in Finland have lately trying to build teams of stars. When they fail to achieve their goals they change the team instead of build a team.

"You should build a star team rather than a team of stars." Mikko Meriläinen[7], PhD candidate game education research, Helsinki University

How do we build a team? Same as usual, we dress them up as a team, we have them work in different situations as a team. We need to make them understand you have to sacrificing your ego for the team to win. People are depending on you, when you're in a team no matter if you feel to participate one training you have to do it anyway.

Being a school allows us to provide team building exercises in a non-gaming setting, something that is difficult for ordinary e-Sports organizations. Sportsmanship and friendship go together and that's also one of the benefits we'll see in the school environment, we have much better schools spirit after six months.

Building block five: Goals and goal fulfillment

This is also an excellent way for e-Sports training to provide skills that support other areas of life. Björn has the philosophy that we learn from the games we lose. When loosing, we know what we can improve and be better at. This mindset is from his handball career, it's still working in the e-Sport. There he also proved it's not that much of a difference between other sports than it's to e-Sport.

After each training and or match you have to sit down and together list what went good or what went bad. This is something we have heard both from Niko Hartikainen[8] (Iltasanomat Esports) as well as from Juha Kurppa [appendix A typical day]

This is something we believe you could have the students do themselves and take turns to be the secretary, write down and report to us the teachers. But here we need to put some lessons to make them (our students) understand it's the same mindset as in the classroom: you have a task; you send in your answers, you'll get an A or a B.

Having a team with a vision and a goal is important as well. You have something that you are working on together. So here's where we connect it to the curriculum as there's a lots of subjects we can connect to our student's interest which will help them grow as a team.

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For example, we are arranging a CS:GO tournament and have been able to connect five subjects to that event.

Of course there's also needed a team coach within their games, so far we have been working with mentoring, where older students help the younger students. As it's such a young sport we there's really no coaches to find. It might be enough we use the training skills Björn has from the handball world as it might turn out that's what they need to have.

Building block six: Responsibility

The last block in our foundation will be the responsibility block. This is where we learn the students to take action for their work and behavior: respect all, compete!

With the textbook "Swedish E-Sports Code of Conduct" [9] (or equivalent) we'll teach the code of ethics for e-sports events at all levels, for both players and organizers. The Code of Conduct also gives practical tips on what you can do to create a better environment in e-sport. It turns out you're not judged for how you look like in a game but how you behave, how you play. That's definitive something positive to bring into the classroom and school environment!

On a personal level we'd like our students to keep track of their gaming time with http://pelipaivakirja.fi/ where you among other things also can add what mood you were in, have you taken breaks from gaming and are you sleeping enough.

After the first introduction in the gym with your personal trainer you should set up an exercise schedule, take pictures of the machine you want to use and put up goals of how many repetitions you aim to do.

Also, Björn points out one day consists of 8+8+8=24 hours, where you need 8 hours of sleep, 8 hours of work (or school) and 8 hours of something else. If you want to succeed in e-Sport you have only 8 hours to use as wisely as possible.

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APPENDIX

A typical day

According to Juha Kurppa a professional gamers typical day doesn't difference so much from regular sports, in fact an e-Sportsman has more training hours per day than for example a football player or a cross country skier [10].

If we take a training day for example we do find that overall discipline in professional gamer's life.

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You may wake up, eat porridge / fruits, go to the gym / running / cycling whatever to get some physical exercise. Then you do your media work / interviews / other related tasks during the office hours. When the clock hits around 5pm, you start to do your training

First you usually hone your individual game technical skills, you play some death matches and stuff that improves your hand-eye coordination and gets you used to the guns in CS, and the recoil. You do that for the guns you play (sniper, rifles). 30-60 min of that, it's quite intensive. Then you have a small break and start to do the team training

Team training is usually like this, you run a playbook before a practice match. Go through the tactics and what you will concentrate on the next practice match. Get to the attitude of what to accomplish from the practice

After the practice, you go through the match as a team and check what worked, what didn't work, and write some notes. Rinse and repeat. Usually it's this for 4-5 hours, 1-2 different maps per day

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Two days of ZaoC's life

When we were looking for that e-Sportsman we also started to wonder if he existed. Everyone have told us it's so important with a healthy lifestyle but no one could present a role model except Team Menace. ZaoC aka Juho Uusitalo[11] is captain of their HALO team and also Finnish champions.

Friday
22.1.2016

06:30	Wake up
06:40	Shower
06:50	Walk with dog (bit over 1 km)
07:10	Walk to work
07:45	At work
07:50	Breakfast porridge
08:00	morning coffee
12:00	lunch (potatoes and crispy fish with salads), snack protein shake with rye
15:30	Gym, back and biceps training 1h
16:30	Walk home 1 km, snack, recovery
17:40	Drink
18:00	Sauna 1h
19:30	Dinner, macaroni and minced meat
20:00	Practicing starts
23:00	Break, snack, quark and banana.
01:30	Practice ends
01:30	Walk with dog bit under 1km
01:40	sleep

Saturday
23.1.2016

09:00	Wake up, dog out 1km and shower.
10:00	Breakfast rye bread and quark
12:00	errands over 2km walk, lunch macaroni and minced meat. Practice starts
15:00	break, dog out over 1km, snack, dried meat.
17:30	practice ends
17:40	walk to tram 1km
20:00	dinner at a restaurant, pork ribs, black angus hamburger and two beers.
23:00	home and walk with dog 1,5 km
01:30	sleep

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[1] "What happens when you're too old to play League of Legends professionally?"

A blogpost by Emily Gera on Aug 15, 2014

http://www.polygon.com/2014/8/15/6006211/league-of-legends-riot-games-esports-age

[9] "Nördarnas revansch", reportage in the magazine TVÅ DAGAR, Göteborgs-Posten (Sweden), January 30th 2016.

[10] Swedish E-Sports Code of Conduct

Twelve Swedish esports organizations have worked together for over a year to develop Swedish E-Sports Code of Conduct. It contains the code of ethics for e-sports events at all levels, for both players and organizers. http://www.respectallcompete.se/koden/

Correspondence

[2] Mikko "DaddyO" Sohlman @DaddyoCSGO (ENCE eSports) http://www.ence.fi/

[3] Markus Koskivirta, board member of The Finnish eSports Federation (SEUL) http://seul.fi/

[4] Timo Metsäjoki @tmetsajoki (100k esports) http://100koo.org/

[5] Juha Kurppa @aNGeldusTr (ENCE eSports) http://www.ence.fi/

[6] Teijo Sepponen @TeamMenaceCEO (Team Menace) http://www.team-menace.com/

[7] Mikko Meriläinen @MVMerilainen PhD student Game education research Helsinki University

[8] Niko Hartikainen, e-sport reporter Iltasanomat Esports

[11] Juho Uusitalo @ZaoCi team captain HALO Team Menace

Picture list

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