

Hitting those PR's Taylor Pieri

Personal Records, also known as PR's, are something that is taken very seriously in the NCAA organization. As an NCAA sports team in college, testing is something that is most frequently talked about when it comes to getting better and pushing teams to improve in strength and conditioning. This is a requirement of all teams as part of the NCAA.

When competing at a high level in sports, trying to beat personal records continuously can be challenging physically and mentally. Being able to push the human body in different ways is a challenge. Athletes must realize the focus of many aspects coming into play when focusing on taking care of their bodies. However, the mental aspect is even more important. When it comes to the moment where you are pushing your mind to beat that personal time or weight PR, staying mentally focused and positive can impact your scores more than you think. How will you train yourself to be mentally prepared? What tools will you use?

