

Continuing the focus

Heading into the month of September, practices start to begin to feel long and tiring for student athletes. Getting up for early morning practices almost seems impossible and most of these tasks that every athlete does requires mental focus. Athletes have to set goals and do their part everyday which can be hard. Even the smallest things like getting proper sleep, waking up in the morning, training every day even though their mind will tell them how exhausted they are or how they can't run that last sprint.

Some challenges student athletes have talked about is once they are done with practice, they now need energy for class and focus for their academics even while exhausted. This can be challenging but needing a certain gpa to play your sport sets things in perspective and small things like that can keep athletes organized even when getting into slumps (which everyone does!)

