**Sunday Reset as a College Student-Athlete: An Off Day on the Road**
**By Kali Young**



This past off day looked a little different than usual. After spending five days in Hawaii for games, my team's off day was technically a travel day, but we still found a way to make the most of it before heading home. We woke up early to watch the sunrise in Honolulu and went for a swim while the rest of the city was still waking up. Afterward, we walked to Island Vintage Coffee for breakfast and coffee before making our way to the airport. With everyone fed, caffeinated, and ready for the day, we headed back to the Bay Area. After a flight of about five hours, we landed in Oakland around 8 p.m. and made our way home. While most of the day was spent in an airplane, starting the morning off with a sunrise, swim, and coffee with my teammates made the long trip home feel a little less tiring. Off days do not always mean staying home or completely stepping away from a busy schedule. Sometimes, they can simply mean slowing down, enjoying the people's company around you, and making the most of the time you have.