Sunday Reset as a College Student Athlete
By Kali Young



Not every off day needs a plan to turn into a memorable one. This past off day, my friends and I decided to head to Mill Valley for lunch, with plans to get matcha in San Francisco afterward. As we drove towards the city, we realized it was Fleet Week, an annual San Francisco event featuring military aircrafts. As we crossed the Golden Gate Bridge, we had the unexpected opportunity to see the Blue Angels flying overhead, making the drive into the city even more entertaining. We continued to Kissaten HiFi in the city to get matcha before heading to Stinson Beach to watch the sunset. What started as a simple lunch outing turned into a full day of exploring the Bay; everything fell into place. Taking time to step away from a structured routine, spend time with friends, and enjoy experiences outside of sports can make the hard work throughout the week feel even more rewarding.