Sunday Reset as a College Student Athlete
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This past off day looked a little different, as it gave me the opportunity to spend extra time in Los Angeles with my mom after my team's games in Southern California. She had flown out for the weekend, and since it was also her birthday, I stayed an extra day so we could celebrate together. We spent the day walking around Los Angeles and window shopping before heading to Companion for a birthday dinner. After dinner, we stopped at Great White for dessert before returning to the hotel to end the night with a movie. Although the trip revolved around volleyball, staying an extra day allowed me to get quality time with my mom, whom I don't get to see often since I'm from South Carolina. For student-athletes, travel weekends can often revolve around competition, but spending time in a new environment can provide a refreshing change of pace. Whether exploring a new place, celebrating a special occasion, or simply relaxing, off days can provide athletes with time to recharge and enjoy time outside of sports.