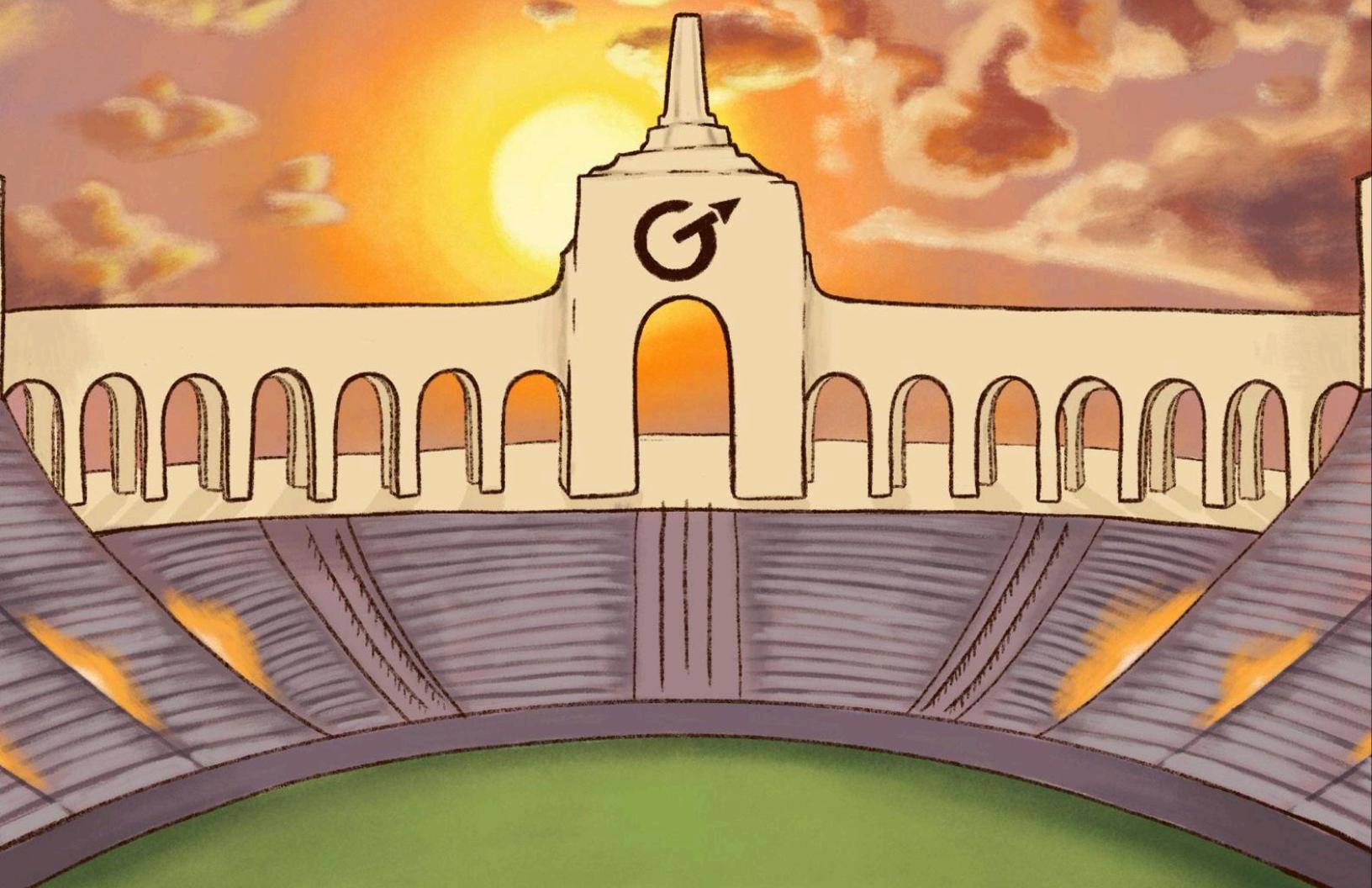




OPTIMUM MINDSET OF A RECRUIT



TRAINING CAMP INSTRUCTOR

CHASE FORREST

OPTIMUM MINDSET OF A RECRUIT

MINDSET OF AN OPTIMUM RECRUIT OVERVIEW (EPISODES 1-8)

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SOMETIMES PARENTS, COACHES AND PEERS CAN HEAVILY INFLUENCE DECISIONS. SO, YOU HAVE TO ASK YOURSELF, AM I PLAYING THIS BECAUSE I WANT TO PLAY THE GAME, OR IS IT FROM SOMEONE ELSE?"

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KOBE EMPHASIZED THAT SUCCESS WAS NOT JUST THE END GOAL, BUT CHERISHING EVERY MOMENT ALONG THE JOURNEY. HE FOUND JOY IN EVERY PRACTICE, EVERY REP IN EVERY GAME. HE LOVED THE DAILY GRIND, THE LOVE FOR IMPROVEMENT, AND THE OVERALL PASSION FOR THE SPORT."

THERE ARE VARIOUS FACTORS IN WHAT SEPARATES THE ELITE ATHLETE FROM EVERYBODY ELSE, BUT AT THE TOP OF THE LIST IS MINDSET. GOATS SUCH AS KOBE BRYANT AND TOM BRADY WERE GREAT ATHLETES, BUT IT WAS THEIR INCREDIBLY STRONG MINDSET THAT PUT THEM AT THE TOP OF THEIR SPORTS.

IN HIS GAMECHANGE TRAINING CAMP, OPTIMUM MINDSET OF A RECRUIT, FORMER CAL QUARTERBACK AND RECRUITING EXPERT CHASE FORREST USES EXAMPLES, LIKE THE STORIES OF BRYANT AND BRADY, TO ILLUSTRATE HOW TO DEVELOP AN ELITE MINDSET. THIS WORKSHEET OUTLINES A VARIETY OF THE THINGS CHASE DISCUSSED FOR YOU TO CONSIDER DURING YOUR QUEST TO BECOME ELITE.

WHY DO YOU PLAY?

THE FIRST THING YOU SHOULD ASK YOURSELF WHEN PURSUING A CHANCE TO PLAY COLLEGE SPORTS IS WHY. WHY IS THAT SO IMPORTANT TO YOU? (IS IT IMPORTANT TO YOU?) IS IT JUST SIMPLY THAT YOU LOVE PLAYING SPORTS? DO YOU LOVE TO COMPETE? DO YOU ENJOY THE FRIENDSHIPS FROM BEING ON A TEAM? IS PLAYING COLLEGE A STEPPING-STONE FOR OTHER GOALS IN LIFE? WHAT ARE THOSE GOALS?

PASSION IS YOUR FUEL

BEING ELITE WILL TAKE A LOT OF ENERGY, HARD WORK, AND TIME. IT IS NOT A STRAIGHT LINE TO SUCCESS. THERE WILL BE UPS AND DOWNS. YOUR PASSION TO PLAY WILL BE THE FUEL THAT GETS YOU THROUGH YOUR DOWNS. THE TANK EMPTIES A LOT FASTER IF THE DREAM FOR YOU TO BE ELITE BELONGS TO A COACH, A PARENT, A PEER, AND NOT YOU. SO ASK YOURSELF AGAIN, "WHY DO I PLAY?"

JUST PLAY

WHEN WORKING TOWARD YOUR GOAL OF GETTING RECRUITED TO PLAY COLLEGE, THERE ARE LOTS OF FACTORS TO CONSIDER, BUT IT ALL STARTS WITH ONE THING: YOU NEED TO PLAY.

THE JOURNEY IS THE DREAM

AT KOBE BRYANT'S RETIREMENT SPEECH, HE MADE A POINT OF SAYING THAT CHAMPIONSHIPS WEREN'T THE DREAM, IT WAS JUST THE CHANCE TO PLAY. EVERY WORKOUT, EVERY PRACTICE, EVERY GAME - THE OPPORTUNITY TO PLAY IS THE DREAM - SO JUST PLAY!

EVERY REP COUNTS

TOM BRADY STARTED AT MICHIGAN AS THE 7TH STRING QUARTERBACK. HE ONLY GOT TWO REPS EVERY PRACTICE, SO HE TREATED EACH ONE LIKE IT WAS THE SUPER BOWL. BRADY CARRIED THIS MINDSET THROUGHOUT HIS CAREER, AND IT MADE HIM A GOAT. MAKE EVERY REP COUNT WHETHER DURING A GAME, PRACTICE, OR SOLO WORKOUT.

SOLO TIME

JOHN WOODEN SAID THAT CHAMPIONS WERE MADE WHEN NO ONE WAS WATCHING. BEING ELITE MEANS PUTTING IN EXTRA TIME ON THE FIELD, TRACK, OR WEIGHT ROOM AFTER PRACTICE IS OVER.

TAKE PRACTICE SERIOUSLY

PRACTICE GIVES YOU CONFIDENCE, TRUST IN YOURSELF AND TEAMMATES TO GET THE JOB DONE, AND THE ABILITY TO LET MUSCLE MEMORY TAKE OVER AND JUST PLAY FREELY.

FAILURE

WE ALL FAIL. THE DIFFERENCE BETWEEN CHAMPIONS AND EVERYONE ELSE IS HOW WE RESPOND. FAILURE IS IMPORTANT BECAUSE IT CAN BE LEARNED FROM TO GET BETTER. LEARNING FROM EVERY FAILURE AND KEEPING A GROWTH MINDSET IS A CRUCIAL INGREDIENT TO BECOMING ELITE.

OPTIMUM MINDSET OF A RECRUIT

CHOOSING YOUR DREAM COLLEGE (EPISODE 4)

WHEN CONSIDERING WHERE YOU WANT TO PLAY COLLEGE SPORTS, IT IS IMPORTANT TO FOCUS ON THE UNIVERSITY AS A WHOLE AND NOT JUST THE ATHLETIC PROGRAM OR THE COACH.

COLLEGE OPENS MANY DOORS

EDUCATION

A GOOD EDUCATION IS SOMETHING THAT CAN NEVER BE TAKEN FROM YOU. THE KNOWLEDGE GAINED AND THE OPPORTUNITY TO SHOW THAT YOU HAVE THE DISCIPLINE, INTELLIGENCE, AND PERSISTENCE TO COMPLETE ALL FOUR YEARS OF ACADEMIC REQUIREMENTS IS SOMETHING YOU WILL CARRY FOR THE REST OF YOUR LIFE AND CAN OPEN MANY GREAT CAREER OPPORTUNITIES.

LIFE LESSONS

ATTENDING COLLEGE ISN'T JUST ABOUT GOING TO CLASS, DOING HOMEWORK, WRITING PAPERS, AND TAKING TESTS. IT IS AN OPPORTUNITY TO GROW AS A HUMAN BEING BY DEVELOPING INTERPERSONAL SKILLS, LEARNING TO ACCOMPLISH YOUR TASKS INDEPENDENTLY, HONING YOUR CRITICAL THINKING SKILLS, AND HAVING THE DISCIPLINE TO REACH LONG-TERM GOALS.

NETWORK

THE RELATIONSHIPS YOU DEVELOP WHILE ATTENDING COLLEGE, AND EVEN AFTER GRADUATING IN YOUR ALUMNI NETWORK, CAN PLAY A MASSIVE ROLE IN YOUR PERSONAL AND PROFESSIONAL LIFE. NETWORKING IS HUGE!

THINGS TO CONSIDER WHEN PICKING A COLLEGE

- WHAT IS THE ACADEMIC REPUTATION OF THE COLLEGE?
- DO THEIR ACADEMIC MAJORS ALIGN WITH YOUR LIFE GOALS?
- IS THE CAMPUS LOCATED IN A PLACE WHERE YOU WILL ENJOY LIVING?
- DO YOU PREFER A CAMPUS IN A BIG CITY OR A SMALL COLLEGE TOWN?
- WHAT IS THE CAMPUS CULTURE?
- IS IT A LARGE BUSTLING CAMPUS OR SMALL INTIMATE COMMUNITY?
- DO YOU PREFER A LARGE GREEK LIFE OR A FOCUS ON THE ARTS?

D1 OR D2?

SOME ATHLETES ARE WILLING TO RISK PLAYING TIME FOR THE OPPORTUNITY TO COMPETE IN THE BIGGEST LEAGUES OF D1 - OTHERS VALUE THE CHANCE TO JUST PLAY AND ARE HAPPY AT A D2. THERE IS NO RIGHT ANSWER. FOLLOW YOUR HEART AND DO WHAT IS RIGHT FOR YOU, NOT WHAT OTHERS ARE TELLING YOU TO DO.

KEEP YOUR OPTIONS OPEN

WHEN EVALUATING COLLEGES, IT IS IMPORTANT TO CONSIDER A RANGE OF SCHOOLS THAT WILL BOTH STRETCH YOU AND PROVIDE A SAFETY NET OF OPTIONS.

TARGET

THESE ARE SCHOOLS THAT ARE ACCEPTING STUDENTS IN LINE WITH YOUR ACADEMIC AND ATHLETIC ACHIEVEMENTS.

REACH

A SCHOOL THAT IS PROBABLY SEEKING STUDENTS WITH HIGHER ACCOMPLISHMENTS THAN YOUR RESUME OFFERS, BUT IS STILL WORTH CONSIDERING, ESPECIALLY IF IT IS A PLACE YOU'D LOVE TO ATTEND.

SAFETY

THESE SCHOOLS TYPICALLY ACCEPT STUDENTS WITH LOWER ACCOMPLISHMENTS THAN YOUR RESUME OFFERS. AS THE NAME INDICATES, IT'S GOOD TO HAVE A SAFETY NET OF SCHOOLS TO ENSURE COLLEGE ADMITTANCE.

YOUR GRADES MATTER

YOU MIGHT BE A GREAT ATHLETE, BUT IT IS IMPORTANT TO REMEMBER THAT COLLEGE ADMISSIONS COUNSELORS AND COACHES ARE SEEKING RESPONSIBLE STUDENT ATHLETES. ALSO, IF YOU ARE ADMITTED AND DON'T MEET THE MINIMUM STANDARDS FOR GRADES, YOU WILL NOT PLAY, SO YOUR GRADES DO MATTER!



THE COACH, MORE OFTEN THAN NOT, IT DEPENDS ON THE SPORT, WILL NOT BE THERE BY THE END OF YOUR CAREER."



(COLLEGE) HAD A HUGE IMPACT ON WHO I AM AS A HUMAN BEING. IT HUMBLED ME IN MANY WAYS AND THAT IS REALLY WHAT I REFLECT ON AS BEING THE BIGGEST CATALYST TO MY SUCCESS."

OPTIMUM MINDSET OF A RECRUIT

RECRUITING PROCESS TO-DO LIST (EPISODE 5)



YOUR MAIN OBJECTIVE IS TO CATCH THE COACH'S ATTENTION IN THE FIRST TWO TO THREE MINUTES OF YOUR FILM. IT REALLY DOESN'T MATTER HOW LONG THE VIDEO HIGHLIGHT REEL IS. WHAT'S IMPORTANT IS TO...HAVE A VARIETY OF SKILLS SHOWCASING IN THAT VIDEO."



IT IS CRUCIAL TO UNDERSTAND THAT THESE COACHES ARE GETTING HUNDREDS OF DM'S A WEEK, MAYBE EVEN A DAY, IT DEPENDS ON THE SPORT, SO IT'S VITAL TO KEEP CONSTANT COMMUNICATION AND TRACK WITH THESE COACHES."



IF THERE'S A COLLEGE YOU'D LOVE TO ATTEND, PRIORITIZE GOING TO THEIR CAMP OVER A GURU CAMP."

GETTING RECRUITED TO PLAY COLLEGE SPORTS IS A PROCESS THAT TAKES TIME AND EFFORT, BUT IT IS ESSENTIAL TO FOLLOW A PROCESS THAT WILL MAXIMIZE YOUR OPPORTUNITY TO GET RECRUITED AND EARN A SPOT ON A COLLEGE TEAM. WE HAVE A COMPILED A TO-DO LIST TO HELP.

REGISTER

THE VERY FIRST STEP IN THE RECRUITING PROCESS IS TO REGISTER WITH THE NCAA AND/OR NAIA. YOU DON'T HAVE TO REGISTER WITH BOTH, BUT WE RECOMMEND KEEPING YOUR OPTIONS OPEN. REGISTER SOMETIME BETWEEN YOUR FRESHMAN AND JUNIOR YEAR, PREFERABLY AT LEAST BY YOUR SOPHOMORE YEAR, AND DON'T WAIT UNTIL YOUR SENIOR YEAR. AFTER YOU REGISTER, KEEP UPDATING ACADEMIC PROGRESS AND ATHLETIC ACHIEVEMENTS.

GAME FILM HIGHLIGHT REEL

- COACHES WILL SEE YOUR FILM BEFORE SEEING YOU IN PERSON
- LENGTH DOESN'T MATTER - INCLUDE ALL YOUR HIGHLIGHTS
- GRAB COACH'S ATTENTION IN FIRST 2-3 MINUTES - PUT YOUR BEST HIGHLIGHTS FIRST
- SHOWCASE VARIETY OF SKILLS IN YOUR SPORT (THROWING, PASSING, SHOOTING, DRIBBLING, CATCHING, ETC.)
- SHOWCASE PHYSICAL ATTRIBUTES SUCH AS SPEED, STRENGTH, AND ENDURANCE
- IT'S NOT A MUSIC VIDEO - JUST SHOW YOU AT YOUR BEST

COMMUNICATING WITH COACHES VIA DM

- ALL COACHES ARE ON X (FORMERLY TWITTER) AND FOLLOW ATHLETES ON IT
- MAKE YOUR MESSAGE PERSONAL - DON'T MAKE IT SAME TO EVERY COLLEGE
- SHOW YOU RESEARCHED THE COLLEGE AND CARE ABOUT THE COLLEGE
- INCLUDE YOUR ACADEMIC PROGRESS AND ACHIEVEMENTS
- INCLUDE YOUR ATHLETIC RECORDS, AWARDS AND TITLES (EG. CAPTAIN, ALL-LEAGUE)
- INCLUDE A LINK TO YOUR HIGHLIGHT REEL
- CRUCIAL TO UNDERSTAND - COACHES ARE BOMBARDED WITH DM'S
- VITAL TO KEEP CONSTANT COMMUNICATION WITH COACHES, CHECK IN WEEKLY
- BE RESPECTFUL, BUT KEEP SHOWING INTEREST IN A CORDIAL AND PROFESSIONAL MANNER

TYPES OF CAMPS TO ATTEND

COLLEGE CAMPS

- CAMPS RUN BY COLLEGES (EG. USC, UCLA, CAL, STANFORD)
- CHANCE TO SHOWCASE ATHLETIC SKILLS
- OPPORTUNITY TO MEET AND INTERACT WITH COACHES
- A CHANCE TO GET TO KNOW IF YOU LIKE THE COLLEGE

"GURU" CAMPS

- CAMPS RUN BY FORMER PLAYERS OR SKILLS INSTRUCTORS
- MEET OTHER ATHLETES
- LEARN NEW SKILLS
- GREAT COMPETITION

DURING CAMP, COACHES ASSESS EVERY ASPECT OF YOU

- MAKE EVERY REP COUNT, DON'T LOAF OFF
- CONDUCT YOURSELF PROFESSIONALLY
- SPEAK TO COACHES STANDING TALL AND MAKING EYE CONTACT
- WHEN CAMP CONCLUDES: SAY THANK YOU AND SHAKE COACHES' HANDS
- YOUR BEHAVIOR WILL MAKE AN EVERLASTING IMPACT ON THE COACHES

OPTIMUM MINDSET OF A RECRUIT

DEVELOPING YOUR PERSONAL BRAND (EPISODE 6)



THERE'S TWO DIFFERENT RECRUITS BEING RECRUITED BY A COACH. ONE IS RESPONSIVE AND PROFESSIONAL, AND THE OTHER'S COMPLETELY NON-EXISTENT. WHO DO YOU THINK THE COACH IS GOING TO ADMIRE MORE AND FOCUS THEIR ATTENTION ON?"



IT'S CRUCIAL TO UNDERSTAND THAT IN THE RECRUITING PROCESS, WHETHER IT'S ON FILM OR IN AN IN-PERSON SITUATION, YOUR BODY LANGUAGE WILL TELL A LOT ABOUT A HUMAN BEING."

BRANDING IS POWERFUL. THINK OF WHAT THE NIKE BRAND MEANS TO MANY PEOPLE. THE COURAGE TO "JUST DO IT" OR A BRAND FOR HIGH PERFORMERS. WHAT ABOUT APPLE? CLEAN DESIGN, INNOVATION, AND CREATIVITY. HOW ABOUT FERRARI? SPEED AND LUXURY. HOW ABOUT YOU? WHAT IS YOUR BRAND?

PERSONAL BRAND IS REALLY JUST A FANCY WAY TO ASK "HOW DO PEOPLE PERCEIVE YOU?" SO, HOW DO PEOPLE PERCEIVE YOU AND WHAT ARE YOU DOING TO MANAGE THAT PERCEPTION? MANAGING YOUR PERCEPTION OR PERSONAL BRAND ALL STARTS WITH ONE SIMPLE THING: IT'S HOW YOU LIVE YOUR LIFE.

LIFE IS YOUR INTERVIEW

FIRST AND FOREMOST, IT'S IMPORTANT TO UNDERSTAND THAT EVERYTHING YOU DO ON AND OFF THE FIELD CREATES A NARRATIVE OF WHO YOU ARE. SOME PEOPLE ARE GOOD AT GIVING THE IMPRESSION THAT THEY ARE QUALITY INDIVIDUALS WHEN THEY'RE BEING WATCHED, BUT THEY ARE A COMPLETELY DIFFERENT PERSON BEHIND CLOSED DOORS. THIS CAN ONLY WORK FOR SO LONG BEFORE PEOPLE FIGURE OUT WHO THEY REALLY ARE. HOW YOU LIVE YOUR LIFE WILL ANSWER WHO YOU ARE, HOW PEOPLE PERCEIVE YOU, AND WHAT IS YOUR PERSONAL BRAND.

IMPORTANCE OF YOUR PERSONAL BRAND WHEN BEING RECRUITED

COACHES AREN'T JUST RECRUITING AN ATHLETE. COACHES ARE RECRUITING A PERSON WHO THEY EXPECT WILL REPRESENT THEIR PROGRAM POSITIVELY. STRIVE TO BE THE PERSON WHO EXHIBITS INTEGRITY, DISCIPLINE, AND RESPECT IN ALL ASPECTS OF LIFE, WHETHER IT'S THROUGH YOUR ACTIONS, YOUR ATTITUDE, OR YOUR BEHAVIOR. IT SHOWS A TRUE REFLECTION OF YOUR CHARACTER AND WHEN COACHES SEE THIS, IT REASSURES THEM THAT THEY'RE RECRUITING THE RIGHT ATHLETE WHO WILL BE A POSITIVE ADDITION TO THEIR TEAM.

SOCIAL MEDIA

IN TODAY'S DAY AND AGE, SOCIAL MEDIA WILL PLAY A HUGE ROLE IN DEVELOPING YOUR PERSONAL BRAND. YOUR SOCIAL PAGES SHOULD AUTHENTICALLY REPRESENT WHO YOU ARE AS A PERSON, A STUDENT, AND AN ATHLETE. THE PAGES SHOULD REFLECT YOUR PERSONALITY AND THINGS THAT YOU ARE PASSIONATE ABOUT – ESPECIALLY THOSE THINGS THAT MOTIVATE YOU TO GIVE BACK.

AVOID BEING NEGATIVE OR DIVISIVE. SHOW RESPECT IN ALL OF YOUR POSTS, COMMENTS, AND REPLIES. A SERIES OF NEGATIVE POSTS HAS THE POTENTIAL TO PREVENT YOU FROM AN NIL OPPORTUNITY, OR WORSE, KILL THE CHANCE OF BEING RECRUITED BY A COLLEGE YOU LOVE. MARKETERS AND COACHES ARE WATCHING SO REMEMBER, LIFE IS YOUR INTERVIEW, EVEN ON SOCIAL MEDIA!

EFFECTIVE COMMUNICATION

IT CAN'T BE EMPHASIZED ENOUGH HOW IMPORTANT COMMUNICATION IS IN YOUR RECRUITING PROCESS. BE CLEAR, RESPECTFUL, AND PROFESSIONAL IN ALL LINES OF COMMUNICATION, WHETHER YOU'RE TALKING TO YOUR HIGH SCHOOL COACHES OR RECRUITERS. OFTENTIMES, IT'S AS SIMPLE AS A RESPECTFUL FOLLOW-UP TEXT OR EMAIL TO SHOW THAT YOU VALUE THE COACH AND HIS OR HER UNIVERSITY.

BODY LANGUAGE

WHAT DOES YOUR PERSONAL BRAND LOOK LIKE ON THE FIELD? ARE YOU SCREAMING AT TEAMMATES AFTER A MISTAKE OR HYPPING THEM UP TO DO BETTER THE NEXT TIME? ARE YOU SITTING ON THE BENCH POUTING WITH A TOWEL COVERING YOUR FACE OR ARE YOU WAVING THAT TOWEL OVER YOUR HEAD TO CHEER ON YOUR TEAM? RECRUITERS ARE WATCHING. THEY WANT PLAYERS WHO THINK "WE," NOT "ME." WHAT'S YOUR BRAND?

OPTIMUM MINDSET OF A RECRUIT

LIVING A CHAMPIONSHIP LIFE (EPISODE 8)

“**IF YOU ARE AN ATHLETE, THE GOAL OR SUCCESS IS WINNING A CHAMPIONSHIP, BUT TRUE SUCCESS REALLY EMBODIES MUCH MORE THAN JUST WINNING A TROPHY.”**

“**RELATIONSHIPS ARE THE MOST POWERFUL FORCE IN LIFE... THEY'VE DONE STUDIES THAT PEOPLE LIVE LONGER WHEN THEY HAVE GREAT RELATIONSHIPS, THEY ARE HAPPIER AND THEY'RE LESS SICK.”**

IF YOU EXAMINE THE PHILOSOPHIES OF COACHING LEGENDS LIKE MIKE KRZYZEWSKI, NICK SABAN, JOHN WOODEN, AND PETE CARROLL, YOU WILL FIND THEY ALL PLACED A MUCH HIGHER EMPHASIS ON BEING YOUR ABSOLUTE BEST THAN WINNING OR LOSING. THEY KNEW THE RESULTS WOULD TAKE CARE OF THEMSELVES.

IT IS SIMILAR FOR HIGH SCHOOL STUDENT ATHLETES WHO HOPE TO "WIN" THE RECRUITING PROCESS BY JOINING THE COLLEGE TEAM OF THEIR DREAMS. IT IS IMPORTANT FOR YOU TO UNDERSTAND THAT GREAT COACHES RECRUIT MUCH MORE THAN RAW ATHLETIC TALENT. THEY WANT HIGH-CHARACTER PLAYERS WHO WILL POSITIVELY CONTRIBUTE TO THE CHAMPIONSHIP CULTURE OF THEIR PROGRAM.

THIS WORKSHEET PROVIDES A VARIETY OF THINGS TO CONSIDER AS YOU SEEK TO CREATE A CHAMPIONSHIP LIFE THAT CAN HELP YOU BE A GREAT RECRUIT AND, MORE IMPORTANTLY, A GREAT HUMAN BEING.

FRIENDS CHECKLIST

- DO YOUR FRIENDS HAVE HIGH CLASS, CHARACTER, AND INTEGRITY?
- ARE THEY HARD WORKERS AND STRIVE TO BETTER THEMSELVES?
- DO THEY MAKE YOU A BETTER PERSON?
- DO THEY SUPPORT AND LOVE YOU UNCONDITIONALLY?
- DO THEY HOLD YOU ACCOUNTABLE?
- ARE YOUR TEAM BUDDIES THE LEADERS OR THE SLACKERS?

MENTORS

WHO ARE YOUR MENTORS? IT'S OKAY IF YOU DON'T HAVE ONE. NOT EVERYBODY IS BORN WITH MENTORS IN THEIR FAMILY OR NEIGHBORHOOD, BUT NOBODY SUCCEEDS ALONE. ASK A COACH, TEACHER, OR EVEN AN OLDER PEER TO HELP GUIDE YOU ON YOUR JOURNEY THROUGH SPORTS, ACADEMICS, AND LIFE. YOU CAN EVEN FIND A VIRTUAL MENTOR FROM LEGENDS LIKE KOBE BRYANT, TOM BRADY, AND ALEX MORGAN BY SEARCHING YOUTUBE FOR INTERVIEWS AND SPEECHES THEY GAVE ON DEVELOPING A WINNING MINDSET.

BALANCE

ALTHOUGH HAVING FULL DEDICATION TO YOUR ATHLETIC AND/OR ACADEMIC GOALS IS ADMIRABLE, IT IS IMPORTANT TO FIND BALANCE IN YOUR LIFE. THIS DOESN'T HAVE TO BE ACCOMPLISHED ALL AT ONCE. DURING SEASON, YOU MIGHT SPEND MORE TIME ON YOUR SPORT, BUT IN OFF SEASON TAKE A DEEPER DIVE INTO YOUR ACADEMICS AND PERSONAL RELATIONSHIPS. IT'S ALSO IMPORTANT TO REMEMBER THAT YOU ONLY GO TO HIGH SCHOOL ONCE, SO MAKE SURE TO PUT ASIDE SOME TIME TO GO TO DANCES, GAMES OF YOUR FELLOW CLASSMATES, AND SCHOOL EVENTS THAT DON'T INVOLVE YOUR SPORT.

THE ATHLETE'S PLATFORM

ALL ATHLETES HAVE A PLATFORM TO REACH OTHERS. FOR HIGH SCHOOL ATHLETES, IT MIGHT BE YOUNGER SIBLINGS, MIDDLE SCHOOL STUDENTS, OR KIDS PLAYING LITTLE LEAGUE. YOU CAN USE YOUR PLATFORM AS A STUDENT ATHLETE TO BECOME A YOUNG LEADER IN YOUR COMMUNITY BY DOING SPORTS CAMPS FOR MIDDLE SCHOOL KIDS, COACHING A YOUTH TEAM, OR VOLUNTEERING AT A NON-PROFIT.

RELATIONSHIPS

YOUR GREATEST ACHIEVEMENT WILL BE THE RELATIONSHIPS YOU BUILD AND MAINTAIN THROUGHOUT YOUR LIFE. HAVING FAMILY, FRIENDS, AND COACHES WHO LOVE AND SUPPORT YOU WILL BE YOUR MOST CHERISHED GIFT. HOWEVER, THE BEST WAY TO ATTRACT GREAT FRIENDS IS TO BE A GREAT FRIEND. YOUR MOST SIGNIFICANT BAROMETER OF MEASURING A CHAMPIONSHIP LIFE WILL BE HOW YOU TREAT AND HELP OTHERS.