

As a student-athlete, it's tough. Tougher than it's ever been. You face the unique challenge of balancing academics and athletics, all while trying to get more playing time and increase your GPA.

We understand the pressure you're under and the dedication it takes to succeed. Our mission is to support you every step of the way, providing practical advice and actionable steps that can streamline your daily routine.

By addressing some common but easily avoidable mistakes, we aim to help you boost your performance on the field and in the classroom, build your confidence, and achieve your goals. Trust in our experience and commitment to your success, and let's elevate your performance.

1. Skipping Breakfast

Why It's a Mistake: Skipping breakfast can significantly impact your energy levels, concentration, and overall performance. When you miss this important meal, your body doesn't get the necessary nutrients to start the day, leading to fatigue and decreased cognitive function. This not only affects your academic performance but also your athletic abilities. Without a proper breakfast, you might find it harder to stay focused during classes and feel sluggish during training or games.

Quick Fix: Eating a nutritious breakfast can give you sustained energy, better focus, and improved athletic performance. Starting your day with a balanced meal ensures you have the fuel to perform your best in both school and sports.

Action Steps to Get Started Right Away:

Plan Simple Breakfasts:

- Choose easy-to-prepare options like a banana and yogurt, a smoothie with fruits and spinach, or whole-grain toast with peanut butter.
- Keep breakfast foods accessible and ready the night before to save time in the morning.

Set a Morning Routine:

- Wake up 15 minutes earlier to ensure you have enough time to eat breakfast without rushing.

- Create a consistent morning routine that includes breakfast as a non-negotiable part.

Stay Consistent:

- Make breakfast a daily habit, even on weekends or non-school days.
- Track how you feel on days you eat breakfast versus days you don't to motivate yourself to stay consistent.

2. Not Hydrating Enough

Why It's a Mistake: Dehydration can lead to headaches, fatigue, and decreased performance both in the classroom and on the field. Your body needs water to function properly, and without adequate hydration, you can experience diminished cognitive abilities and physical performance. This can make it harder to concentrate in class and reduce your endurance during practices and games.

Quick Fix: Staying hydrated can improve your concentration, enhance your physical performance, and keep you feeling energized throughout the day. Proper hydration supports your overall health and helps you perform at your best.

Action Steps to Get Started Right Away:

Carry a Water Bottle:

- Invest in a reusable water bottle and take it with you everywhere.
- Make it a goal to refill it at least three times a day.

Set Hydration Reminders:

- Use a hydration app or set alarms on your phone to remind you to drink water regularly.
- Use a hydration calculator to figure out how much water you need.

Track Your Intake:

- Keep a daily log of how much water you drink to ensure you meet your hydration goals.
- Adjust your intake based on your activity level and the weather.

3. Ignoring Sleep

Why It's a Mistake: Lack of sleep can lead to fatigue, poor academic performance, and a higher risk of injury. Sleep is crucial for recovery and cognitive function. Without enough rest, you can experience decreased focus, slower reaction times, and reduced motivation. This can negatively impact both your studies and athletic performance.

Quick Fix: Getting enough sleep can enhance your learning, improve your mood, and boost your physical performance. A consistent sleep schedule ensures you are well-rested and ready to tackle the day's challenges.

Action Steps to Get Started Right Away:

Establish a Bedtime Routine:

- Create a calming pre-sleep routine such as reading a book or listening to soothing music.
- Aim to go to bed and wake up at the same time every day, even on weekends.

Limit Screen Time:

- Avoid screens at least an hour before bed to improve sleep quality.
- Use blue light filters on your devices if you must use them before bed.

Create a Sleep-Friendly Environment:

- Keep your bedroom cool, dark, and quiet.
- Invest in a comfortable mattress and pillows to improve sleep quality.

4. Procrastinating on Assignments

Why It's a Mistake: Procrastination can lead to last-minute stress, lower-quality work, and missed deadlines. This can affect your grades and create unnecessary anxiety. By putting off assignments, you also reduce the time available to seek help or clarify doubts, leading to a poorer understanding of the material.

Quick Fix: Tackling assignments early can reduce stress, improve the quality of your work, and give you more free time. Breaking tasks into smaller steps makes them more manageable and helps you stay organized.

Action Steps to Get Started Right Away:

Use a Planner:

- Write down all your assignments and due dates in a planner or digital calendar.
- Break down larger tasks into smaller, actionable steps.

Set Small Goals:

- Aim to complete a small portion of your assignment each day.
- Reward yourself for meeting your goals to stay motivated.

Eliminate Distractions:

- Find a quiet, distraction-free place to study.
- Turn off notifications on your devices while working on assignments.

5. Not Being Prepared for Practice or Games

Why It's a Mistake: Forgetting equipment, not knowing the schedule, or being mentally unprepared can lead to poor performance and frustration. Preparation is key to ensuring you can perform at your best and avoid unnecessary stress. Being unprepared can also affect your confidence and disrupt team dynamics.

Quick Fix: Being prepared can boost your confidence, improve your performance, and reduce stress. Ensuring you have everything you need and are mentally ready sets you up for success in practices and games.

Action Steps to Get Started Right Away:

Pack Your Bag the Night Before:

- Make a checklist of all necessary gear and pack it the night before practice or games.
- Double-check the list before leaving to ensure nothing is forgotten.

Review the Schedule:

- Keep a copy of your practice and game schedule in a visible place.
- Set reminders for practice and game times to avoid any last-minute rush.

Mental Preparation:

- Spend a few minutes visualizing your performance and setting goals for practice or games.
- Practice relaxation techniques, such as deep breathing or meditation, to stay focused and calm.

Remember, your success is our top priority. By implementing these simple yet effective strategies, you can overcome common pitfalls and set yourself up for excellence in both your academic and athletic pursuits. We believe in your potential and are here to guide you towards achieving your goals. Stay consistent, stay motivated, and know that we are here to support you every step of the way. You've got this.

-Coach Riley