Benjamin Thomas

Feature: Alexandra Thomas (D1 College Hockey player)

Headline: Isn’t college supposed to be fun?

“To be completely honest with you.... it sucked, a lot.”

Freshman year of college, a time for many where it’s a fresh start. New places, many new faces, and the next four years of your life to do whatever you desire. But for Alex Thomas, now a sophomore at Long Island University in New York, it was just the opposite, something she and many others faced as they began this new chapter in their lives.

“I was super excited; I had committed to Long Island to play division one hockey a little bit before summer going into my freshman year. I really loved the campus and had met some of the girls prior to committing and they were all super sweet.”

She, like many freshmen couldn’t wait to get to campus, but Coronavirus had other ideas. Instead of getting to campus and being able to meet new people, go out and have fun, she was confined to her room, and since she was an athlete, had to follow strict Covid rules. Something Alex found tough to get through, especially during a time of transition.

“I remember crying almost every night when I first moved in. I really felt homesick. Not going to hang with my teammates, other athletes, even students was tough. Plus, one of the things I was there to do {playing hockey} was delayed which meant I couldn’t even practice. Overall, just tough and it really took a toll on me.”

Hidden behind her mask, Thomas was able to power through the early troubles of freshman year and make it to the hockey season. While the season was difficult due to Covid and restrictions, her team was able to push past that and win their second straight New England Womens Hockey Association (NEWHA) championship. Thomas was even named Rookie of the Year by her team for her lockdown defense helping the team win the championship.

“Really proud of how we persevered. Everything in the world at that time was tough and to be able to come together and form that bond that was needed to win was great. Especially since it was more difficult than prior teams I was on to bond due to the limit time together, but it all paid off in the end.”

Alex finished the hockey season with four points in a shortened 12 game season. She also finished the school year with a 4.0 grade point average on top of that. She, like many others, was still able to make the most of the situation at hand and ran with it. Now with Covid restrictions easing up and a full hockey schedule ahead, Thomas looks to build off last year by bring home a third straight championship home but also keeping that 4.0. in the process.

“I am actually pumped to be back on campus way more than I was last year. Covid is not gone but I will have more freedoms than I did last year, and I can ‘t wait for what this year has in store for me both on and off the ice.”