

# [Competing as a D1 Athlete]

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[Engaged  
Living]

### SUMMARY

On August 3<sup>rd</sup>, 2019, I achieved my goal of starting on the UTSA Soccer Team (NCAA D1 Level). When I started on the team, as a freshman, the starting lineup consisted of mostly upperclassmen. I had to gain the strength and skill to become a starter. This journey was mentally and physically draining because it took at least 10 hours of soccer training and 3 hours of weight room per week, for one year, to finally start. In addition, my coach was having us do fitness weekly. Although this experience took around a year to complete, it helped me grow as a soccer player as well as an individual. This experience has helped me develop leadership skills and taught me how to work well in a team atmosphere.



### SPICES

After playing soccer my whole life, I decided to explore the next level of playing as a D1 athlete. Once I was on the team, I challenged myself to push harder in training, become a suitable leader, and to motivate myself everyday in order to become a starter.

### HERBS

When I committed to playing D1 Soccer, I did not know the level of commitment that it would take. Through fitness, training, and games, I demonstrated resilience to push through the fatigue and constant soreness that my body experienced.

### LEARNING OUTCOMES

Playing on the UTSA Women's Soccer Team, as well as keeping up with my academics, required time management. I had to wake up at six every morning for practice and then go to class for the rest of the day. This loaded schedule taught me how to time manage so that I would not fall behind. In addition, team cooperation was crucial because there are 30 girls on the team. In order to achieve the goal of winning, it is important that everyone is working together and on the same page.



### IMPACT

Since the UTSA Women's Soccer team is the only D1 soccer team in San Antonio, the community is a large part of the fan section. Being a member of this team, I love seeing the impact that my playing ability has on kids who aspire to one day play at this level. Every time I step on the field, I set an example for these kids of what good sportsmanship, leadership skills, and team cooperation looks like. Not only will these acquired skills help me in my future health professions career, but it will also impact the way these children grow up because I was who they looked up to.

### ADVICE

Practice. Practice. Practice. Even when the journey gets tough, keep pushing. Playing a sport at this level requires hard work and the mindset to never give up.