Freshmen Athletic Survival Tips

**Things to avoid:**
- Peer pressure, drugs/alcohol, picking the wrong friend group
- Poor grades, Study Tables, procrastination, drama, bad sportsmanship
- Don’t make friends with only freshman, meet as many people as you can
- Conflicts with your team. Work hard to get along with everyone on your team.
- Don’t do things to just “fit in”, be YOURSELF. Be the best person you can be!
- Don’t settle and don’t make excuses. Take responsibility for the work you put in AND the work you DON’T!

**Wish I had known:**
- Not to be afraid of older athletes/teammates. They will become great friends and have your back 100% if you are respectable and hard working.
- To expect more of myself! Just because you are a freshman doesn’t mean you can’t play a key role on your team both on and off the court.
- It’s completely possible to be involved in sports and other school activities. Don’t be afraid to join a club or accept outside responsibilities, and be prepared to work hard!
- No one has to be perfect! And freshmen do make a difference.
- Making the JV team is a growing experience; embrace the experience and learn from it.
- How to better balance school work and athletics equally
- Upperclassmen are ready and willing to help you!
- How much hard work was required to be good at my sport. I would have worked harder earlier in my athletic career.
- How much I would embrace being a “ROYAL” and how fast your high school career will go by.
- Coaches are there to help you so talk to them and ask for help.
- Academics comes before athletics

**Wish I had done:**
- Been open to all my teammates, don’t assume the upperclassman will not respect you.
- Become more involved in other high school activities/clubs.
- Go to as many sporting events as you can during high school. They are a blast!
- Get to know my teammates better; it will make you feel more like part of the team!
- Ask for advice from upperclassmen and learned more from them
- Gone the extra mile, given more!! Worked harder in the off season!
Prepare my body physically/mentally for the rigors of a high school season. Put forth more effort and dedication.

Taken summer workouts more seriously, especially before my freshman year began, this is where your in-season success is made!

**How did I have to change from junior high?**

- A huge increase in work and dedication to your sport, but the hard work is always worth it. You will spend a lot of time in the weight room!! It is well worth the hard work.
- Time commitment and motivation to your sport and school work will increase. Be prepared to work harder and play with upperclassmen
- Learn to multi-task; learn to manage your time! Learn to be a leader! Become more mature as a person!
- Don’t follow the crowd or take the easy way out.
- Take responsibility for your actions!
- Coaches are more intense in high school

**Survival Tips:**

- Always work hard; you are going into high school with a clean slate - take advantage of it.
- Prioritize your life! Plan ahead; make lists to remember what needs to be done.
- Be ready to face obstacles in sports and in your life. Injuries can happen, but you have to accept those things, learn from them, and move on.
- Manage your time wisely! Get organized.
- Be confident in yourself and your abilities.
- Don’t give in to peer pressure in or out of school.
- Every individual action impacts your team.
- Get involved with your teammates, build relationships and enjoy yourself.
- Stay dedicated and never give up and embrace every moment of your high school career.
- Don’t be afraid to get in the weight room and lift weights. It will help you in the long run.
- Be mentally tough!
- Get off to a good start and set the tone. If you have a study hall - use it efficiently.