Balancing Academics, Athletics and Social Interactions

For many student-athletes, balancing school and sports can be a tricky endeavor. Practices and games take hours out of each day, leaving less time available for homework, study or social interactions with friends and family. As college professor LaTonya Pinkard says in the video above, when it comes to juggling academics, athletics and friends, "the struggle is real."

A student-athlete’s ability to prioritize and practice good time management is key to success. Consider that the number of hours a person has each day never changes. Here’s an exercise... Start with those 24 hours and ask yourself the following questions:

- What are the things I need to do each day? These are the basics: sleep, eat, school, homework and general hygiene that are necessary to live a healthy life. Consider that prayer fits in here as well, as developing a healthy relationship with God is important and will help keep a proper balance and perspective. Also keep in mind that while it’s easy to shorten sleep in order to "fit" more time into the day, experts agree that sleep is essential for young students and athletes to maximize their performance in the classroom and playing field (8-10 hours of sleep a night is recommended).

- What are the things I want to do each day? If you’re reading this, sports likely fits here. Consider the amount of time required for practice and games each day. How does this impact the other things you want to do such as spend time with friends, participate in other school clubs/activities or engage in a hobby?

Look at an average day using this handy worksheet and assign time to all these things, putting the most important things in first and those that are lower priorities last. Is it important that you get good grades? (Hint: It should be!) Then you should set aside time for homework and studying before making time to watch TV or play a video game. What about prayer, family, friends and other activities? Be honest with yourself; you may find that you have to make difficult decisions about what can fit in your day. It's also important to find a balance: make time for the things that are
most important as well as things that are fun. These are key to physical and mental health. Visualizing the way you spend your time can be a powerful way to evaluate your priorities and consider how you can properly manage your busy schedule as a student-athlete. We encourage you to be diligent with planning and take control of your schedule. This will help you to maximize your role as a student, an athlete, a friend, and a child of God.

**Scripture of the Week:** *For where your treasure is, there will your heart be also.*
~ Luke 12:34

---

**2020 Sports Leadership Conference:**
**Register Now for an Early Bird Discount!**

Join *Play Like a Champion* as we celebrate our 15th Anniversary on June 26-27, 2020 at the University of Notre Dame. Experience two days of Connection, Education and Inspiration with coaches and administrators from youth and high school sports. Click the image to the left to read the 2020 Conference Preview and learn more about this year's event! Visit the Conference website for updates on additional speakers, schedules and more!

---

**A Prayer for Athletes**

Lord, please clear my head of all distractions and my heart of burdens I may bear, so I may perform my very best, knowing that you'll always be there. Please lift me up before the moment, so through Your eyes I may see, and have a clearer understanding, as the game unfolds before me. With great courage I will meet this challenge, as You would have me to, but keep me humble and remind me, that my strength comes from knowing You. Then when all eyes are upon me, at the end of this game, I will return their eyes to You O'Lord, and to the glory of Your Name. Amen.

---

**Access Resources & Learn More at**
PlayLikeaChampion.org

---

Play Like a Champion Today Educational Series
PO Box 72, Notre Dame, IN 46556 | information@playlikeachampion.org
www.playlikeachampion.org

**FOLLOW US ON SOCIAL MEDIA!**