

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Athlete Note

Educating and Forming Champion Athletes

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!

2020 Conference Preview

15th Annual Conference Preview

The 2020 Sports Leadership Conference is a two-day event (June 26-27, 2020) at the University of Notre Dame. The event is designed to provide a unique opportunity for student-athletes, coaches, and administrators to connect, learn, and inspire. The event will be held at the University of Notre Dame's LaFortune Student Center.

Annual Pre-Conference Retreat

The 2020 annual pre-conference retreat will be held on Thursday, June 25th, beginning at 6:00 AM in the LaFortune Student Center at Notre Dame.

The theme for this year's retreat is "Called to Greatness."

During this pre-conference retreat, attendees will experience the annual "Call to Greatness" retreat as a journey to discover their own "Called to Greatness" journey. The experience will help attendees reflect upon the places we encounter in our journey. The day will culminate with a celebration of faith, hope, and a day of service. Those interested in participating must register as part of registration for the 2020 Leadership Conference.

2020 Conference Speakers

Brian Mitchell
A Coach's Heart

Mitchell has coached for 20 years at the University of Notre Dame. He has coached in various capacities, including as a head coach and as an assistant coach. He has also served as a speaker at various conferences and events. He is currently the head coach of the Notre Dame men's basketball team.

Jennifer Baker
Developing Leadership in Student-Athletes

Jennifer Baker is the Director of Athletics and Director of the Center for Student-Athlete Development at the University of Notre Dame. She has worked in various capacities, including as a head coach and as an assistant coach. She is currently the head coach of the Notre Dame women's basketball team.

Zoom out

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
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