THE CHALLENGE AND BENEFIT OF BEING A STUDENT-ATHLETE

by:
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Tim Notke once said, “Hard work beats talent when talent doesn’t work hard”

According to Tim Notke, thinking is very relevant to a student-athlete. As we all know, a student-athlete is a part of an organized competitive sport which is usually sponsored by the educational institution in which particularly the student is enrolled. A student-athlete is both full-time student and full-time athletic scholar or varsity player. Being a varsity player needs a lot of hard work if you really want to get that gold or what they usually say “bring home the bacon.” But what it really takes to become an athlete? First you have to think if you have the guts to face the challenges it brings. If you choose to be one, then I say that you are vying for highly desired and extremely time consuming spots that are usually offered to few people because only those who persevere survives.

An athlete faces many challenges such as academic pressure that they tend to rush everything especially when they have teachers who are not considerate enough with the athletes. They have to maintain their grade to be a varsity player. They also have physical pressure, having body pains during training is usual but they have to continue on training since they have that strong desire to wave their school flag during the competition and to of course to maintain their scholarship in the school. Another challenge is their race against the clock, being a student and an athlete at the same time will always push them to rush if they will not be able to value time. One of agony of an athlete is their stolen social life there will be family affair that they cannot attend due to trainings and competitions. They are also facing mental pressure and stress because of these many struggles.
Amidst the many challenges, it cannot be denied that many athletes are still vying for the opportunity to become a varsity player of many prestigious university simply because there are lots of benefits like being a scholar, they will be able to finish studies without paying tuition fees and most of the time they receive allowances from the school. Aside from financial gain they will develop teamwork, we all know that in this world “no man is an island” learning to work with others is such a good thing. Being an athlete will also develop them to persevere in life, life is a continuous challenge and we will never stop pursuing as long as we are living. Athletes are also trained to become responsible, to do the task buy just following the instruction with or without the presence of the coaches. They also gain physical endurance, due their discipline to proper diet and sleeping on time they become physically fit enough to endure daily activities.

I for one, who finished college by being a student athlete attest to the reality that being a student-athlete is not easy but being able to surpass the trials it brings gave us a fair assurance that they can withstand to whatever struggle they will face in the future.

References:

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