

STUFF I WISH I KNEW A YEAR AGO

COLLEGE LIFE

WE ASKED FIVE FRESHMEN IN THEIR FIRST COLLEGE SEASON ACROSS THE COUNTRY FOR THE TOP FIVE THINGS THEY WISH THEY KNEW ENTERING COLLEGE LAST FALL

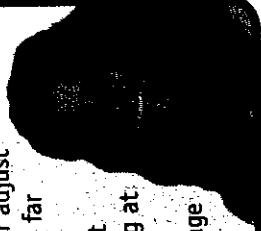
PAIGE ROWLAND (C) WALLACE STATE - HANCEVILLE (NJCAA)

- Your level of work ethic on the field and in the classroom must be raised to higher standards than before.
- Working out and conditioning make a huge difference, so start early.
- Extra scholarships are great opportunities, as you can never have too many; apply for as many as you can.
- Prioritizing and time management make the difference between successful and stressful.
- Grades can make or break you for various opportunities.



COURTNEY SMITH (P) EAST CAROLINA (NCAA DI)

- I wish I would have known how important the summer workout packet was. You really need to be in great shape.
- I wish I would have known what to expect - out of classes, professors, teammates, coaches, etc.
- I wish I would have known how to better adjust to new surroundings, especially being so far from home.
- I wish I would have known how different playing in college is compared to playing at any other level.
- I wish I would have known how to manage my time and school work better.



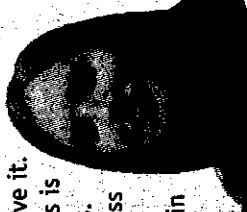
MACKENZIE ROUSSE (OF) SAGINAW VALLEY (NCAA DII)

- I wish that I would have known more about time management. Being a student-athlete, it is hard to juggle softball, study tables, all of my courses, and even my social life.
- Scheduling courses is a hard task in itself. It is difficult trying to figure out what classes are required for your major, scheduling around practice times, and even getting the classes that you need before they are all full.
- I came into college unprepared on how organized you actually have to be now that you are more independent. Relying on no one but yourself forces you to become more organized and prepared for everything.
- I wish I would have known how much faster paced college was. Not only is college softball so much more intense than high school ball, but the courses are quicker and expect more out of you too.
- Knowing more about the competition within our tough conference would have been a great advantage.



KASEY TRIERWEILER (2B) MADONNA (NAIA)

- How much of a responsibility it is to be on your own. I knew that my responsibilities would multiply, but I did not realize to what extent. You have to gain a lot of independence because nobody is there to remind you about homework, tell you to eat healthy, fill out paperwork for you or do your laundry; you learn to do it by yourself.
- There are always people who will help; just ask. Whether it is a teacher, coach or AD, there are always people around the school that have your best interest in mind.
- There is no need to be nervous. At first I was nervous about everything, but within the first week I realized everyone else was too and it was no big deal. College is a big adjustment, but within weeks you will love it.
- Time management is a necessity, and this is especially important for student-athletes. It's hard to find time for everything unless you set priorities and manage your time.
- Nothing is handed to you, whether it is in the classroom or on the field.



DIOR GEORGE (OF) MORAVIAN (NCAA DIII)

- How to do laundry before coming to college.
- That the mental game is far more important than the physical game in college softball - know where to go when you get the ball, know the situation, and most importantly brush yourself off if you make an error or have a bad at-bat. Learn from it and do it 10 times better the next time.
- That studying actually does pay off before coming to college.
- That to play it takes talent, but to win it takes heart and desire.
- That softball should be your stress reliever, not your stressor - so play hard and have fun playing the game.

