

THE
HUMAN
PODCAST

STORIES OF MOTIVATION WITHIN
THE FOOTBALL COMMUNITY

HOT READS



EP. 4 MAKING THE MOST OF YOUR RESOURCES

The life of a student-athlete is incredibly demanding. This week's podcast features high school science teacher and multi-sport coach Eric Vincent. Eric highlights his experience of being a high school, Canadian Junior and Bison's STUDENT-athlete and shares how he took advantage of the resources around him. Beyond making the most of his resources, Eric talks about how he created opportunities for others- by learning about who he is off the field and what he values, he was able to contribute to his team in a meaningful way.

3-POINT STANCE FROM ERIC

Utilize the resources around you. In school, sport, and life there are potential resources all around you. How can you engage with others to make the most of your experience? Throughout the podcast Eric talked about looking for opportunities to maximize the resources all around him: finding a team mentor, studying with teammates and asking friends for support.

Afraid to ask? Eric defines these as 'no-risk' situations. It's not like messing up in front of the crowd or your team, it's creating an opportunity to become better. Think of the positives of asking- instead of a worried "what if..." focus on "what if something great happens?"

Find your contribution. Every athlete offers a unique piece to the team puzzle. Sure, you have strengths on the field, but don't forget to think beyond your athletic abilities: Who are you? What are you good at? What do you value? What can you contribute to make your fellow athletes the best they can be?

Channel your learning person. Have you ever thought of school as learning? Or as learning as what helps you become stronger in your sport? Eric focuses on many ways that student athletes can make the most of their learning opportunities, even when they don't consider themselves a "school person." Eric talks about setting goals, being smart about time management, prioritizing learning, get studying with friends, practicing a little bit every day... these skills start making big things happen in class and on the field.

REVIEW THE TAPE

Think about your school, sport, and actual life experience and name 1 resource you haven't used to the full potential in each area and plan how you can do so.

Check in on your contribution plan- how do you contribute to your team in a meaningful way?

What skills do you use to channel your inner learner?

RESOURCES

Get the most of your student-athlete career by prioritizing time management

Click here to listen to read the article