

HEADFIRST ALUMS WEIGH IN



Managing Academics In Season



Ariel Lashinsky
Occidental Softball

I find time to **practice self-care** by doing **homework outside**, spending time with friends, and doing hobbies outside of softball and school.

Oftentimes, my whole team will find ourselves working in the library after our practices or games, and we **motivate each other** through our athletic and academic pursuits.

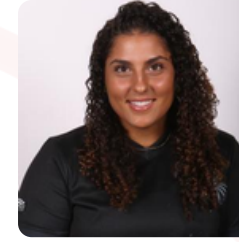
When things get super hectic, I've found that **reaching out to coaches and other support staff** is extremely helpful. There are always resources available to help you manage your schoolwork and people who are willing to do whatever they can to help us succeed.



Grant Schwartz
Harvard Baseball

Spend 10-15 minutes every week to plan and make a list of assignments that need to be completed for the day/week. That way, you can **optimize the "pocket time"** between practice, games, lifts, and other individual workouts - you can just hop right into it and crush your work!

Also, do work on the bus rides. Many of my teammates will also do work on the bus rides with me - it's multiple hours almost every week where you can crank out some solid work.



Kaili Reitano
Lafayette Softball

Google calendar is one tool that has saved me. I put all my classes, games, practices, lifts, assignments and exams on it and every week I can see how busy it is and **plan ahead for when I have time to complete all my assignments and studying.**

Being able to plan ahead and look at every assignment, exam, game, etc. every month makes everything so much easier, less stressful and sets you up for success.



Ryan Schwartz
Dartmouth Baseball

Be **organized and proactive**. At the beginning of the semester, I put all my assignments, office hours, and classes in **google calendar**.

To stay ahead, I make **daily goals** such as "I will complete problem set questions 1-3" or "I will complete all the readings for X class".

Additionally, you may need to miss class at times. I always find that **communicating this during the first week of the semester** is best practice and professors are more times than not willing to be accommodating.



Claire Sullivan
F&M Softball

Manage your time and form strong relationships with your professors early on

It's always best to plan ahead and complete **big assignments on off days or during light weeks.**

By getting to know your professors, they are able to **best prepare you** if you have a softball conflict.



Hayden Brotz
U Chicago Baseball

I try to map out each day of the week and find out when I will have **pockets of time that allow me to get some work done.** It's hard to get into a day-to-day rhythm in-season but if you can plan out those times each week, you can get a nice week-to-week rhythm going.

You will miss class in-season. **Letting your professors know ahead of time** when you will be gone can help them help you if you have to make up anything in the future.



**RECRUITING
ROADMAP**