

SCRIPT: “The life of a student athlete?”

This audio feature is a documentation of the hardships student athletes face in their college career like stress, time management and sleep disorders.

*(0:00)*

*NATSOUND: People chatting at sports game.*

*MUSIC: FADE IN: Tears of Joy - David Fesliyan*

You know, what's one of the hardest things to do in life. Being a student athlete, you just find yourself having to make two full time commitments at a very young age. There's one for your doctors and professors and one for your coaches. One expects you to fully commit to the classroom and the books, and one expects you to fully commit to your sport. It's like there's absolutely no remorse whatsoever. Neither professors nor coaches care if you're too tired trying to balance the two in your life. If you spent all night studying for a class, the coach is not going to give you any sleep. And if you spend all day working on your sport, well, your professor won't give you any slack. Well, there are huge benefits and pros to being a student athlete, but sometimes the cons outweigh them.

*Robert Reasso (RB) “of course, and most of the time when you're playing ball, you know, you're so focused on yourself, you know, in your team. And I was also I had a 3.1 College at 3.5. My masters so I was always focused on education to I think it*

*was easier than because we weren't, there weren't as many distractions nowadays, there's so many distractions.”*

*NAT SOUND: Sounds of practice in indoor courts*

*Well, stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry or nervous. Stress is your body's reaction to a challenge or demand. That being said, stress is also a term that student athletes are very familiar with.*

*Wafaa El Habbal (WH) : “My son is very stressed every day is government at home, training and have work and have a final exam. He's very stressed. I don't know what can he do? Very, very stressed”*

*Being a student athlete can bring a lot of stress causing them to lose concentration in both school and a sport. Just can be a major problem that can eventually cause the students to not only quit the sport but also drop out of school altogether. It's a lot to handle, and not everyone can. Being a student athlete causes more stress than typically any other reasoning for college students and it's just*

*NATSOUND: professor giving lecture*

*RS: "football player. You have to get to the gym at 630 in the morning to lift they need breakfast. at the gym, when you go to classes, then you come back because you have to have study hall."*

*NATSOUND: Alarm Clock*

*Then you go to practice, then you watch film, then you go to predict the steroid at 20 hour rule. Then they send gas' to the classes and then at night you go to study live study sessions with the GPAs. And you leave the gym at 10 o'clock at night and is an American football player so when is during the summer so when is preseason camp starting this book with pieces can now"*

*NATSOUND: crowd cheering at a sports game.*

You have a big game coming up, but guess what, you also have a project you want the same day, even worse, a final, how stress treating you? Well, it's just like that day in day out. For some people. It just might sound stupid but athletes, they'll say otherwise.

*brahim El Habbal (IH): They only develop us physically, not mentally. Very important. Something I think programs don't consider because the mental development of an athlete*

*leads to their character building which leads to better performance on the pitch. Adam will allow them to do many things at the same time.”*

A certain way student athlete can overcome the stress is to finish their schoolwork way ahead of time. Because Time management is crucial. And time management plays a huge role, not the biggest in the success of a student athlete. And basically the success of any human being.

*NATSOUND: Page flipping*

*IH: “two training sessions a day, and our training sessions in the weight room, so that we're better on the pitch to managing our studies for college because colleges and like school, that's the next level in education. So it's a lot harder, requires more time more self study, more independent study, around 40 hours a week. So how can I maintain battling my sports advancements?”*

*NATSOUND: sounds of sneakers screeching in indoor courts*

one of the many ways student athletes tend to manage their time and think they're successful in doing so is by staying up so late trying to finish up the papers and work and due dates, and just have so little time to rest before either their morning workout or their first class. Well, in this

case, the gain is that they will probably get some work done if not all But hey, here's another gain Sleep Disorder. Well, I didn't say it was a good gain.

*NATSOUND: Alarm Clock.*

*RS: "But I think you know, when I'm coaching and especially when I was coaching in America, you know, I can't say tell my players you know, an hour before you go to sleep."*

Let's speak science now. Sleep Disorders among student athletes are related to lifestyle habits such as late bedtime early wake up time, late night part time jobs, and the use of smartphones cell phones after lights out. psychological distress and competition activities such as morning practices and motivation loss stressors related to competition.

*RS: "These be decades. They don't realize it rest and mental rest and physical rest of them. So my coach was saying, well, we're taking the day off today they're doing a shoot around but they you know, but we're not going to be honest. So anytime the kid has to come to the gym, it's a workout."*

*MUSIC: FADE OUT: Tears of Joy - David Fesliyan*

Student Athletes should be much more appreciated and giving more attention to the students well being, because let's put it this way. If a student is not being well, then he suffers and fails the sports and fields education. Open your eyes, people and let's find solutions.

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