

alek smith '19 competes on both varsity soccer and football teams

my answer is BALANCE

photo by s. demers

6:00 A.M.

"Every morning I have an alarm set for six o'clock. I eat breakfast and get all of my school stuff ready around 6:30. I try to head out the

door around 6:40 so I can go to my Bible study at my church before I go to school every morning. I'm there for an hour before school."

8:30 A.M.

"After my Bible study, I go straight to school where I go to first and second hour, and then get my homework done during my off hour third

since I have football and soccer practice. I try to keep straight A's so during school, it's all of my focus trying to learn everything in class."

3:30 P.M.

"I leave school at 3:30 'cause sixth hour, English 12 is my last class. With no seventh hour, I run home to get both my football and soccer bags.

This is when I drink a protein shake and eat a granola bar so I won't get hungry during my four hours of practice. I head to football after."

5:00 P.M.

I head to football practice around five. During practice I usually practice with the football since I'm not used to it. I learn how to kick it

and how to do inside kicks. Switching from a soccer ball to a football is tough so this is where I learn how to work with the football."

7:00 P.M.

"Right after football, I change into my soccer clothes and get ready for practice which starts at seven. At soccer we just do the normal soccer

stuff. I transition into my soccer mind and run drills with my teammates and run suicides. Soccer practice goes until 8:45 or 9:00."

9:00 P.M.

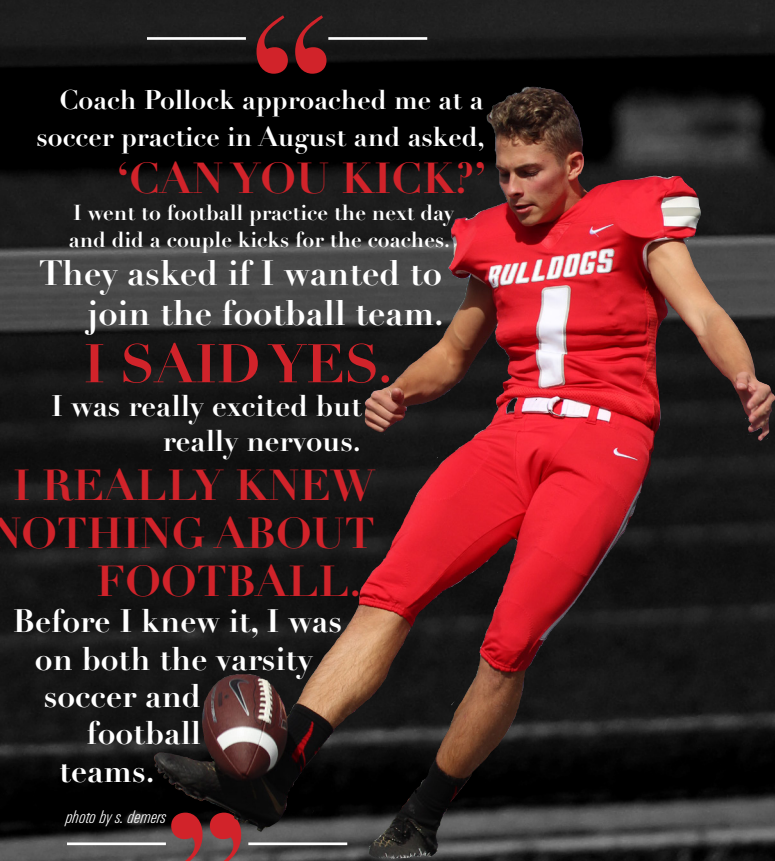
"Once I am finished with soccer practice, I leave the school around nine. I get home, take a shower and then I typically eat dinner

every night at 10:00. After dinner, I finish up any homework I didn't finish and then I head to bed. I repeat this every day."



RUNNING DOWN THE SIDELINE. After the soccer ball went out of bounds, Alek Smith '19 jogs toward the referee to throw the ball back into play during the rivalry game against Prairie View on October 4. photo by s. demers **GOT IT COACH.** Listening to the special team coach, Erick Pollock, Alek Smith '19 prepares to go on the field during the Superintendent's Cup game

at Prairie View on August 24. "I was very nervous because not only was this my first time playing football, but it was the big rivalry game against PV," Smith said. photo by t. reichow **EYES ON THE FLAG.** Standing in line with his team, Alek Smith '19 holds his hand on his heart during the national anthem before competing against Greeley West on October 12. photo by t. reichow



“ Coach Pollock approached me at a soccer practice in August and asked, **‘CANYOU KICK?’** I went to football practice the next day and did a couple kicks for the coaches. They asked if I wanted to join the football team. **I SAID YES.** I was really excited but really nervous. **I REALLY KNEW NOTHING ABOUT FOOTBALL.** Before I knew it, I was on both the varsity soccer and football teams. photo by s. demers”

Alek Smith '19

how do you juggle two sports?
ALEK SMITH
page by s. demers **047**

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