



# the escape from REALITY

## STUDENT ATHLETES USES TWO SPORTS TO CHALLENGE AND MOTIVATE HERSELF

Sports can be an escape from reality for athletes as a form of stress relief, an improvement to one's mental health and relaxation.

For swimmer and diver Mia Stramel '23, she uses two sports to stay calm and collected on a daily.

"With both swimming and diving, it's almost like my escape from reality. I use it as a form of stress relief along with a way to calm myself down in order to improve my mental health," said Stramel.

With doing two sports at once,

a lot of hard work and time goes into them. As a swimmer and diver, Stramel puts in hours on top of hours of practice and work.

Between both swim and dive, she spends more than 12 hours a week training and competing.

"Nothing beats the feeling of looking up at the scoreboard and seeing your dream time after spending months pushing yourself trying to get a new best time or finally nailing a new dive that you've failed multiple times. Even with all the

pain, there is always a much more rewarding ending, and knowing that all the hard work you put into the sports finally paid off," said Stramel.

**YOU'RE constantly working YOUR body TO the** *Max*  
Mia Stramel '23

**ALL IN YOUR HEAD:** After a long diving practice, Mia Stramel '23 puts in some extra practice for swimming practice. Putting in the extra time made her perform better. "I think that putting in extra time and effort outside of your normal practice could help you become a better athlete and will help you overall perform better," Stramel said.

PHOTO BY: ALEXANDER VIGIL

## hard WORK and determination

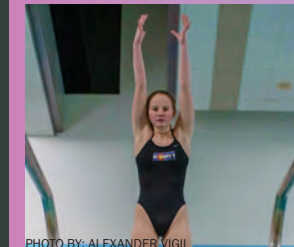


PHOTO BY: ALEXANDER VIGIL

**SWIM POSITIVELY IMPACTS MIA STRAMEL'S DAILY LIFE**

### WHAT GOES INTO DOING TWO SPORTS?

"Doing two sports is definitely a hard challenge to adapt to. You're constantly working your body to the max with the different workouts for each sport," said Stramel.



PHOTO BY: ALEXANDER VIGIL

### WHAT MAKES YOUR SPORT SO SPECIAL?

"Unlike most sports, swimming and diving are both water sports. Because of this, you have to learn to adapt to your conditions and make sure that you still perform the best that you can," said Stramel.



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### ARE YOUR SPORTS A FORM OF THERAPY?

"For me personally swimming is almost like my escape from reality," said Stramel.