

## 10 THINGS REPLAY ATHLETES WISH THEY'D KNOWN IN COLLEGE



1

**"It ends. I suppose I knew that but I never thought about it."**

– Pat Benzan | Basketball | Holy Cross

2

**"There is no place in the world like a locker room. You'll be hard-pressed to find another place where there are 100 guys willing to sacrifice everything for you."**

– Joe Burkett | Football | University of Missouri

3

**"I wish I knew earlier in college was how crucial nutrition and hydration is to our performance, functioning, and overall well-being."**

– Annie Tarakchian | Basketball | Princeton

4

**"Free food is hard to come by after college...Make sure you know how to cook!"**

– Sean Lowrie | Lacrosse | Duke

5

**"I wish I knew how important it was to market yourself and build relationships outside of football."**

– Chase Litton | Football | Marshall

6

**"I wish I'd better understood the importance of sleep and how much of a factor rest is to performance."**

– Carson Jacobs | Golf | Vanderbilt

7

**"Always embrace your teammates and focus on building relationships because it goes faster than you think!"**

– Alysen Febrey | Softball | Oklahoma State & University of Georgia

8

**"Network, network, network! College campuses are such amazing resources to meet new people. Every conversation is a new opportunity."**

– Johnny Adams | Baseball | Boston College

9

**"If there was one thing I wish I knew as a college athlete it would have been to take advantage to all of the networking opportunities placed in front of me"**

– Charise Wilson | Basketball | Rutgers

10

**"Play absolutely every game like it could be your last. And never stop thanking your support system."**

– Drew Mahoney | Football | Bentley