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Student-Athlete During Covid

Eli Carr

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Eli Carr Covid-19 Journal

Thursday, April 30, 2020

My alarm goes off at its normal 9:30 AM and it is the day after the last day of classes. While saying that in my head sounds amazing, it really just means that one of the most stressful weeks for students is coming up. Before even thinking about studying or getting to classwork I head to the soccer field around 10 AM to do some training with three of my old high school teammates. The session went well and we all got completely soaked as it had been raining all night and all morning but it doesn't matter to us because we just want to get out of the house. At this point, only video games and soccer are freeing me from the boredom of sitting on my bed at home staring at my phone screen. While I was training I got an e-mail from the club in Dayton, Ohio that I was planning on playing for over the summer. The e-mail hit me pretty hard with the decision to cancel the 2020 USL League 2 season. I had been training extremely hard to get in shape for this team and hearing that the hard work had gone to waste was pretty annoying. After hearing the news, I came back home ate some lunch, and sat on my butt for over 3 hours playing video games. Everyone in my family is at home almost all the time now. My dad works from home, my mom has been dealing with illness (not Coronavirus), and my brother is back from college. It hasn't been like this since we were in middle school so it is a bit strange but we all get along and do what we can to get through this time. Today I didn't have any assignments due so I just looked over old material from the semester to prepare for the upcoming exams and papers. After doing that for an hour or so, my friends and I went back to the field for our second training session of the day. Typically in the morning, we do fitness and in the afternoon we do light technical work so the afternoon sessions are always much more fun. I came back with my legs

close to dead and had a wonderful Puerto Rican meal served by my mom. The dinner nearly put me to sleep and the rest of the night was spent on the couch watching “Community” on Netflix.