

FOOTBALL

The football program at UWC is intensive and rigorous. I was disappointed at the start of the year for not making the A team after being a part of the A team even in grade 10. This was a statement to my lack of fitness and my need to engage in conditioning work and improve my fitness and stamina. The good thing is that I played a crucial role in the B team and saw a lot of game time that gave me a chance to experiment with new techniques in defending and improve on my weaknesses. Coach Liam supported me through this time and challenged me with new tasks and objectives for each session and game. This included me starting a new gym routine independent of training to improve my fitness. Towards the middle of the season I was back to a good level of fitness and was performing well in games and training. Teamwork and communication were important qualities that I learnt through my experiences. Although some of my teammates were not playing well it was important for me to console them and act as a role model for the younger boys. The football season was a great experience and good for my overall fitness and helped me implement good habits as regularly going to the gym. I now look forward to maintaining my fitness during the quarantine using the resources and workouts our coaches have shared and be prepared for pre-season as well as the football season itself.