

THE CURRENT SAUCE

03-05
NEWS

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MARCH



ALPHA OMICRON PI WELCOMES NEW MEMBERS DURING SPRING RECRUITMENT

BY MADELYN MURPHY

In college, students seek more than an education. Students hope to find a community they belong to and lifelong friends they can depend on. For some women, they find this within their sorority.

At Northwestern State University of Louisiana, the Kappa Chi chapter of Alpha Omicron Pi (AOII) is home to numerous women on campus that have found their place. To join Greek life, anyone interested must go through fall or spring recruitment.

The fall recruitment process has changed in the past year, but the original fall recruitment process lasted one weekend. Friday is known as the sisterhood round, where one gets to go to all the houses to meet all the people and learn about their friendships.

On Saturday, interested members get invited back to the houses that want them or they want. This day is also known as philanthropy. Every sorority and fraternity on campus has a philanthropy, which is an organization that they do service for and raise money for. For example, AOII works with the Arthritis Foundation to bring awareness to juvenile arthritis.

The third day, Sunday, is called preference day.

"It is a very intimate, serious ceremony where the sorority is telling you all the reasons why they want you, how they see you fitting in in their sorority and what they see in you that makes you a part of them," Julie Prince, a senior elementary education major at NSU who is the vice president of membership recruitment for AOII, said.

At the end of the third day, it is bid day, when the upcoming new members find out where they belong after receiving a bid, or an invitation to join a sorority.

Now, however, the fall recruitment process is known as partially structured recruitment. Instead of a three-day process, there is more time for the women to connect to each chapter, as each house (Kappa Chi chapter of AOII, Alpha Zeta Chapter of Tri Sigma and Kappa Iota chapter of Phi Mu) hosts three continuous open bidding (COB) events over a course of two weeks. Women have to attend at least one COB from each house within the two weeks. The second Friday during this time frame is philanthropy day, and the following Sunday is philanthropy and bid day.

"Bid Day is very fun because, most of



Photo by Madelyn Murphy (L-R) Back: Payton Hudson, Kami Desidere, Lizzie Blanchard, Liv Kilgo. Front: Jennifer Langbein, Haley Henderson. AOII members pose during bid day Spring 2024.

the time, alumni members, current chapter members and new members of AOII come, so it's this big mix of everybody who has chosen AOII in the past and who has just chosen AOII," Prince said.

When speaking about bid day, Prince reminisced on her first bid day when she was a new member, still being able to recall her favorite memory from the day. Bid day, along with the recruitment process, becomes a treasured memory for women in sororities.

"It was really exciting to be on the recruitment side this past fall because I was actually in charge of planning that day of recruitment. It was really fun and a very good way to reconnect with the reasons why I joined in the first place," Prince said.

Although the girls leave with fun memories, the fall recruitment process can still be a stressful experience.

At first, Prince never considered joining a sorority. Once she let a friend convince her to rush, or go through recruitment, she found herself in a nerve-wracking situation.

"Formal recruitment in the fall can be a scary process; I was terrified all weekend," Prince said. "Spring recruitment is completely different."

Fall bid day is when upcoming

members find out which sorority will be their new home, but women who go through spring recruitment have already found out and accepted their invitation before their bid day. In other words, spring bid day is the official celebration of the new members of a sorority. Spring recruitment does not require women to visit each house. They can just decide which events they want to go to.

For AOII, anyone can join by attending a COB event for up to about eight weeks during the spring semester. AOII has a COB event every other week during this time.

At these events, AOII sisters spend time getting to know and having fun with women who are interested in joining. Members of the chapter form a team, and they meet after each COB to vote on sending the new attendees a bid.

Although the spring recruitment process is different from the fall, there is no difference between the women once they have found their home.

"You just didn't go through a formal process. You're still an AOII woman now, you still have the same values and you're just as much a member as somebody who went through fall recruitment," Prince said. "We try to make spring bid day as cute and extravagant as we do for fall big day to

ARTS & LIVING



Photo by Madelyn Murphy
(L-R) Julie Prince and Kami Desired Alpha Omicron Pi (AOII) sisters pose at one of their spring continuous open bidding (COB) events, “Just Dance w/ Alpha O.”

show this.” It is obvious the efforts made to make spring bid day just as fun as during the fall, especially because of the newest members’ reactions to it.

“I thought it was a lot of fun,” Rebecca (Becca) Scott, a freshman with a major in psychology who joined AOII in Spring of 2024, said. “Our bid day theme was Sweet Home AOII, so there was a bunch of candy, it was really cute, really fun and was a bonding moment with everybody.”

As a new member, Scott is already enjoying her time in Greek life. However, this was not the initial plan she had for herself when going into college.

“I actually wasn’t originally interested in joining a sorority or Greek life at all coming in, but when I went to the AOII table during freshman connection, the girls were some of the nicest people I’ve ever talked to,” Scott said. “As someone who is very introverted and has a lot of social anxiety, though, the fall rush was terrifying.”

Especially because of the sisters’ diverse personalities, AOII was the one sorority that resonated with Scott even though she was unsure about joining anything to begin with.

“I was still very hesitant over Christmas break because, even though it was something I still wanted to do, I’ve had a very bad past with girls: They haven’t always been the nicest to me,” Scott said. “But I decided to go out of my comfort zone and try something new, so I went to the first little open house that AOII had at the spring semester, went to one of their COBs and I just re-fell in love again with their life.”

Since then, Scott has become an official sister within AOII. She is looking

forward to attending more AOII events, getting to know her new sisters even more and finding out which big sister (big) she was matched with.

“For people who struggle with socializing or aren’t even sure if they want to do Greek life in the first place, spring rush is definitely the way to go,” she said.

Scott has found her place within AOII and is excited that it is the family she is going into.

“When Becca went to one of the AOII COBs, we fell in love with her,” Kami Desidere, student nursing major and freshman membership integrity coordinator of Kappa Chi AOII, said. “We were basically like, ‘oh my gosh, here’s a bid; join our sorority’”.

Although they did have to vote on sending Scott a bid, it was obvious that the chapter agreed quickly once they got to know her.

“Even though I went through formal recruitment, I like spring so much more because you get to spend more time getting to know everyone instead of being rushed and having to attend so many events,” Desidere said. “It would have been a better experience to go through spring recruitment, but I wouldn’t have changed it for the world because these girls have become my home away from home.”

Joining AOII is a decision Desidere is grateful for because the relationships she has made within AOII are ones that she knows will last a lifetime.

“What inspired me to rush was I wanted that feeling of sisterhood and love and true connection with other girls that are my age; I just wanted a place where I could learn from older women that have gone through the

same things as me,” Desidere said. “For example, my big, Makayla Boudreaux, is a nursing major, in band and everything like I am, so she is a great role model for me.”

The hopes Desidere had when joining AOII were fulfilled. Not only has Desidere been provided with women to look up to, but she has also gained life skills.

“

What inspired me to rush was I wanted that feeling of sisterhood and love and true connection with other girls

“I’ve learned a lot of time management skills, how to reach out to people, to get connected on campus, to become more of an extrovert, to be there for other people and to take on responsibility” Desidere said.

Whether referring to the opportunities they have been offered or the friendships they have made, women of AOII agree that being in a sorority has benefitted them in numerous ways.

“We’re one of those families where, if I need something, I can just go in the group chat and they’re there for me no matter when or what for,” Desidere said.

The sisters of AOII keep their doors open for any woman on campus who wants to have a fun time, even if they are not interested in joining Greek life. They have events coming up on March 19 at the AOII house, which is located on NSU campus near the Health and Human Performance building and across from University Place 1.



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SCAN
ME!



KEEP LOUISIANA BEAUTIFUL AND
NSU STUDENT ORGANIZATIONS AIM
TO BEAUTIFY THE CAMPUS



Photo by Jayda Gee
With the Keep Louisiana Beautiful grant NSU is working towards reducing waste on campus.

BY NINA OVALLE

Northwestern State University of Louisiana embraces environmental awareness as a member of the Keep Louisiana Beautiful University Affiliate program. Keep Louisiana Beautiful is a non-profit program that provides the resources and tools to prevent litter, reduce waste, increase recycling and protect the natural resources of Louisiana to a statewide network of affiliates.

The KLB website highlights four key initiatives which support the program’s mission to promote personal, corporate and community responsibility for a clean and beautiful Louisiana.

KLB offers grants programs, advocacy and data collection to improve policy and infrastructure, enforces legislation support, ordinance templates and a litter court handbook to strengthen environmental law support, influences positive behavior through education and awareness campaigns and increases community capacity through litter cleanups and recycling collections.

KLB’s primary project is Love the Boot Week. During this week, partners of KLB collectively focus on litter cleanup, beautification and recycling in their communities. This year KLB will initiate the third annual Love the Boot Week April 20 to April 28.

In 2021, KLB developed a University Affiliate program which offers Louisiana institutions the opportunity to express a commitment to environmental wellness.

Jennifer Kelly, director of Auxiliary Services, explained why NSU joined the affiliate program to create Keep Northwestern State Beautiful.

“NSU is a beautiful campus and being a part of the affiliation helps promote our campus and Louisiana,” Kelly said.

The KLB University Affiliate program was designed to offer state institutions recognition by sending a message that they are a part of a greater movement.

“It is a commitment to continuous improvement in sustainability and environmental issues on our university campus,” Kelly said. “It signifies that you are part of a greater movement that has a proven track record of behavioral change and preserving the beauty of Northwestern State University and Louisiana.”

The affiliation program is also a means to inspire students at participating universities to follow KLB’s mission as well.

“We want our students to know and come to understand the importance of environmental responsibility and awareness that no act of involvement is too small to make a difference in keeping our campus and Louisiana beautiful,” Kelly said.

Alexander Engstrom, Student Government Association speaker of the senate, encourages students to get involved in KLB’s mission. The Environmental Catalyst Organization and Alpha Lambda Delta First Year Success Society offer opportunities for students who would like to participate in environmental projects at NSU.

“Organizations like ECO, ALD and others sponsor events that students can get involved with or even if they’d like to make an impact on their own, they can do that too,” Engstrom said.

SGA supports Keep Northwestern State Beautiful as an initiative to preserve the campus.

“Being a KLB affiliate will bring a sense of hope to students as we do everything we can to keep our environment healthy,” Engstrom said. “As a Student Government Association, we have to take every step we can to help future demons.”

Steven Gruesbeck, NSU’s director of service learning, sat on the KLB board several years ago when NSU first began a relationship with the program.

“I liked it a lot, it had a lot of people working from all sorts of different areas from all across Louisiana,” Gruesbeck said. “Although we each did something very different professionally, we all had this common idea that beautification projects and reducing waste was very important, personally, important for society, important for communities.” Gruesbeck sat as a representative for higher education, which initially connected NSU to KLB. At the time, NSU and KLB collaborated on environmental projects with no official relationship.

NSU’s official affiliation with KLB is rather recent.

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NEWS



Photo by Nina Ovalle
Even something as simple as turning the lights off in an empty room can do so much for the environment.

“About a year ago, the president of our university said, ‘hey we would be interested in rekindling a relationship with KLB,’ so we began with writing some grants,” Gruesbeck said. “Around that time, Northwestern applied to become a university affiliate and I think now we’re one of maybe a dozen or more university affiliates of Keep Louisiana Beautiful.”

KLB currently partners with ten university affiliates across the state: Grambling State University, Loyola University New Orleans, Louisiana State University, Nicholls State University, Tulane University, University of Louisiana Monroe, University of Louisiana at Lafayette, University of New Orleans, Xavier University of Louisiana and NSU.

“Each of us are dedicated to supporting the mission of KLB which is to reduce waste and create beautiful spaces and Keep Louisiana Beautiful,” Gruesbeck said.

As a university affiliate, NSU can apply for grants from KLB which fund sustainability projects on Louisiana campuses. The first grant NSU received from KLB funded the purchase of 10 trash cans that were strategically placed near walking trails and sporting facilities at NSU.

Since becoming a university affiliate, Gruesbeck has written several grants to initiate projects for Keep Northwestern State Beautiful.

“I wrote two grants, one was a partnership with Keep Northwestern

State Beautiful and the Gallaspy College of Education and Human Development and the other was in partnership with the Conservation Club,” Gruesbeck said.

In collaboration with Gallaspy College of Education and Human Development, Gruesbeck received funding for a beautification project at the Eugene P. Watson Memorial Library. Within the grass roundabout at the entrance of Watson, a garden of camellias, roses and indian hawthorns will be planted for Love the Boot Week.

Gruesbeck was also awarded a grant to install a water refill station in the Dear School of Creative and Performing Arts. In collaboration with the NSU Conservation Club, the grant funds partially allotted the distribution of 350 refillable stainless-steel water bottles at NSU.

Gruesbeck explained his inspiration to apply for KLB grants.

“It seemed everybody had something to contribute, Northwestern had something to contribute, KLB had something to contribute, and it was toward a good cause and there was a need, so we tried to fill it with these grants,” Gruesbeck said.

Gruesbeck explained that the grants only serve as funding whereas action on them comes from faculty and students. Along with Engstrom, Gruesbeck encourages students to get involved.

“I would love for students to find ways in which they can participate,” Gruesbeck said. “I think that ECO and SGA’s initiative to turn off the lights when you leave is a great one and that ties back to conservation and kind of preserving the resources that we’ve got, so get involved.”

Even something as simple as turning the lights off in an empty room can do so much for the environment. Whether big or small, students can make an impact, he said.

“There’s lots of little ways in which students become involved and there are big ways: partnering with Keep Northwestern Beautiful, becoming a member of ECO, becoming a member of Conservation Club,” Gruesbeck said. “I think it’s a great way of getting involved and then students will meet others who are like-minded, and I think collectively as a group a lot more can be accomplished,”

There is always a need to better the environment and keeping the state beautiful can start with keeping NSU’s campus beautiful, he said.

“I think the most important message would be to enjoy our beautiful campus, take advantage of the resources that we have on campus and then take advantage of some of these opportunities to get involved either on a small scale, or on a larger scale, or in multiple ways,” Gruesbeck said.

To get involved with Alpha Lambda Delta’s “Keep it Clean” at Watson Library, refer to updates on their Instagram @nsula_ald.

To get involved with the Environmental Catalyst Organization, reach out via their Instagram @nsula.eco.

To get involved with the Conservation Club, reach out via their instagram at @conservation.club.nsula.

To get involved with Keep Northwestern State Beautiful you can reference the Keep Louisiana Beautiful website here

Photo by Nina Ovalle



NSU students should be aware of the dangers that could occur over spring break



Photo by Kallie Bourgeois
NSU University Police captain Wesley Harrell addresses some safety precautions students should take over spring break.

BY KALLIE BOURGEOIS

Every year college students relax and recharge over spring break. Whether staying at home or partying on vacation, Northwestern State University of Louisiana students should take precautions to avoid the dangers of spring break.

Thamsanqa Jongile, assistant hospitality management and tourism professor, has experienced many instances in his career where spring break has caused unsafe conditions and even tragedy for college students.

“What a lot of times students try to do is, when they’re drunk, they try to ‘undrunk’ themselves by exercising, so you find them sprinting up and down the hallways, taking cold showers and going near the ocean,” Jongile said. “One time we had three deaths in one weekend, and that was just my hotel.”

Oftentimes, overcrowding can serve as a cause of potential danger for tourists in travel destinations. During an internship in Auburn, Ala., Jongile saw first-hand the crowds of Orange Beach during spring break.

“Usually, it hits the southern states the most because of the location and price, but it was also just overcrowded,” Jongile said. “Overcrowding is a bad thing because it causes a lot of people to drive, which causes issues with the cops. There were too many instances of DUIs (driving under the influence) and substance abuse.”

Traveling in the states is one thing for college students, but traveling internationally is a whole different territory.

“Be aware of the law over there because it’s not the same as ours. If you break a law and say, ‘Oh I’m entitled,’ you are entitled to nothing and they can keep you there,” Jongile said.

Jongile encouraged students to stay aware of where you are traveling, especially when traveling internationally, and to do their research. Since the United States dollar typically holds more value than that of other countries, American tourists are often targets for crime.

“When I went to the Dominican Republic for one of my spring breaks, I went with a group of eight people, four phones were stolen and one wallet that had his passport in it,” Jongile said.

He also added that surveys show students are much more likely to experiment with drugs for the first time over spring break, even if they are unaware of what that drug is.

Maggie Bossier, assistant director of Counseling and Career Services added that students should remain aware, especially when using substances.

“Alcohol poisoning is a big danger,” Bossier said. “Make sure you avoid drinking more alcohol than water while out in the sun, drinking and operating watercrafts or swimming while drunk, wearing life jackets when boating, practicing safe sex with sober consent.”

According to Bossier, sexual assault cases primarily happen due to vulnerability from the over consumption of alcohol or other substances.

“The state law says that anyone consuming alcohol cannot legally give sexual consent,” Bossier said. “Verbal consent is important during this time because you do not want to assume anything. Just because they may not have given a clear ‘no,’ you do need a clear verbal ‘yes.’”

Bossier explained that students should take precautions to notice the signs that they may be in danger.

“Students should limit their alcohol

intake, go out with a group and leave with a group, never accept an open drink from a stranger or leave your open drink unattended,” Bossier said. “If your drink appears foggy, your ice sinks to the bottom of the glass, the drink has excessive bubbles or there is a change in color your drink may have been spiked.”

Bossier shared practices which students should implement when traveling to stay safe.

“At the hotel, keep your doors and sliding doors locked, ask the uber driver to call you by name before you enter the vehicle and avoid sitting in the front of the passenger seat, make sure your phone stays fully charged and consider downloading the ‘Life 360 Location’ app so you can be on your friend’s radar at all times.”

Bossier also reminds students that in any unsettling situation they may experience, Counseling Services on campus provides assistance and support.

Wesley Harrell, University Police captain, explained that there are resources on campus to handle these dangerous situations.

“There’s several things that a student can do, if they’ve been assaulted or they know of a student that has been assaulted, they can come to our office and file a report in reference to that,” Harrell said. “They can also go speak to Julie Powell, our Title XI coordinator, who can assist them with the Title XI side of things, they have different outlets and outreaches that they can help and assist students with.”

Harrell also stressed the importance of

the CampusShield app. CampusShield is a free app that allows users to submit tips to campus safety officers, set a safety timer or quickly notify authorities in the event of an emergency along with the location of the user. The app can let authorities know about any suspicious activity or other safety concerns, request safe transportation and connect with campus resources such as crisis hotlines.

“If they have issues then they can really use the CampusShield app, because it’s not just useful on campus but also when you leave campus,” Harrell said. “You can get in contact with us pretty quickly as long as you can unlock your phone.”

The well-being and safety of students is the top priority of University Police, Harrell said.

“Students are our main concern and priority, but to say that we need our students to let us know when things are going on,” Harrell said. “Whether it be a roommate issue, relationship issue or whatever it may be, someone will handle whatever’s going on with your assistance.”

Though every spring break experience is not the same, NSU students should still take precautions to avoid the dangers of spring break and enjoy the week off.

NETWORKING & CAREER EXPO

SAVE THE DATE

Wednesday, March 20

Student Union Ballroom

10:00 am

NEW MEDIA, JOURNALISM & COMMUNICATION ARTS

III | NORTHWESTERN STATE

Plans for spring break vary at NSU



Photo by Madelyn Murphy
Jordan Bevels, a junior with a major in music business, will be spending his spring break in Italy.

BY MADELYN MURPHY

During the spring semester, students may feel stressed. The time seems to go by faster, midterms pop up out of nowhere and, suddenly, there is less than two months until finals week. Because of this, students look forward to spring break so they can take a moment to slow down.

From Northwestern State University of Louisiana students to faculty, plans for spring break vary. However, they all do have one thing in common: they are ready to spend time away from classes.

“I work almost 10 hours a day and whenever I get home, I have to do my grad school,” Noah Frederick, graduate assistant and the strength and conditioning coach for football, volleyball and soccer, said. “I’m really excited to get a full week off from being here so I’m not at work, and it’s good to focus on my own self.”

Like many others on campus, Frederick stays extremely busy throughout the weeks. With a break coming up and more time to himself, he plans to visit home.

“Mostly, I’ll hang out with my family, work on some schoolwork and

hopefully eat some crawfish,” Frederick said. “I’m most excited to see my mom and my friends.”

Spending time back home is a common activity for students over the break. They take the time to visit family, but also the places they only find at home.

“Me and my friends go downtown to hit this sushi restaurant my friend works at, go to some bars and have some fun,” Frederick said.

While Frederick has a loosely planned break, some have more of a schedule.

“I usually don’t have spring break plans, but this will be my first time going to Italy,” Jordan Bevels, a junior at NSU with a major in music business, said.

Bevels most enjoys traveling, and spring break is the perfect opportunity to pursue journeys he has been wanting to go on.

“I plan on visiting the Colosseum, the Vatican and the Catacombs; I also plan on trying all of the Italian food I can,” Bevels said.

Spring break is the perfect opportunity

for people to reconnect with one another. In addition to sightseeing and eating, Bevels will be meeting a friend who used to live in the same town as him.

Hanna Walton and Kam Landry, both students at NSU with majors in psychology, have been going to school together since middle school and have been dating since their junior year of high school. With this, the breaks from classes give them a chance to spend more time together.

“For the beginning of spring break, we plan on working extra hours while there are no classes, but on Easter weekend, we plan on traveling home together,” Walton said. “I am most excited to eat the food from further south because it feels homier than the food here, but also to see my family—especially my nieces and nephew.”

Although students enjoy their time at NSU, some things are just better at home. Unlike when one is on campus or in a class, being home lets people celebrate festivities with family.

“We will be a part of two-family dinners, play a couple board games with the middle aged family members

College student budget friendly things to do over spring break

BY MADELYN MURPHY

Bored and want to get out of town? Grab a couple of friends, take a mini 45-minute road trip to Kisatchie Falls and see where a trail takes you.

Manifest your graduation by having friends take your senior photos—even if you’re a freshman.

Take a stroll along Front Street, grab a coffee from StoryBrew Coffee Cafe and sit by the river.

Bake something new or even have a baking contest with roommates or friends.

Treat yourself to Peggy’s Pizza for only \$8 or split the price of a \$12 medium pizza with a friend.

Pretend you’re a tourist by visiting tourist attractions located at natchitoches.com. Here are some examples:

Visit the Louisiana Sports Hall of Fame.

If you haven’t already, watch the movie, “Steel Magnolias.” Then, find all of the places they used to film scenes in Natchitoches by using the Steel Magnolias map on the website.

Visit the Natchitoches National Fish Hatchery to see around 114 species of wildlife and to enjoy nature.

<https://www.peggyshomemadepizza.com/order-online>

<https://www.fws.gov/fish-hatchery/natchitoches>

<https://natchitoches.com/>

<https://m.facebook.com/storybrew>

and, depending on the weather, we may have an egg hunt for the younger kids in our families.”

For some students, the Easter holiday is the main event of their spring break; some students even refer to spring break as Easter break. Especially as families get together after time away from classes allows for unity and growth within relationships,

“It will be nice to not have to focus on homework,” Walton said.

Spring break unites everyone on campus for a moment of fresh air. Whether it’s visiting families, going on vacations or simply taking a moment to relax, this period of stillness gives all students the opportunity to breathe before the end of the semester.

What do fall sports do during the spring season?

BY CHRISTIAN ROBINSON

While spring sports go through the growing four-month spring season. Fall sports have their own journey to go through during the spring season. Sports such as football, cross country and soccer deal with their own trials to go through to prepare for the fall season.

Recruiting is a big part of the spring season with coaches and assistant coaches traveling to scout players and having visits to Northwestern State University of Louisiana for a tour. With extra time, coaches can travel out of state where in comparison during the season it is mostly in-state athletes.

Women’s soccer head coach Ian Brophy explained how important recruiting is during the spring and how most of the time and his assistant coach spend on recruiting.

“Recruiting is big for us especially in the spring season, I know our assistant coach just got back from Texas recruiting and is getting ready to travel to Florida,” Brophy said. “I know for me traveling is a big thing at least before I was about to have a baby in a couple weeks.”

NSU football head coach Blaine McCorkle discussed how recruiting is not just important about getting players, but also getting the right players both on the field and off the field. “We are aiming to recruit high IQ level kids to come into our program. Those kids know how to wake up, put their shoes on and work and really show what we are trying to do here,” McCorkle said.

One recurring topic the coaches emphasized is schoolwork and study habits. With the spring season rolling around, players have more time to study without the worry of upcoming games. The coaches are firm believers that the spring season helps student-athletes study and improve in classes.

“Spring is a good season for the players. I said that this is a 365 days a year job, but school and classes are part of that and with extra time our athletes can rest and go home and study more for classes,” coach Dillon Dawson, cross country head coach, said.

McCorkle believes that studying and classes are a factor in not only scouting but judging a player’s commitment to not only the team but for their education and life at NSU.

“Classes are important, and our staff make it known that we have a new



Photo by Christian Robinson
NSU women soccer forward Bella Ruggiano focuses during her spring practice.

study group system that is specific to each player and if a player doesn’t meet our GPA or our study habit standards, we just add more hours for them to study,” McCorkle said. “Our goal is to finish with a GPA of 3.0 and we believe that we have the system for that.”

Less travel in the spring season for the student athletes allows players to focus on some of the most important things like getting a degree and finishing college.

“You know with travel and not much practice it gives players extra time to study and to truly process the information they are getting in classes. Whereas during the season bus rides, staying in hotels and game prep can really drain a player on a day-to-day basis so the spring can be more relaxing for players,” Brophy said.

However, with more relaxing schedules also comes the counting of days players go through in anticipation of the upcoming fall season.

“It can be something that players think about but what makes cross country athletes special is that they are 3 peat

athletes meaning some perform in spring tournaments as well so for them they can keep their minds off cross country for a while,” Dawson said.

Brophy shared how some players can show that trigger happy feeling players get when the season is coming up and talks about how sometimes it can be seen in spring practices.

“Yeah, sometimes you see that in our players, and you see energy levels dip in practice and it’s our job to remind players to have a good fall season you need to have good spring season in practices and in workouts so it our job as coaches to keep them focused and tunnel vision on our ultimate goal of winning a championship,” Brophy said.

With spring practices and workouts not taking the whole day for players, Coach Brophy said that some players spend their time bonding.

“You know with extra time you see players bond with team activities or even us a whole team going to hang out as not just players, but as true comrades and that chemistry is so important for the fall season,” Brophy said.

Studying, spring practices and workouts as well as recuperating and relaxing all come to play for fall sports. The steps and routines they implement now will allow athletes to transfer into a fall season mindset full of rush, adrenaline and commitment.

SCAN ME!

