

Athletics or Academics?

You Can Succeed at Both



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Requirements for Success at Both Athletics and Academics

- ◆ Have a schedule
- ◆ Be organized
- ◆ Have discipline
- ◆ Work hard
- ◆ Persevere the setbacks
- ◆ Maintain **success** GPA or Batting Average
- ◆ Stay motivated
- ◆ Be involved in other activities too, especially those that serve others
- ◆ Have integrity

Which is More Important?

- ◆ Adults must be physically active for a lifetime
 - Exercise and sport contribute to a healthy, fulfilled and productive lifestyle
- ◆ Academics, however, provide for a lifetime of opportunity
 - Without an education, adults have fewer options
- ◆ Both Athletics and Academics are Important
 - Apply the skills that athletics teaches in your academic pursuits to achieve a successful life!