

MALIYA HADDOCK | IONA LACROSSE Ø>ÝM

Hey my name is Malia had and I play women's lacrosse at Iona University I think maybe the biggest thing for me was just the area I grew up in in Connecticut wasn't so popular in lacrosse It was more just like Southern Connecticut that was popular So being from Central Connecticut it was kind of harder to like get your name out there and just make you know like yourself known But I think just really kind of almost like being annoying and putting yourself out there whether it's like emailing coaches emailing just like anyone you want to just like get your name out there I think really helped me But I think another thing that also set me back was I did struggle with asthma a lot when I was um in like middle school high school I used to be a midfielder and then asthma got the best of me and then I decided to switch to attack So I think that was just like one of the biggest things for me because everyone around me didn't have asthma and they just could keep going But I couldn't I had to have my inhaler on hand So that was probably a big thing staying confident Um And realizing that you're there for a reason and taking advantage of like all the opportunities that are given to you I think when I was younger and like grow uh going into like high school just all those experiences I had I think I took them for granted a little bit and didn't use it to like my full advantage But looking back I wish I went into the things I did more confident and realizing that like I was there for a reason I'm given this opportunity for a reason and you just want to make the most out of everything because college is gonna come so quick and you wanna make the most of it and you wanna make um your journey like matter what I would pick up on when like coaches would come watch me play It was focusing on like the little things like not putting your head down if you would like lose the ball like make sure you're stick tapping like everyone high fiving everyone Um they like really care about the little things like that and I think it shows like the kind of character and player you are if like you lose the ball and you put your head down uh like coaches like aren't really gonna look for that They kind of think um like you're just like not a personable like athlete I guess so I think I really focused on that when coaches would come watch me play And as far as like the recruiting process for me it was a little more difficult just because it was during like the COVID time So recruiting for me it was like my sophomore junior year and COVID hit my sophomore year So I was like unable to go to like any showcases or colleges uh or college which is could like see me at So for me getting them to notice me it was more so

just like through emails and like film that I had So just like reaching out to them consistently um asking them for their advice just like what they think I could do better And yeah I don't know looking back I wish I went into the things I did more confident and realizing that like I was there for a reason I'm given this opportunity for a reason and you just want to make the most out of everything because college is gonna come so quick and you wanna make the most of it and you wanna make um your journey like matter I think um my high school coach was definitely my biggest mentor He was also my club coach and I think he kind of just he always like encouraged me to just stay confident like no matter your age your height like your role on the team you're there for reason and you just have to stay confident and stay consistent I would definitely say like just the consistency just like practicing like off hours you know you got to put the work in not just at practice or the games you have to do for lacrosse It's like wall ball it's just the agility the training And for me also I like always loved watching just like professional lacrosse or just like collegiate lacrosse So I think watching that growing up really helped me like translate what I would watch into like what I would play The biggest thing I wanna say I learned as a sophomore now I think you come into college like from high school you were like the big fish in the little pond and then when you get to college all of a sudden like you're the little fish in the big pond and that's ok It's gonna happen You're surrounded by people who are like the same level as you now Um um like better than you Um and I think like the biggest thing I learned from that is you're not gonna just stay like the little fish in the big pond Like you can work your way up and it's gonna take time but you're there for a reason And you also just have to remember that for me like um being on social media it's it's just like been something I've been doing for so long And I think with the athletics like being part of it people like are interested in like a college athlete like they're interested in like the day in your life like what you do day to day So I think just knowing that there's an audience out there that is interested in what you're doing can like help you you know get get into it Um It can like give you ideas on content to make because like at the end of the day like you're gonna have an audience and there's gonna be people that don't like it sometimes too but you just have to um be confident with yourself because at the end of the day like you're getting your name out there and it could benefit you in so many other ways Uh growing your social media can help you grow your nil deals it could help you just become a more personable person You can just be a personality out there and you can have people like you