

## BRYCE WILCOX | MICHIGAN FOOTBALL

Hello I'm Bryce Wilcox I'm from Georgia and I play football at the University of Michigan So being a high school football player and getting a division one scholarship the best advice I have for you is just set yourself apart You know if you really want it if you if you you know you dream about this you dream about this and you really want want it you gotta set yourself apart You know that's that's on weekends Your friends are going to hang out you gotta you gotta set some time apart to go get some extra field work in go in the weight room Um you know take care of your body You know even though you may have worked out all week maybe take Saturday get a good night's sleep go do yoga go go to a cold tub go just do something to just you know better yourself better your body That way you know you can keep on running the next week You know when the next week starts that Monday you're you're ready to go instead of you know hanging out staying up late on the weekends you know you gotta you gotta make sacrifices for yourself If you really want to be the best you could be So growing up uh I played football since I was four years old And you know it was more about you know getting the technique learning the plays But in high school is when I really started to watch film and that's when my high school coach coach Dallas he really broke down how to watch film And now in college you know you kind of can see how crucial that is to watch film and to better your game on on in the film room rather than on the field Oh my senior year I I didn't play any sports and I I think playing sports in high school were were definitely a crucial way of you know just being an athlete and just everything So with football uh my senior year I wanted to focus more on football And so I uh I trained at this place in Atlanta and some things that I focused on when I got there is balance Balance is the balance is the key thing you know whether you're on defense or you're on offense whenever you're at the top of the route you know being on your feet and staying on your feet and uh breaking on the ball That's a big thing too is just balance just knowing having a good relationship with your legs and your mind just all working in one motion So that's what I would say challenges Uh first of all I am you know I'm I'm 511 So I'm not you know a bigger guy and those guys who go to camps uh just from being 64 or you know those taller guys automatically they get seen first they get talked to first And so being you know a shorter guy in the business that I play I I would have to say you know being better you just gotta be better You gotta you gotta you gotta put more work in And

when you're at that when you're at those camps and you know you're you're trying to showcase your talent make sure your detail and everything you do your footwork your you're catching your ability to listen make sure everything's you know tuned up and just perfect going into my senior year I uh during the summer I went to some camps in Georgia and I was I was seen by a couple of coaches at a mega camp and they reached out and I went on some visits and I ended up committing to the Naval Academy and I went I I went and visited there and I have nothing but respect for that whole staff but the academy the academy the that path just it just it just wasn't for me And so I decommitted from them after the first early signing day in December And after that is when you know a lot of a lot of coaches you know already had their eyes on what guys they want And so I was you know kind of stuck like oh man I just I gotta get my film out there on Twitter I gotta I I you know I there's no more camps I can go to like season's over camp season's over So II I got a call uh January late January from a coach at Michigan and they they really liked they really liked me And so I came up here on a visit uh continued to talk to them you know they offered me a spot up here So college coaches they want nothing more than to talk ball You know they they're gonna tell you about what their program does and what they look for to to like where they see you in the in their program If if they're talking to you and the and the recruitment process they're gonna they're gonna try to put you on the field and where they see that you best fit and they're gonna try to explain you know where they see you and where they think you can you know be the best And so I would say just no football you gotta you they love hearing football and if you're talking to them and you're like wow like II I know you know as a receiver how to read coverages I know as a defense what to look forward to uh with splits Like what can I expect you know a receiver to run if I'm playing defense and things like that we just will stand out to a coach um in college The detail So everybody in college they everybody in college they're fast they're big they're quick And what separates you from everybody else is just your your detail So coming into college going into college um everybody's fast everybody's strong everybody's big and being detailed in your craft just the ability to run routes to get to the right depth breaking off the right foot Uh Being detailed is definitely elevated in in college because everybody's fast you know everybody can play ball But how detailed can you be and how well you know can you learn the offense and the defense uh you know being the scout team player of the week uh you know a couple of weeks I mean you just you gotta realize that there's a lot of

guys who and they they they preach us to this preaches this all the time It's just a lot of guys have been through scout team you know those those guys who are starting and you know they're gonna go to the NFL they've been on the scout team So it's something that's you know some players don't have to go through but if you have to go through it you know look at the positive you know focus on whatever you're doing you know focus on your technique you know focus on things that you gotta work on and you can still better your game on scout team even though you're not you're not uh learning to play on the offense playing on the defense you can still better your game So that way the next year you can work to not be on the scout team and you know on special teams That's something in high school where it's just like you know you just run down and kick off you run out on punt and in college it's there's a lot more to it There's techniques you have to learn and you know it's a battle because all those guys on scout team special teams is their way on the field you know early on in their career So uh academics are are extremely stressed you know in in in college because you have to you're not you're not eligible if you don't get good grades And so and coaches do look at that coaches for sure look at that you know you'll get caught out in meetings if you don't go to class you know it's it's so being able to balance those things It's it's just like discipline when you get to college you just gotta be disciplined enough to you know because you gotta wake up for those early workouts and then that afternoon you have class and you're like man I don't wanna go to class but then you're thinking I'm gonna get called out if I don't go to class So you you kinda look at those things and you just kind of you build a rhythm where it's like you know it's not like you dreamed of this as a kid You know you now you're in college and you're playing football this is what you you know you've always wanted So you just got to think of it like that have a positive mindset of just going to class you know making those grades you know and and just living out your dream that's what I would say Just having a positive mindset you know going to class keeping those grades up and what I wish I learned you know transitioning from high school to college Uh and just the development process I would say watching film uh watching film is just so crucial It just it allows you to almost cheat It's like a cheat code in high school you know you just you don't do that you just practice and then you go work out during the week and you play in college we watch film more than we more than we practice So I realized that I wish I would have known you know cause that would have made high school just so much easier So uh winning the national championship this year I mean I

wasn't here in 2020 but those guys you know in our defensive meetings they preach like back in 2020 You know we always wanted to be this great Michigan team We knew we could be but we gotta work we gotta work in the 2020 season from compared to 2020 season to 2021 season I mean that was just a big jump And those guys they they stayed they stayed and they grinded and you know they they preached that this year even this year they were like that that 2020 season because we had a lot of old guys on our on our on our squad And so they preach in that 2020 season Remember what remember we went through remember what we talked about And so those guys they really they they they did it they you know they said it that they were gonna do it they believed they could do it and especially after the the two playoff losses uh It was like this is the year you know we all kind of knew it you know starting spring ball up We were like man we got a good team this year We got a good team this year like this this is the year and so every day going into practice it was just laser focused and you know almost knew like it was gonna it had to be done and if it wasn't done then we we made a mistake So nil you know just wearing just wearing that Michigan M um And I mean this goes for you know a lot of schools a lot of the companies in this area and in your in your schools area they know that you're you know they like they support the school you know so they make a lot of money off of you know students And so when you go into those businesses and you wear that that logo on your chest and you know you just they can almost tell you're a student athlete You know you don't even have to explain it You don't have to tell them they can just know and just by doing that and building a relationship with you know each time you go into a business you're like hey you know thank you so much just by building a relationship you can just you can easily just branch out and you know create nil deal opportunities you know whether that's a smoothie place that you really like you can create an nil deal opportunity with them and get free smoothies You know it's it's an awesome opportunity and it's I'm so glad you know nil is possible