

NICK DORN

Hello my name is Nick Dorn I play basketball at Eli University Um Repetition and consistency were the main two things that I had to focus on and also just just stand out of your own head and just being confident in your abilities and trusting the work that you put in Those are the main things that help me The word that you put in is gonna speak for itself is you can't cheat the grind it because she knows So it's just you have to work hard at everything you do and don't take a day off because the moment you take a day off somebody else is gonna get that much better than you So just keep working and keep your head down and keep grinding Some challenges I faced were really like they really just competition wise just having to go out every day and prove myself among the best in the city and the best in the state So those are really really the challenges The challenges was really the work that's really the most challenging part Everything else is just fruits of that label that you put in I could shoot the ball really well from beyond the arc and also like good character good grades everything check the boxes And I was athletic and then I grew end up going to be 67 I started out my coming into high school at like 59 I ended up going to be 67 So in the gym really just consistency and just repetition and having muscle memory So just being able to do the same thing over and over again And in the weight room really just building up core strength building a leg strength being able to run and see the defensive stands for long periods of time So that's really all we do in the weight room and also just low management and force production off the ground So you get off the ground jump and be able to move and be agile It was a long process My junior year I I had a couple hours in my junior year but the jasmine the transport portal started booming So some of those they they didn't end up going through So I played my whole senior year out and it was a really stressful just playing with that pressure not knowing where you're gonna go or anything like that But I just had to stick with it And I ended up choosing line They had a nice program a beautiful campus and all the bosses checked out family environment not too far away from home So that was a great spot for me and it ended up working out really well It should be open to anything They should just have a conversation just be yourself and just don't try to put on the front because they can't read straight through that So just be yourself And then like you for that go somewhere where they love you where they're gonna appreciate what you bring to the table just being able to read defenses quicker and being able to move the open spots on

the court And also the physicality level it was a it was a it wasn't a rough transition at first but it was completely different from high school So just being able to use my body and use my size to create advantages on the office Even to make sure you do most of your work in class make sure you're paying attention because you miss one class you can slip up and you'll be spiraling down in the wrong path And also here we have an academic advisor where she helps out a lot like to making sure we are on time make sure we're keep getting our work done and everything of that nature So that really helps a lot work every day at what you want to accomplish because there's always somebody else that wants your spy or wants to be where you wanna be at So just keep grinding and it never stops Um I wish I knew that I would grow to be 67 because honestly I did not know this will happen And also I'll just tell myself to just stick with it because it was times where you feel like giving up or you feel like it's not gonna work or you're never gonna get where you wanna get to But when it gets the hardest is when you're closest to what you want to achieve