

## Farah Lipetz

My name is Farah Lepiz Um I'm at the University of Michigan and I'm on the women's gymnastics team I had an early coach when I was about I want to say 10 years old 10 to maybe 15 years old his name was Randy Um he unfortunately passed away but he coached me throughout my harsh um training years and he was always very positive He had a great outlook on life and he always just reminded me to put a smile on my face when I'm training and even on the bad days just kind of putting that smile on your face would help make the bad days better And I think that positive outlook on life that he had really altered the way I thought about things and really helped me compete to the best of my abilities even if I wasn't having a good competition And then along with that my dad helped me a lot as a mentor along the way kind of just told me to achieve my dreams and just whatever whatever I wanted I could achieve As long as I just put in hard work and effort and prioritized myself And I think he's been doing that to this day since I've been really young and I really owe it all to him and I owe it all to my parents as well So I think focusing on nutrition and rehabbing your body are probably the best advantages I could give myself because I can train really hard in the gym and so could everyone else But if you're not prioritizing your body and your health outside of practice then it's not going to come to fruition during the competition So I think if I have a really great diet and if I keep my nutrition up to par and if I'm prioritizing my body and my injuries that really helps me seeing my trainer is great because communicating with her just helps me get my injuries ratified and just helps me be the best I could be So yeah So I've had a few injuries in my past I fractured my back I've fractured both both of my heels and I blew out my knee So I think those challenges really helped me fight through adversity and really helped me keep pushing And I think if I didn't keep pushing then I wouldn't have that fight in me and it wouldn't bring it over to the competition field So I think those challenges really shaped who I am as an athlete and as a person And if you just keep pushing and keep wanting to achieve that goal then that's going to help you in the long run So I think those were the biggest challenges I've had to face Yeah So I was recruited at a very young age I committed to Michigan when I was 13 years old actually So it was right my fresh when year of high school which is a little different now because the rules have changed But I would come on visits and I would do a lot of phone calls The rules were a little different So I'd be able to just communicate

through phone calls more than in person and on trips since I was so young But I tried to be very personable and I tried to make meaningful connections with the coaches over the phone because I think if you're personable and if you're confident in yourself then that that helps you get into great relationships with certain coaches And I think just making those connections is real important and just being recruited as a whole I think also asking all the questions that you have is so important because no one no one is here not to help you So I think they want to help you And I think as long as you communicate with coaches and I think that as long as you reach out and put yourself out there that's the most important thing you can do because if not you're not really going to get what you want So I think reaching out to anyone and everyone is what you should do And I think that's what I did and I think that helped me get to my ultimate dream school which was Michigan So I think colleges as long as as you're competing I think they look for attitude and I think they look for the determination that you have I don't think they look for something that needs to be perfect I think they look for you as a person as well as you in your athletic abilities And I think if you have a great attitude and if you're confident in yourself it's gonna bring a great attitude and great environment onto the team that you're gonna be on So I think they recruit you more as a person than more as an athlete And I think that as long as you're succeeding in your sport but you're keeping your attitude high and you're being positive and you're bringing great energy they're going to recruit you and they're gonna see you more as an athlete and just more as a person that they want on their team I have so many reasons why Michigan but I guess the balance between academics and athletics are so amazing that no other school really has such amazing academics and such amazing athletics that are just both on the same field I think that some schools have better athletics and then the academics don't really matter as much But when you go to Michigan and you're graduating with a Michigan degree Everyone's going to want you opposed to other schools because it's just the best of both worlds in the end And along with this I think that the Michigan pride is so amazing I think anywhere you go you can be in another country Like for example I was in Greece the other summer and I had a Michigan shirt on and two people in one day in Greece said go blue to me And I just think the network is amazing here and the alumni are so willing to help And I just think that the pride here is more prideful than any other school that I've seen and that I've visited also And I just think that's amazing as a whole So I always say to take your self out of your sport and see where

you fit in most I think that if you just put yourself in a situation where your sport isn't your identity for a second and put yourself in a school where you think you'll succeed not only athletically but also academically and socially and culturally I think that is probably the biggest advice I can get Just try to put yourself in every university you're trying to choose and wherever you see yourself most succeed I think that ultimately is where you're gonna pick And along with that I just I feel like I always know when to go with my gut and whatever your gut is telling you I think that's great advice I think you just need to go with your gut and you know where you wanna go and you know where you wanna end up and wherever it's gonna lead you is where you're gonna end up to be and everything happens for a reason So if you just go with your gut and just do what you want I mean it's gonna follow you So something big My freshman year was comparing myself to others when I was performing and I looked at my upper classman and I looked at the people more experienced than I was and I was seeing them succeed maybe how I wanted to succeed when I wasn't performing to the best of my abilities And I think if you compare yourself to others it's gonna bring you down So if you just run your own race and you stay on track to what you wanna do that's gonna ultimately lead you to success And I think if you just prioritize yourself and not look ahead and just stay in every moment and just not compare yourself honestly to anyone I think that will really help you to succeed Um Along with that I wanted to talk about knowing that everything happens for a reason So if you make a mistake along the way if you get injured along the way everything does happen and will happen for a reason if you know what that reason is great If not it's ok but everything does happen for that reason So I think that knowing that not to compare yourself to others and knowing that everything is gonna happen for a reason will help And I think that is advice that I would give people coming into college and competing as athletes We have such great time management skills to begin with And I think that overall I look at my whole week before the week starts and I spread out time that I know I'll need for academics and I know I need for athletics I don't like to overlap the two I like to focus on one thing and then the next thing So I think making a planner I do it every week And I think planning out my weeks and planning out my hours and days to a tee is what really helps me because it makes me follow a schedule just like athletes like a routine So if you're following a schedule you're gonna have that time management and you're gonna be able to balance your academics and athletics to the best of your abilities Since I've gotten here I've really focused

on being present and staying in the moment And I think everything as a student athlete gets very overwhelming especially in the recruiting process in the competition field and in the classroom So I think everything can get very overwhelming if you take everything day by day second by second hour By hour I think that really helps you achieve your goals And I think looking forward isn't going to help you succeed I think just trying to do everything you need to do in that moment for yourself will help you Looking back in high school I always thought that if I made a mistake being recruited then I wouldn't end up here But it really wasn't that it's just the picture as a whole and you can't look at one mistake and just think that that's gonna affect your future because you really don't know And you can't really control the controllable So I like to say that as well But if you're just staying in the present and you're able to control what you can control I think that's something that I would tell myself and just to not not worry that much I mean not it's not that deep in the end of the day So