

LEXI DELLAMONICA | MICHIGAN SOFTBALL Ø>ÝN

Hi my name is Alex Still Monica I go to the University of Michigan I play for the Michigan softball team So some of the earliest like advice I've gotten really early on from my coaches my mentors my coaches being Kara Braun who's an alumni from a su my other coach who was Steve Apple and Corey Mais growing up underneath them I grew up with the same club ball team all the way through and I really enjoyed it I loved it I loved playing with them and some of the advice that they told me go growing up was to stay within meaning to stay within yourself Don't let anyone else get in between like your what your process is and who you're going to and what you wanna be It's all about you and how you wanna grow in the sport during training I think some of the most important things that I focus on are my mental health This being my sophomore year at the University of Michigan my freshman year was really tough uh especially coming from a long way from home I'm from Arizona So coming to Michigan was kind of a a long long long way from home So definitely getting used to not having really family around but also getting used to being an adult and being living on my own and living with a roommate and just doing all the normal adult things on top of being a student athlete And yeah the main challenges that I faced growing up in my sport was definitely just finding a group with myself finding confidence It's so difficult as an athlete to find confidence internally and not to find it externally from other people from coaches your parents from friends from your teammates You really got to find it within And like I said before the advice with work with yourself like stay within you got to really work on your internal confidence And I feel like that was a big challenge I think overcoming it is definitely just becoming more tuned with yourself with your body and with your mental game and your mental approach My recruitment process was very fun I loved my recruitment process I came to Michigan on this is my first official visit with here and I absolutely loved it I fell in love with the football games I think everyone can vouch for that one there So much fun They are so enticing the community here is amazing And then my second one was at Northwestern and I love Northwestern I love the campus It is beautiful but there was something that was really just pulling me back to Michigan And then my third and final visit was at the United States Military Academy West Point And I loved this experience It was definitely a once in a lifetime not a lot of people get to do it And I feel like that's a big thing when it comes to

recruiting is you can't take it for granted Enjoy it while you're in that process and do it for yourself No one around you should be telling you oh you should be going here Where are you leaning towards This is your process This is your recruitment and figuring out what you want where you feel at home is the most important thing when it comes to your recruitment process College coaches really keep an eye out for players who have a great attitude whether you shook out whether you made a bad play as long as you're there for your team and you keep an upbeat energy That is what's gonna push you all the way It is something coaches really admire They love to see that in athletes and they love to see it in future players and they they just love it And I can definitely tell you from my own experience that during club ball when I got those down moments where I did have a strikeout where I did make an error on the on the field because no one's perfect but it really does shine when you keep your head up and you play through and you are there for your team Why Michigan This is such a broad question but there's so many things that can go into it Michigan is a different kind of atmosphere It's wonderful here I mean you go outside during the fall time and the trees are changing colors coming from Arizona being able to see all four seasons coming to Michigan It's incredible It's absolutely amazing It's surreal and I think there's there's no other place like it on top of that the Act Des is outstanding It's very intense It can be hard But if you put in the mental work and you put in that grind you're you're gonna excel It's it's a lot of fun here Just keep putting in the work and there's nothing like the Michigan difference Everyone pushes that idea and yeah I mean that and the the culture oh the culture here is a lot of fun Everyone is super nice Go to football games again I used that before when I talked about the recruitment process It's a different kind of atmosphere You come here and everyone feels like family And that's really an idea that Michigan pushes when you're able to find the time within eight hours to you know put in the extra work When you do have that time go do it it's gonna make a difference in your game It's gonna make a diff difference in the team's game It's gonna make a difference in the coach's eyes And especially if you're looking for that playing time and you're not getting it put your head down and get to work And that's really all I can say when it comes to being a college athlete is you gotta put your head down you gotta put your ego aside Stay within yourself keep the confidence and play the game that you already know how to do It's the same game you've been playing for years when it comes to balancing my academics and my athletics my demanding schedule it's very difficult You gotta find time to go to

tutoring when you need it Find the time to sit at home and do your homework Like you know you're supposed to do don't be um encouraged to go out when there's no need to be going out You gotta stay within yourself again find your path find your your routine and it's sticking with that have days dedicated to academics have days dedicated to your athletics and your class is more important You're going to college to get an education If you wanna pursue sports after that That's all right Just focus on where you are in the moment You're at school you're for an education you're for a degree and you gotta get through it I think some advice I would give to my younger self would be This is a sport It's a game you play it to have fun Don't let all the other outside noise get to you and play the game Like you know you're supposed to play play it with grit play it having fun and just be yourself There's no reason to be anyone else Don't compare yourself to anyone else You are who you are You're unique to your own self and there's no need to try and fit in It's a game you're always gonna be playing it at some point it'll end and you gotta move on There's other adventures out there