

## BROOKS KNEIFL | NEBRASKA BASEBALL & ¾p

Hi my name is Bruce Kneifel I'm a freshman left-handed pitcher at the University of Nebraska Lincoln Some of the advice that some of my coaches and mentors have given me is just be yourself especially in the recruiting process Coaches wanna see um how you react to adversity um and just being yourself on and off the field um and just like competing to the best of your ability because coaches when they come watch you um even if even if you go over for four at the plate or have like pitch really bad um they wanna see how you react to adversity So that's one thing that I've really learned through my high school career Yeah for sure I mean in my younger years uh freshman and sophomore uh I really just worked on getting stronger especially in the weight room Um as a pitcher you really have to have a strong lower half and I'm not saying like the upper half isn't important but just the lower half with your mechanics is really important and just being really strong in that And then um when I was a junior and senior I'd probably say I really toned in on uh my mechanics on the mound and my secondary pitches Um just knowing that I'm gonna be facing really good college hitters uh playing power five baseball um just having those secondary pitches to get hitters out in college So when I was a sophomore I committed I was originally committed to the University of uh Kansas State Um It's actually Kansas State University um and I was committed there for three years Um I had a really good high school career and going into my senior summer uh they called me and just uh practically told me that they thought there was gonna be uh more guys getting drafted and uh the guy that um originally took my scholarship uh didn't get drafted So they gave um the scholarship money to him instead and I ha I was stuck finding a new home and um just thankful for Nebraska to call me and uh give me a spot on the team o on the field just competing to the best of my ability Um I I'm very energetic when I'm on the field and I don't like losing So um just being as high as tensivity as you can and not changing anything about yourself because uh coaches wanna see you at your um like when you're like when you act like yourself and I think that's really important because if you try to be someone you're not then once you get on campus you can't you can't repeat that every day and um just on the off the field when you're interacting with them just um they're they're they're just another person and um could be your fu future coach So just respecting them um as a coach and just being yourself and uh not trying to do too much in the conversation if that makes sense The reason why I chose

Nebraska is because um of the culture um our baseball team is like so uh we have such great chemistry and we all we all love each other and that's that's the main thing like on the field Yeah we compete and um off the field we love each other and I love that about Nebraska and we all um we all respect each other a lot and then the coaches um they know what they're doing I coach told us my pitching coach he's he was at Texas A and M for 16 years So he's been he's been around the game of baseball for a while now and um I really trust I really trust in him and his po process for us pitchers and then um just the just the culture of the town and the fans um the fans are awesome uh to us they always come out and support our team and um that's one thing that I really look forward into college and um Nebraska has it all Um I mean in college baseball it's it's it's a lot Um guys are competing every day and people are like the my teammates are looking for an edge on everybody So like if you're you're if you're sitting in bed they're getting better Um They're they're either throwing a bullpen they hit into the cage Um They're always trying to find that edge on you And um I mean hitters are a lot more uh like a lot better Um They they can hit an they can hit a backdoor slider they can hit a back foot slider they can hit anything that you throw them So one thing that I've really uh picked up on is um a hitter that I face they've seen it all So anything that I throw at them it's gonna be nothing new to them So just trying to just trying to compete and get out is really important in college baseball I I've really built a routine and having a schedule um in in college and that's really important to me actually um in high school I really didn't need that Um so just having a schedule and a routine every single day and knowing what time your classes are and knowing when you need to study for a test and knowing what time you have practice and just knowing like just being aware of the situation because like if you have four assignments you can't take those four assignments and like worry about them in your head during practice So you need to go from one step to the other So like during baseball practice it's only baseball and then after practice you can worry about a academics and uh your diet and all that stuff So just focusing on one aspect of uh the day at a time one advice that I give um a high school student trying to get a division one scholarship is um you can't really take a day off Um There's kids out there trying to compete for your spot at a Power Five School and um you just gotta be physically ready for it Um work your butt off in the weight room work your hardest every single day Don't take it for granted Um I mean practices are gonna get long sometimes Um but you guys cannot take it for granted and that's one thing that I've really realized in high

school coming into college is you can't take a day for granted because there's someone out there trying to get better than you I'd probably say uh don't take any days for granted because high school is very very calm compared to college and this is not just athletics it's like every day Um I really enjoyed high school and I went by really fast so I just not taking a day for granted And if you really wanna get that P Power Five division one scholarship I really think that um you can't take a day day day off or a day for granted because um once again there's other guys out there trying to get better than you and have an edge