

PAIGE SHY | YOUNGSTOWN STATE BASKETBALL Ø<BÀ

Hi everyone I am Paige Shy I'm a member of the women's basketball team at Youngstown State University So I'm from West Virginia Huntington West Virginia to be exact And it's kind of rare honestly that athletes in West Virginia do get recognized or kind of like make it out of the state in a way to go on to play at the collegiate level And I feel like I was a part of a great A U program and attended a great high school to kind of give myself that advantage about being surrounded by like great players and great mentors and great coaches and kind of do that Put West Virginia on the map and fortunately I'm finishing my collegiate career now and the division one level with three of my other A IU teammates they're all from West Virginia So we were all kind of able to do that ourselves rather than being told kind of you know like oh being overlooked as a West Virginia I feel like definitely between high school and college not necessarily the physical aspect of basketball but I would say like the mental side of things like the mental toughness and kind of handling adversity and dealing with like those type of emotions I feel like or something that I did I did face in college not necessarily in high school but I also feel like that just kind of helps you like grow for life outside of basketball So I feel like that's definitely something that has helped me grow throughout my collegiate career I know now as a collegiate athlete and kind of what my mentors too as well were telling me that grades are super important That's something that is aside from like on the court training that I think is really crucial for people to kind of take pride in And I feel like on the core I'm a shooting forward So I'm kind of just always working on my craft in that aspect and form shots free throw shots you kind of getting shots up from all over that I feel like the more reps I get the better it helps me I'm in a pretty tough major to say the least I would say So it's been I've had my battles for sure with that But I feel like time management is just the biggest thing with being a collegiate athlete and your balancing your academics I feel like throughout my ca um career here and my college experience I gained a pretty good like grasp for my time management So like for example like if we have evening practices I make sure I get up early in the morning to kind of get my studying in or get my homework done or you're traveling on like away trips and long bus rides taking advantage like the downtime that you do have I feel like rather than just kind of procrastinating to say the least I did that a lot at the beginning of my career And I feel like that's something that I've um definitely improved

on over the course of my collegiate career I feel like a college coach just kind of wants to see like you be you and get to know you as like a person And I feel like now especially like with like social media being a huge thing and stuff kind of just focusing on your own path and your own journey and not comparing yourself to someone else that has 10 offers or 20 offers if you don't have any or a few because the right school is gonna want you for the right reasons Some of the most important things that my coaches and mentors have told me throughout my basketball journey is that you don't always have to be the fastest or the most athletic Um I came from an A U team that was very IQ driven and I feel like that's something that I've been able to take with me and grow my journey to be a collegiate collegiate athlete Like focusing on your own journey and your own path because we all move at different paces in life And I think just continuing to work hard and not getting upset I necessarily things aren't going your way because like the right school the right place the right coaching staff the right teammates all of it is gonna fall for you in the right place at the right time for you just keep working hard