

## ARYSSA MAHRT | WISCONSIN SOCCER & 1/2p

Hi my name is Aissa Mar I go to the University of Wisconsin Madison and I play on the soccer team here I think um a common theme I've seen from a lot of the coaches I've had is that the one thing you can control is your effort And so going into everything just making sure that you can control what you can And the easiest thing for you to do is just put in effort Some of the most important things that I focused on in high school were just the technical abilities Um that's just spending more time on the ball and like doing the little things Right So that by the time I got to college I could focus on the bigger picture things Um but it's also things not related to soccer It's like soccer IQ and fitness and just these things that kind of get missed over time throughout high school I think I found a lot of success very early on So like even end of eighth grade going into high school um and that was great but I think I started to put a lot of pressure on myself and I felt a lot of external pressure from people around me Um just to be the best and always compete with everything and that I think held me back a lot especially at such a young age But um the one thing I did to kind of get over that is just kind of remember that it's a game that I love to play and just like the reason why I play it and just going back to the basics So the recruitment process for me looked a little different than it would look Now um with the new rules of when you can talk to coaches in colleges but I began talking to colleges when I was about 1213 and I ended up committing when I was 14 Um It was very hard for me to make a decision because I wasn't really sure what I wanted to do like what I wanted to study exactly where I want to be in the country Um and I don't think I put a lot of those factors into consideration at such a young age Um I did end up transferring after my sophomore year of college Um but I think it was just hard to kind of remember It's not all about soccer there's other things going on too And you just want to keep that in mind when you're looking at schools and talking to coaches on the field I think things that stand out to coaches um were mentality and just how you kind of held yourself on the field Um just kind of like your resilience and how you hold yourself when things get hard Um a lot of that I think they take into consideration and it also has to do with attitude and like just your mindset Um so I think that is something that coaches look at a lot in players that we don't really think about when we're playing games But I think it is one of the biggest things that they consider because you're coming into their team and you're going to make an impact on their program So they want you

to be a good teammate a good person Um And that also translates to off the field when you're just talking to them Um I think it's important to put in effort um as well as just like knowing I think you have to know what you're looking for when you're talking to coaches I know it's it's intimidating Um And you think that like you're trying to sell yourself to them but you also have to realize that you're kind it's like what you're looking for like they're trying to get you to So it's kind of a two way process So just knowing what you're looking for and trying to find a coach or a school or a team that kind of can match that for you something that I immediately picked on when I first picked up on when I first started playing in college was just the change of intensity Um There was a huge jump in level especially from like club in high school to college that I was expecting but I didn't expect it to be that crazy of a jump Um But you kind of learn to love that because it's everyone on that team is doing what they love to and it's good to be in an environment where all kind of share that passion Um But I think one of the things that I've kind of learned throughout college is just like putting in the extra work Um and like we complain about it all the time but it's like these are like the four or five years that we're going to look back on and we're gonna love So like you'd rather like put that effort in now and like put that work in now because it's like it's your chance to do it Yeah I think balancing school and soccer is very difficult I think for any sport Um It's obviously a completely different expectation when you get to college Um So I did struggle at the beginning to kind of get that rhythm and it is hard as athletes because you want to put in 100% into both your sport and in school And if you want to do well in both prioritize your time um just know that like you don't have to say yes to all the social commitments and everything because it is easy to get distracted So I would say make your priorities and if you want to do well academically and on the field like put in the work to show that Um so that's staying after doing homework in your free time all of that Yeah I think some advice that I would give myself is just look at the bigger picture Um I was very focused on soccer and I kind of left out the academics and all of that stuff and that's really important too And so um I think I would kind of tell myself to like take a step back like don't get blinded by all the fancy things they try to show you like their job is to persuade you And so I think it is easy especially when you're so young um to be persuaded Um but I would say just have what you want written down like school wise location wise everything like take everything into consideration write it down like have that known to yourself and make it known to the coaches