

## LOGAN FORBES | MICHIGAN FOOTBALL Ø<βÈ

Uh My name is Logan Forbes Uh I play wide receiver at the University of Michigan from an early age I think my dad's probably the biggest mentor that I've had He's just a blue collar guy He just taught me about work ethic and just what it takes to get what you want and understanding that people are gonna tell you things that you can't do and can do But it's your choice whether to listen to them So I think the important thing is is to just focus in on what you want and uh work hard until you get there The most important thing to do is not only just training physically but mentally being able to prepare yourself for anything to come You know something I did before games or before practice is some breathing techniques or just some things that calm you down You know sometimes yoga helps for people But I think a lot of people they focus on just the physical part of the game but a big part of the game comes from your mental stability So I think that's something important to try to remember to do I have an interesting story So I didn't play football until my senior year of high school I was actually a basketball player So obviously starting off there it's already difficult enough But uh COVID on top of that giving myself only eight games to try to get to where I wanna go It was tough But after that I went to a prep school after my senior high school I went to a prep school in Connecticut which allowed me to further show my game to college coaches and get me to where I am today But obviously you know only playing one year of football It's already hard enough for me to get my name out there for coaches to know who I am But I think a lot of it was just uh you know my coach is helping me out and me putting in the work and and putting myself out there to to put myself in my the position I'm in right now I played football as as a kid Obviously up until like sixth or seventh grade I was always like a smaller kid growing up So I guess that was kind of something that made me a little timid going into high school You know I'm 5 ft something 100 and 10 pounds not the biggest not the fast is the strongest but coming out of my junior year of high school this my football coach who was the coach of my senior year told me that they needed an athlete out there and that he thinks that I could really help the team out So you know I knew what it took So basically what I did that whole summer was just grind as as hard as I could I did a lot of workouts I had to sacrifice a lot to to you know even put myself in a position to be able to play on that team just because we had so many athletes but just a lot of sacrifice hard work Yeah kind of going back to what I was talking about before Uh

obviously I wasn't some high five star blue chip recruit or anything like that which is kind of why I think I have an interesting story you know obviously like I said I played my senior high school had a couple of offers wasn't really sure what I wanted to do if I wanted to play college basketball or college football or college basketball or not But then I sat down and I'm pretty big in my faith and you know a after talking to God and all that stuff he had kinda showed me the football route And uh so that's when I decided to go to prep school in that summer before I went to prep school I went to a lot of a bunch of camps I went camping around all around the country had to sacrifice You know a lot didn't go to prom homecoming Any of that any of those fun things that you get to do as a normal high school student I had to give all those things up But you know I ended up working out I went to a camp at Fair State here in Michigan I was a mega camp and that's where I saw coach Gaddis from Michigan And he told me that he wanted me to do a workout for them that next Sunday which I did and then they offered me a preferred walk on spot And that's when I decided that I wanted to come here Um I'm I'm from here so it's kinda it's pretty easy decision I think a big thing that they look for before anything is how you interact with your teammates what your body language is like you know how you're interacting with your coaches your teammates you know obviously if they're coming to your game you you're probably a leader on your on your team if they're thinking about offering you So I think that's an important thing also just how hard you play for me I'm a receiver So I think something that they're gonna look for is how hard am I playing when I don't have the ball in my hands You know am I blocking Am I am I running you know as hard as I can when the ball is not in my hands and just doing whatever I can to help the team doing my 111 uh whether the ball is in my hands or not I've been a fan of Michigan since I was a kid So you know it was really my dream of mine to come here To be honest it's surreal I am here right now trying to make the most of it Obviously you know as a receiver if I can go out there and understand what coverage they're in and where they're gonna be I already know where I have to be and where I'm going Uh they don't so that's already I have an edge already with that But if I know where you know the corner the safety and the linebacker are gonna be in that play it just makes my job that much easier and you know leaves me to be open if the play calls for that So honestly in the I don't think any of us really realized how much of an impact it would have on us But yeah it it was surreal It's something that you dream of and and once it's once it's there you know once we beat Alabama you know you

get that feeling in your stomach like you know this is what you dream of as a kid and once we finally get there and you know the clock goes off and the confetti starts coming down you realize like you know this is kind of what you live for and this is what you play for So I think the most important thing to understand is just time management Um obviously you know coaches are recruiting you to not only come there as an athlete but most importantly as a student especially here at Michigan Uh that's something we value a lot is being a student Ale yeah I think the most important thing is just to understand your time And obviously we have dedicated a lot of time to football but you know you might have to sacrifice some things you know you're not the average student here in Michigan So being a student athlete you have to be able to manage your time and just you know focus on the things that you came here to focus on I guess you know there's always gonna be people that try to bring you down or tell you what you can and can't do But the important thing is to just trust your work and and trust you know what you've done and the and the things you've done to get where you're at and um just continue to push on and and press on as long as you can and just work as hard as you can and work harder than anyone else And you know I think that is an underrated part of being an athlete is just you know if you work harder than anyone else that that's gonna come and show in the future So really just believe in yourself Follow your dreams and work as hard as you can at them every day and yeah that's about it