

## SOPHIE HOMAN | MICHIGAN SOCCER & 1/2p

Hi my name is Sophie I'm a junior on soccer at the University of Michigan My club was really big about like who you are as a person and the way you carry yourself and the way you interact with others comes above how you perform in your sport So it was always harped on like are you being a good person Are you making the right choices Like who are you as a person And that will correlate to your athletics So I think growing up with really good mentors um my club had these amazing coaches that really pushed me in my sport but also made sure that I was growing up and becoming a respectful young woman And yeah that really just set me up for life especially sleep is huge Once you get to college you you're balancing more than you ever have before which is so important and it's a whole new lifestyle that you have So you have extra social um requirements academics all these extra things you didn't have when you were younger and balancing all of those things and getting the same amount of sleep that you should always be getting is super hard But my teammates and I we all live together and we're like all right it's 1030 Like you're done Like you need to stop Like we're really good about holding each other to a standard of like you need to get your sleep We all have whoops and like we're tracking our sleep and we have like a team whoop where we compete and see who can get the best recovery and who can sleep the best that night And I think that's just been massive in college But before coming here I think it was huge for us to take every opportunity we could So you would have club practice 2 to 3 days a week for 2 to 3 hours But me and my friends would do private trainings before and then we would go do some fitness after and we would ask our coaches to do private trainings on the off days and we ended up being there from 5 to 10 every night for four or five days a week And I think putting in that extra work obviously gave us that edge and it was huge to just take the opportunities that were given to us and take every opportunity the coaches gave us to either practice with the boys or play with the older girls like that All the little stuff and the extra little stuff is What kind of gave us the edge over everyone else Yeah Challenges that I faced before getting to college I really struggled with perfectionism and nothing was good enough and every little thing that I did right could have been a little bit better And I really held myself to this unrealistic stressful standard that made athletics more than just athletics And my faith was huge in that giving myself the permission to say like you worked really hard today and you did something great today and

people are proud of you And my family is incredibly supportive And I think that my family aspect and my faith and everything outside of my sport gave me the permission to say like you're ok like you did well and there's no such thing as perfect and you can only do as much as you can at that moment And I just live by trusting my training and taking it day by day But that was really hard and that took a lot but still working on it But yeah my recruitment process was kind of funky I mean I skipped a grade So I graduated high school a year early I did summer school from sixth through 11th grade My first summer was actually my freshman year of college ever in my life which is great And I was going through the recruiting process in soccer We have this rule that you can't talk to a coach until your junior year So the summer after your sophomore year and that rule wasn't established yet until I it was kind of my time to get recruited And so the whole time before I was talking to some schools they had asked me are you able to change your class Like we'd like you to come here early I had said yes And then so I was doing that track and then June 15th my sophomore year came and Michigan reached out and a few schools reached out and Michigan just is has always been the perfect fit and it just really stuck and everything fell into place from there But the recruiting process is interesting because you think of it as this really scary big life changing moment But honestly it's kind of rewarding because you get a chance to have the coaches that you've worked in front of and gone to all these showcases in front of come back and say like hey you did really well like hey I'd love to like have you come in and I'd love to have a call with you Like it's very rewarding to see like your work um carry over into people kind of wanting to reciprocate that back So it's it's scary and it's it changes a lot of your life and it has big decisions on it but it's important to recognize that you you earned that and that's something that you get to enjoy even though it's stressful And yeah it's just it's really it's interesting but it's cool That's a huge question Why Michigan Why not Michigan Like for me I mean I'm a Michigan local I'm from Rochester like an hour away I grew up being a huge fan A lot of my family went here my dad went here for his MB A my grandpa went here for undergrad and it's just it's everything to me and it's where I've always wanted to be and you come here to win championships you don't come here just to play a sport Like you come to get a ring on your finger And I think it's just the most incredible atmosphere where every single athlete that you meet here is extraordinary and the best at their sport And it's it's such a cool environment to be part of And you know the academics are obviously incredible It's one of the best public schools in the nation and it

checks every single box for me of location academics athletics close to my family It just it's everything and I love it It's the best school in the world Something I've kind of learned while being at this level is you change as a person and you change as a player and you get faced with different challenges and you get faced with different obstacles as an athlete and as a person and you kind of learn to settle in to who you are on and off the field And I think for me I learned more about taking care of myself especially when you're younger and you're kind of going through it and you just train all the time and you're a kid and you throw yourself wherever you want especially I'm a goalie and you just throw yourself and it's so fun But once you hit this level it's like ok what's my body strain at We have so much sports science here at Michigan So they have all these things Like what load are you at Where is your body like in its peak performance Like they help us be so in tune with our bodies that I'm learning like ok today I need this because I did this and I'm I'm learning how to manage myself as an athlete and a person to feel my best and perform my best And it's less about go go go do everything A million miles an hour do as much as you can It's like ok what do I need to be successful And I think that's a hard switch coming from club playing where it's like I need to every single thing I can and I need to whatever but switching to college it's like ok what's gonna make me my best in this moment And if I could tell my younger self something I would say that you are where you're supposed to be So I think growing up and doing all this extra work and going through all the recruiting and playing in club like you try and you're so worried about am I doing enough What am I doing Like where am I gonna end up What am I gonna be successful wherever I am And you need to trust that you choose where you're gonna go because you've thought it through clearly and you will be successful anywhere you go And especially if you pick a great school and you trust that you picked good academics mixed with good athletics and you've checked all the boxes that are important to you that wherever you end up you will be fine And I think we put so much pressure on ourselves to obviously be perfect and be the best of our sport and knowing that what you do is enough and that what you do and you're 100% it will be a great match somewhere And I think letting myself know that no matter what was thrown my way that I would be ok I think that's it takes a lot of pressure off of you to know that you'll be successful no matter where you end up