

## ZOË BORMET | MICHIGAN FIELD HOCKEY Ø<BÒ

Hi I'm Zoe Bemet and I'm a junior on Michigan field hockey team I'd say I've had three main mentors in my life Uh One would be my dad He actually coaches wrestling So we've had a special bond uh through athletics my whole life His biggest piece of advice has been only do it if you love it uh only do it if you're passionate about it So everything in life that I've decided to invest in has been because I really love it My mom has always emphasized um that my biggest asset in life is my intelligence and my education Um So she's really really supported me in those parts of my life And then I would say my club coach a little funny story about her is whenever she gives critique or feedback on her play instead of pointing at us with a finger she points at us like this at our chest because in sign language this is I love you So whenever she's giving us feedback whether it's harsh or with a firm tone she's still telling us that she's doing it with love and she loves us in my training regimen I've really really focused on my speed and agility in field hockey It's a very fast moving game with a lot of turns and cuts So footwork agility speed of foot pace matching with your ball speed is really important So off the field when you're not working on skills focusing on your speed and agility is crucial I think a challenge that a lot of field hockey players experience in the US is that it unfortunately is a bit of an underdeveloped sport here overseas It's a very popular sport even for men But in the US especially in a lot of different areas like the Midwest it's starting to grow but it's really big in the East coast but everywhere else it's not a really big sport So I think that having access to facilities equipment is a really big challenge in our sport and we're trying to get more progressed in those areas so that everybody can be a part of the sport But I think that access to fields the turf that we play on as a division one sport is Astroturf It's a very very very expensive kind of turf and there are no no high schools that have access to that kind of turf So I think accessibility to places to play opportunities to play clubs and leagues to play for and continuing to get out on the field was a challenge And I think it is a challenge for a lot of players I just did everything I could to find extra opportunities to play and get on the field if practices were limited this month because we could only get access to the field a few times I uh found some turf in my backyard that I could drag out and do skills in my garage in the winter do some skills out in my backyard Um we were lucky that some of our uh coaches would do 11 on one session So I just look for any opportunity to get a little bit of extra time

on the field on my own to work on individual skills because our time to scrimmage and play at full speed with a full field is limited Um My recruitment process was a bit interesting I started out my recruitment process my freshman year of high school and started having those phone conversations and then we went into the dead period where the NCAA started the um band until uh the summer going into your junior year So I had a bit of a dark period for a year and a half and then resumed that junior year I would say I started our recruitment process with a lot of emailing creating highlight sharing that with coaches The biggest way in our sport at least to be recruited are often at camps clinics or tournaments So anytime I was going to a competition I would make sure to send my schedule invite coaches to come watch me play all of those kinds of things keeping coaches in the loop of what's going on what accomplishments you've made are really really important So keep that line of communication open One of the biggest things that stand out to coaches and scouts would be the ability to pass the ball and distribute I think that a lot of girls are mistaken in thinking that coaches are looking for an individual player that can beat everyone in the field run all the way up the field all on their own and be a one man show And really that's not realistic in college when you get there So looking to pass and distribute and be a player that organizes the rest of your team rather than taking it all on your own that stands out way more than any like dribble down the field taking it one on one when you have players open That's the biggest thing in terms of my recruitment process It's a bit unique I am from Ann Arbor I've grown up in Ann Arbor My dad actually coaches wrestling at Michigan and my mom has done research and data analysis for the university So I had the privilege of getting an inside view of both the athletic side of the university and the academic side And just being in Ann Arbor growing up in this community the town seeing the camaraderie when it comes to sports and the energy and the excitement that revolves around this university and everything it does is absolutely unmatched So from a young age I fell in love with the athletic department the community in Ann Arbor obviously the academics are an unmatched force here So in the back of my mind I always knew my heart was here at Michigan So I did push myself I pushed myself to look outside and explore my other options explore the other great universities and teams out there But at the end of the day it was a very easy decision for me In terms of college selection it's super important to look big picture When I was evaluating all the different schools I was looking into I took in to account of course the academic rigor I looked into at the athletic

rigor But I also considered my life outside of school and sport You want to be at a university that if you were to take away the sport or the academics you would still be happy and want to be there So I saw the community of Michigan I saw the people and the energy surrounding Michigan even just the town itself I love Ann Arbor I love the trees I love the town within embedded within the classrooms So make sure that you love more than just what the sport in the school has to offer Think about the community and the environment because you want to be in a happy environment The biggest thing I've picked up on being at this level Now at college is that field hockey is not black and white I think I used to think of field hockey in a very stagnant mindset but the reality is it's a sport that ebbs and flows For example when you're playing on the outside in high school I would play on an outside midfield position and I would stay on my side the entire game That's not how it works here You need to pinch inside you need to pull outside There's so much more to the game than the position that you think you have before you come to college It's much more complex than that And once you make that click and switch and you realize all of the other components to that position rather than just the spot you're out on the field everything becomes so much more fluid and there's so many opportunities to pop into pockets pop into holes and create big plays that weren't available before The biggest thing I've learned in terms of managing my responsibilities in the classroom along with outside the classroom is mastering time management There's going to have to be a lot of tough decisions You're going to have to weigh do I work on my studies right now Do I have some fun And the biggest thing is prioritizing what you need to get done before you have that time off to relax in terms of making sure I was better prepared for the level in college I would have realized the asset that video and film provides much earlier I know that before you get to college it can be hard to come by Um But if you do have access to film it elevates your game to a whole another level And even my first two years at Michigan I don't think that I utilized the resource of film and watching my plays back But this year I've seen a huge difference in my comprehension of the game just utilizing film So if you have it use it any advice I would give to younger upcoming athletes especially female athletes would be own your space It can be challenging at times but find your voice amplify it and hold your ground