

11/16/2020 No new cases. Toughest workout of the year. I puked. Very sore but still can't get the trainer services that I relied so heavily upon last year.

11/17/2020 Classes are starting to wear me down. Sleeping more than normal. However, Trek offers a nice escape from everything. Very thankful to be a part of this team!

11/30/2020 First full Day Back on Campus after Thanksgiving break. Before returning to practice all athletes must get 2 covid tests done with a time gap of 48 hours. So, until official practice can resume on Thursday (12/3) we will practice on our own.

12/3/2020 Both Covid tests were negative, in fact no new cases on the team at all! However the first workout back was extremely night how late because of all the turkey ~~over~~ Thanksgiving but it was a difficult workout for sure!

12/4/2020 Usually we would have a time trial this week but we had an extended weekend. Also, we have only been running outdoor during workouts so we can breathe easier, and time trials are always inside so it's not a good idea to go 100% indoor for the first time in a time trial. So, for these reasons coach is having us do a "mock" time trial tomorrow morning (Sat. 12/5)

12/5/2020 Woke up at 6:30 am to get ready for the workout. Even though I was half awake I did very well. I placed 2nd in the 300m and 6th in the 200m. I am looking forward to taking a nap later today!

12/7/2020

Feeling tight and sore after the 2 day weekend. Another tough workout today. At least 4 people didn't finish the workout. The mentality of practice lately has not been very good. 3 people quit on the last week and I only feel like more will this week. After the workout I went to the trainers because I was very sore and they helped a lot. However I do not know how long they will stay open with all the restrictions. Losing the trainers would be a huge loss!

12/8/2020

It makes me very sad to see everyone's attitudes on practice. I feel like most people are just going through the motions. It might be all the pressure from school this week or people are just losing faith that things will get better.

12/9/2020

Practice was good today. Next Monday (12/14) the WIAC chooses we are meeting to decide whether or not there will be winter sports. I feel a very lack of representation for our sport and our athletes. I feel like it should be optional and leave it up to us if we want to participate in the season. 18-23 year old track athletes are NOT High Risk! It will be heart breaking if we can not compete. The Seniors on the team (and others) have worked most of their lives to compete on this stage. I can only imagine the amount of people that would quit if our Indoor season is canceled.

-Kevin Eisenhammer

Reflection:

These are my journal entries while experiencing what it is like to be a collegiate athlete during the Covid-19 pandemic. There is a lack of a team feeling because we are all broken into small groups. We struggle to be motivated to train because of all the current difficulties. It is hard to handle school and sports during the pandemic. Working so hard for something that we might not even have (a competitive season) really challenges an athlete's mentality. One of the most difficult parts is that it's hard to properly schedule our workouts so that we can peek at the proper time, with all the uncertainty about whether or not we will have a season. Another tough part is that the people who are making the decision about the season are people who do not even know us or any of the other sports whose seasons are in jeopardy.