

Traveling as a division 1 baseball player is really hard, especially when you are a freshman and you have duties to do before getting on the bus to whatever destination your team is traveling to that day. For example, this fall we traveled to VCU for a game and one of my duties was to make sure we had baseballs to throw and warm-up with before the game started and throughout the baseball game. To start the day though, I woke up at 8am for my 930am start class and I got breakfast around 845am and went straight to my 930am class from the dining hall. I had class from 930-1215 am that day. I then went to Moe's to get something to take on the road before we started getting ready for this road trip which in the long run was a pretty long time we were off of campus for. I then went back to the dorm and took a quick 20 min nap before going to the field and doing my duties and changing to get onto the bus. We then traveled to VCU which took around an hour and 20 minutes and started warming up for the game. The game started around 5. We got there around 3 and the game we played was 12 innings so it was stretched out for a longer period of time. When the game ended at 9 we ended up getting catered by the VCU athletic nutrition team with pasta. We then took the bus back to campus at Longwood, while on the bus ride back though I completed homework and took a short nap. We then got off the bus and I completed my duties I had to do when we arrived at campus which was to put the baseballs back where I got them from. I ended up changing and going back to the dorms after drop off and showering then going to the lounge of our dorm floor with our teammates to talk about the game and how we performed, also how it is so much different traveling in college sports than it is to travel in high school sports. After talking I ended up reading my bible then going to bed around 12am. This day ended up being very long in the end, with the bus ride and the extended game because it was only a fall game that really took a toll on my body and my mental health. It was a cool experience though to see how this would work in the spring when the baseball season really rolls around.