

**BALANCING ACADEMIC AND ATHLETIC COMMITMENTS:
TEACHER PERSPECTIVES ON SUPPORTING STUDENT-ATHLETES
AS SCHOOL REPRESENTATIVES**

by:

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Balancing academic pursuits with extracurricular activities, particularly sports, is a challenge many students face. Student-athletes, in particular, are tasked with juggling rigorous academic schedules alongside demanding training and competition schedules. As school representatives, they carry the weight of both academic and athletic responsibilities. This essay delves into teacher perspectives on supporting student-athletes in navigating these dual commitments, understanding their challenges, and fostering a conducive environment for their holistic development.

Student-athletes often find themselves torn between academic responsibilities and athletic pursuits. The pressure to excel academically while performing well in sports can be overwhelming. Teachers recognize the time constraints faced by student-athletes, who must balance practice sessions, matches, and travel commitments with their academic workload. Moreover, injuries or performance-related stress can further disrupt their academic progress. Acknowledging these challenges is crucial for educators to provide effective support.

One-way teachers support student-athletes is by offering academic flexibility. This may include accommodating missed classes or assignments due to athletic commitments, providing extra resources for independent study, or offering alternative assessment methods. By being flexible, teachers ensure that student-athletes can maintain their academic progress without compromising their athletic endeavors. Additionally, clear

communication between teachers, coaches, and student-athletes is vital to ensure that academic accommodations are provided appropriately.

Time management and organizational skills are essential for student-athletes to effectively balance their academic and athletic commitments. Teachers play a crucial role in fostering these skills by imparting strategies for efficient time management, such as creating study schedules, prioritizing tasks, and breaking down assignments into manageable chunks. By instilling these skills early on, teachers empower student-athletes to navigate their dual responsibilities more effectively and develop lifelong habits that extend beyond their academic and athletic careers.

The pressure to excel both academically and athletically can take a toll on student-athletes' mental well-being. Teachers recognize the importance of promoting mental health and providing a supportive environment where student-athletes feel comfortable seeking help when needed. This may involve offering counseling services, promoting stress-management techniques, or simply lending a listening ear. By prioritizing mental well-being, teachers contribute to creating a holistic support system that addresses the diverse needs of student-athletes.

Ultimately, supporting student-athletes requires a collaborative effort from teachers, coaches, administrators, and the broader school community. By fostering a culture of support and understanding, educators can create an environment where student-athletes feel valued and empowered to succeed both academically and athletically. This may involve celebrating their achievements, recognizing their efforts, and providing resources to facilitate their growth and development.

In conclusion, balancing academic and athletic commitments is a formidable challenge for student-athletes, but with the support of teachers and the broader school community, it becomes a manageable endeavor. By understanding their challenges, providing academic flexibility, emphasizing time management and organization,

promoting mental well-being, and fostering a culture of support, teachers play a vital role in helping student-athletes thrive as school representatives. Through collaboration and empathy, educators can empower student-athletes to excel both in the classroom and on the field, setting them on a path towards success in all facets of their lives.

References:

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