

## Just A Competition

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What if I did this  
What if I did that  
I keep replaying the play in my head

Stop, just relax  
It's just competition they all say  
1-9% of high school female athletes burn out per year

Stop, just relax  
But what if the pressure builds up  
What happens when it's all too much for me  
Their expectations or mine?  
The hard days will add up  
The pressure will keep building and building and building and building  
But then what?  
What if I push myself too hard  
What if I don't push myself hard enough  
What if?

But it's just a competition, remember

I have coaches yelling at me to do better  
Try harder  
But I am  
And the voice inside my head saying you're gonna screw up  
You're gonna fail  
You're gonna let your team down

But stop, just relax  
It's just a competition

But I have the ball now

It's my move and what do I do

All eyes on me and the pressure is building and building

My team is telling me to do something but all i can hear is the voice inside my head  
Saying you can't do this, you can't

But it's supposed to be fun right

I'm supposed to enjoy playing

But not like this

25% of college athletes show signs of depression

With the stress and anxiety eating me alive  
I can't keep up

But stop, just relax

33% of college athletes quit their sport because they just can't handle it anymore

They can't handle something that their supposed to enjoy

A sport their supposed to want to play

And 38% of female athletes end up feeling constantly mentally exhausted

And so many athletes want to quit but they can't because their committed  
Committed to something they don't love anymore  
Committed to something that drains them

But it's just competition right?  
Remember what we are playing for

That little girl inside us wanting to play D1 in college

Remember that little girl who had hopes

Who had dreams

Remember what we are playing for

But how can we tell the difference from this and that  
And that and this

It's just competition right?

Or is it?

Because it feels like more

But this

This feeling can't be normal

Nobody talks about it so how are we supposed to know

We strive

We work hard

But it's never enough

When is someone finally gonna say that  
It's just as much a mental game as it is a physical game  
But it's just competition, remember