

# 8 COUNTS TO TIME MANAGEMENT FOR ALL STAR ATHLETES

BROUGHT TO YOU BY THE USASF HEALTHY KIDS ATHLETE LEADERS



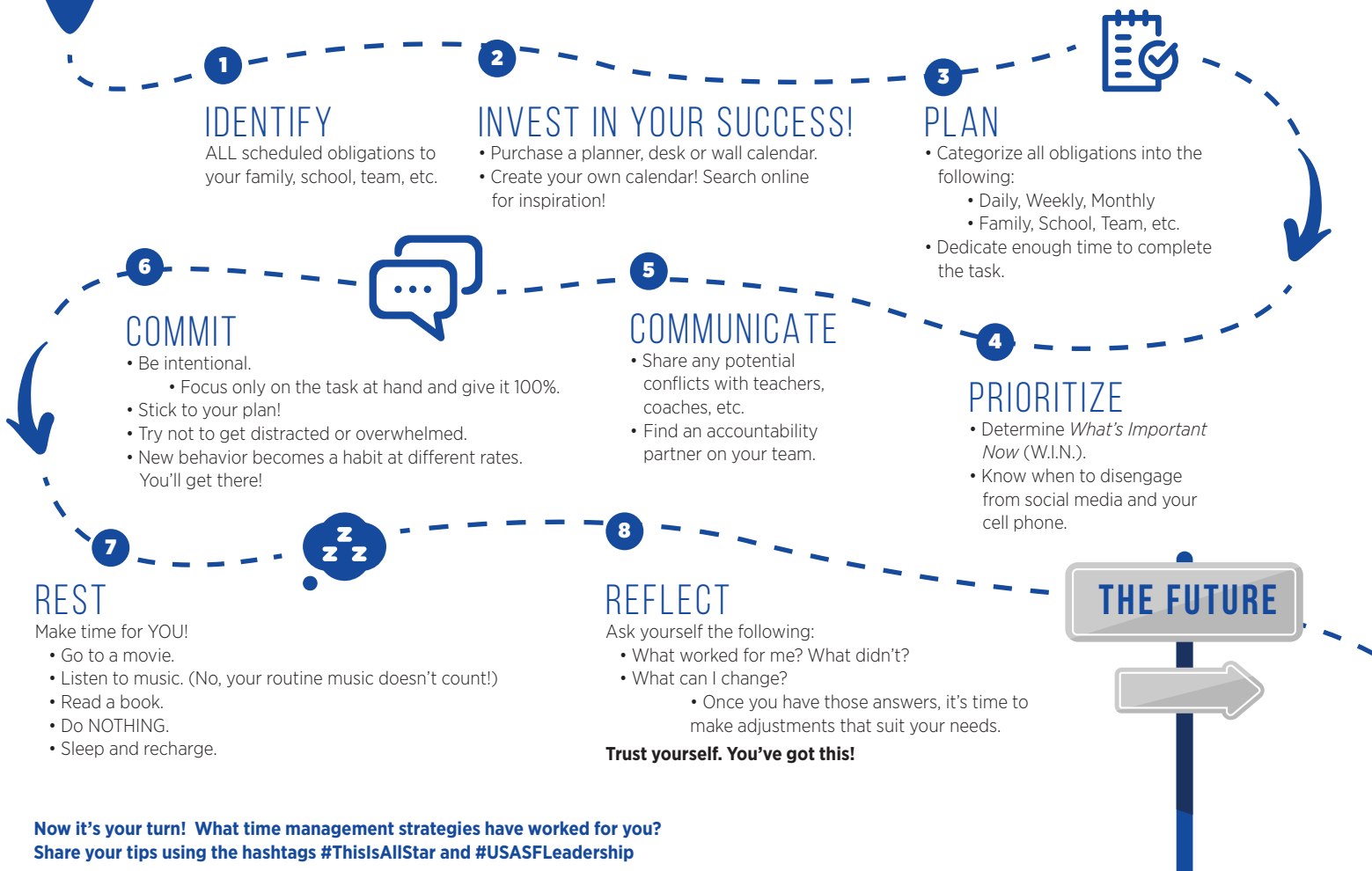
One of the biggest challenges that All Star athletes face OFF the practice/performance floor is **TIME MANAGEMENT.**

The USASF offers a youth leadership program called BOLT/MARCH. All Star athletes who complete the BOLT/MARCH Workshop were provided an opportunity to develop and implement a give-back project. The top six projects were selected by the USASF and the individual athletes who created them were asked to develop their projects more in-depth as they relate to athletes. Working in collaboration with the USASF Leadership team, these six Healthy Kids Athlete Leaders have taken up the challenge of creating tips that can assist their peers in navigating the numerous demands of the season.

**Between academics, practices, competitions, extracurricular activities, time with friends and socializing, an athlete's week is jam packed and juggling the demands can be exhausting. All Star athletes have asked for some tips for how to balance their demands.**



## YOUR ALL STAR ATHLETE JOURNEY STARTS HERE!



**Now it's your turn! What time management strategies have worked for you? Share your tips using the hashtags #ThisIsAllStar and #USASFLeadership**