

[illegible]

P1 Well, he did say like 75 percent CPM was 25 percent, so I guess just because we compete with men's basketball and women's basketball, it doesn't really make sense though because their seasons are all in October. So we don't really get why we get kicked out.

P2 So I think the coaches when it's your season you have priority usually and the coaches usually like what times they want early on and like people in soccer get the priority over those and in my mind, I'm not going to fight priority over it. If I'm a soccer player or a soccer team, you don't get priority over it.

P3 Um, and then through the university, it's another kind of time priorities, but I know what the first set of practices can be, so we kind of work off each other in terms of like teams, what time do we start and the Sports Center. So, like some days our practices will be earlier, like today mine from 9 to 10:30, but then Wednesday it's 11:00-12:00.

P4 I'm pretty sure that the team here practices from the same us as we practice before we left, actually, like right before, and um, and there's usually no problem. So like our practices will be either after theirs or after another club sport, so we'll be pretty late. So like, I've had practices from 7 to 9 pm or 9 to 11 pm or even 11 pm to 1 pm and it could get pretty brutal, but um it's very hard to find a place where we can run our practice times at a later.

P5 We had to, like coordinate, like with the track team, like we would use the tracks so sometimes, like we couldn't use it like when we needed this or that; and we just would run outside instead.

P5 We always have to coordinate with other teams for gym space, and sometimes that means our practice times end up really early or really late

P1 I personally love it there, especially when there's like a lot of athletes, cause like there's high vibes, the music's really fun, and like, I don't know, it's fun to see other teams in there.

P2 Most of the girls, like tried to coordinate and do it together, so we would like stay after, like or like get somebody else and like do it. So, like, I didn't have to do it like, alone, which is nice

P4 I feel definitely more comfortable when I go with my friends, because it feels like there's less judgment there, and like you're kind of working with other people.

If I have to work out alone, I'll try to find someone else from the team to go with me.

P4 And I like that, because I'm with my whole team there, and it's kind of, it's just us in the gym, so it's kind of more of, like, a comfortable environment for me, I would say.

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P1 So I think our school has really good one, um, I think they call it mental performance, or something like that, but like basically therapists, and they just help us play and play as stressless, and like, not put too much value into the sport with our lives.

P3 In terms of mental health resources, there's a word say that the captains would probably know more than the coach in terms of where to get that resource, because I know like the school has a lot forget what it's called, like CAPS

P4 I know how to live younger when I was a freshman, especially being in football. When I was older going to engineering with my friend I had a job at a company that was like, you can live young when you're older. You can live old when you're younger. It's kind of like that. And I just kind remember that and just live better and take careers.

P1 I feel like Michigan really puts emphasis, like, especially when there are student athletes on like what we're doing after academics. And like, we have so many organizations that help us like prepare for that.

P1 Yeah, like I don't think I've ever like struggled to find the mental health, like academic side. Like they kind of like make it clear and they show you where everything is

P5 I know a lot of athletes struggle with balancing school and sports, but Michigan actually provides really good academic support. They have tutors available, which is really useful when you're in a course and have exams and need extra help

P4 I think when you're a club athlete it's a bit different, you have to really focus yourself on making sure you have a good time in your body, whenever you get your groceries from, and that can be a challenge, especially on this program, because the only grocery stores really Target so unless you have a car you have to deliver stuff.

P1 The only thing like everyone at the school talks about, like all the athletes, is that we don't have like an athlete cafeteria which is like huge at every other like power five school and like that just makes our lives so much easier

P5 Right now, we just eat wherever we can, and it's hard to get meals that are actually designed for athletes performance. Sometimes I have to rely on quick snacks or whatever is available at the training facility, but that's not enough for fueling workouts and games.

P4 Also, like we don't have Terex's, which is like, it's the new thing in volleyball that they introduced every team has. We have it at Criter [Michigan's basketball arena] and it's almost like a mat, but I want call it a mat. It is mainly like, you can't get hurt, it harms less, it's just, like, absorbs that shock and, it's, makes things less painful. Cause, like, the wooden courts really beat up your body. We don't have that when we play in that gym.

P9 We actually find it hard to use because we don't have fields that we can use for that. So, um, actually, for an example, USA has an entire artificial field and ice baseball comes, soccer fields, like open baseball fields and for just club athletes. So I think like we could maybe potentially do something like that.

P4 It seems small to me, like, the size of the host and the locker rooms, like, compared to the Munn Arena, which is the Michigan State Ice Arena. That's pretty big, but they also have, like, this whole underground section, I think, where the men's D1 teams.

P3 There was like, a training, athletic training, it was nice to have that in there, too, um... I think the training like preferred like working with the varsity girls, like, there was just a little bit, like I don't know, people just didn't like it as much as much, but, like, I get it.

P3 We actually get an allotted time to go to trainers. So recreational sports or club sports, we have trainers in the IM for us and so our coach will tell us times to go and have them come to our practice if needed.

P4 I think they just come a little bit early before practice, and then they're there throughout our practice and games, and then they leave. So I think outside of that, you're kind of on your own.

P4 I think you're recently started to have mandatory practices like athletes' training. I could be lying but that's like they did it for sports. That's the new thing, which, I think, because, I mean, I think I think they made it mandatory for high-variety sports, which were considered, and I mean, everyone on your team is getting together, so it's really nice to have that.

P5 Injuries are so common in my sport, so having trainers there is super helpful. But I've noticed that during busier seasons, like when multiple teams are in competition, it gets really hard to get one-on-one attention. You kind of just have to wait your turn.

P2 Yeah, I think, like the facilities are like, nice, I wish they weren't so away they're sort of a little bit. It's really inconvenient and there's not really good, like transportation down there.

N4 So we have a ride system. Most girls on the team, I would say a quarter of the girls on the team have a car. So the vice president of our team for each year, she would sort of assign girls every morning out a rides list for every team, and that lets the person and then all the people on the team that they're taking

P2 That was just really frustrating, cause it's like 30 minutes away, and we had to drive there and there was traffic, so it always like we would always like be like on the road for like at least an hour, like, every single day, like just took going back and forth

P1 Okay, the only negative I know that we didn't like, convenient, but like, we have to like, drive to get to SWC, which is like, not awful, but like, I didn't know that because I didn't visit on campus.

The bus system doesn't really align with our practice schedule, and sometimes we have to wait a long time for a ride back after early practices. There have been times where we finished training early in the morning and had to stand outside in the cold waiting for a bus that barely runs at that time.

P1 Like, what I liked about Michigan is that like our weight room, besides the yoga mat, I didn't know that was a thing, was like basically the exact same thing as Shem. Which I found that, like, important.

P4 That's definitely like us and the men's club hockey team. Everything's pretty like the same with how we get treated

P5 I don't really feel like there's a big difference in how we're treated versus how the men's teams are treated. Our schedules, facilities, and resources seem pretty equal. In anything, the biggest issue is just that non-revenue sports, in general, don't get as much attention, whether they're men's or women's.

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P1 It really depends. So like, when it's, I feel like 7 and 8 am are like the prime time for athletes. Especially like people in season because like they want to practice before they have to play or go have a game or something.

P1 And, like, the one on one aspect was good because that's really your focus on your individual progress, like, when you're on your team, they want to see how the team's doing, so they're not going to play as much wanting to each player, if that makes sense.

P2 But um I think that would have been, like, really nice to have. Like, all these resources, it seems a little bit, like a little untapped in terms of just like, even like how many how like how big and how many how many resources there are.

P3 There will be some weeks where our coach will have us do proof that we worked out, I would say, about three times that week, um, and then she'll give us a list of things to watch out for.

So I think, better with each week, but I think I can't lift as much as a man, but it can feel like people are judging you for not using as much weight as them. But I still want to use a barbell, or like the rack to squat. So I guess that's the time