

Enze Chen
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Splash Panel - Sports and Recreation

Hi everyone and welcome to the Stanford Sports and Recreation panel! My name is Enze, and I'm here with some awesome panelists who will share their stories about sports and recreation at Stanford. [ad lib about the index cards] We'll start off with some introductions and prepared questions, but then we'll field some questions from the audience as well.

Enze Chen - Club Water Polo
Jake Ocon - Stanford Jump Rope
Curtis Ogren - Varsity Swimming
Allison Tielking/Caitlin Hogan - Varsity Rowing

4 levels:

Personal level - Running, yoga, going to the gym, hiking

Intramural level - Friendly competition, teams of friends/dormmates. *Within* the school.

Club level - Intercollegiate competition, more regular training, travel

Varsity level - Division I/II/III, generally recruited, but walk-ons possible! Agreement to play for the school, and they will help finance your education. Very intense workouts.

The choice is yours and only yours. Do what fits, based on time, team dynamics, energy.

Questions:

What is the training regimen of a varsity athlete like?

How about something like jump rope? That's a very non-traditional sport.

How do you balance a training schedule with your schoolwork?

More importantly, sleep?

What about leadership?

Curtis, why keep doing it? Jake, why start?

What is a takeaway that you've been able to apply towards your life outside of sports?

Any funny stories?

Callback, stay on time, smile!