TWO SPORTS 04/27/2016 K. VRUWINK

Most student athletes at UW-River Falls, and at college and universities across the country, focus on just one sport. However, some decide to compete in more than one sport, despite the challenges. Kate Vruwink has the story.

MP3 R/T: 1:44 O/C:”…I’M KATE VRUWINK.”

KATE VRUWINK: AT UW-RIVER FALLS THERE ARE A HANDFUL OF STUDENT-ATHLETES WHO COMPETE IN MORE THAN ONE SPORT. SOPHOMORE TIM RIXMANN TAKES ON BOTH SPORTS BECAUSE IN HIGH SCHOOL HE COMPETED IN FOUR.

TIM RIXMANN: I JUST LIKE TO COMPETE. I’M REALLY COMPETITIVE. I JUST WANT TO BE A BIG OF ATHLETE AS I CAN, SO FOR ME, THAT’S BEING IN AS MANY SPORTS AS I POSSIBLY CAN.

KATE VRUWINK: RIXMANN COMPETES IN A VARIETY OF TRACK AND FIELD EVENTS AS WELL AS PLAYS DEFENSIVE BACK FOR THE FOOTBALL TEAM ACCORDING TO THE U-W-R-F SPORTS INFORMATION WEBSITE. FOR HIM, THE EXPERIENCE CAN BE SUMMED UP BY LOOKING AT HIS SCHEDULE.

TIM RIXMANN: I’M NEVER OUT OF SEASON.

KATE VRUWINK: JUNIOR,BENJI MCROBERTS PREVIOUSLY COMPETED IN BOTH SPORTS, BUT DUE TO INJURIES ONLY COMPETES IN TRACK AND FIELD NOW. MCROBERTS VIEWS THE BUSY SCHEDULE OF A DUAL SPORT ATHLETE AS A POSITIVE.

BENJI MCROBERTS: I LOVE BEING PRODUCTIVE AND BUSY, AND WHEN YOU’RE A MULTI-SPORT ATHLETE YOU’RE FORCED TO BE BOTH OF THOSE.

KATE VRUWINK: WITH THE DEMANDING SCHEDULE COMES DIFFICULTIES AS WELL . ACCORDING TO MCROBERTS, THE BIGGEST CHALLENGE IS THE STRENGTH AND CONDITIONING ASPECT. TRACK AND FIELD ATHLETES ARE TRYING TO GET THEIR BODY TO PEAK CONDITIONS, WHEREAS FOOTBALL PLAYERS ARE TRYING TO MAINTAIN THE WORK THEY DID IN THE OFF-SEASON. HOWEVER, FOOTBALL’S OFF SEASON HAPPENS DURING THE TRACK AND FIELD SEASON, PROVIDING A DIFFICULT OVERLAP.

BENJI MCROBERTS: THE STRENGTH AND CONDITIONING ASPECT OF BEING A MULTI-SPORT ATHLETE IS COMPLEX. I DON’T WANT TO CALL IT IMPOSSIBLE, BUT IT’S DEFINITELY SOMETHING EVERYBODY COULD LEARN A LITTLE BIT ON.

KATE VRUWINK: BESIDES THE CHALLENGES, RIXMANN FEELS BEING A DUAL-SPORT ATHLETE IS A LIFESTYLE HE WOULD HIGHLY RECOMMEND TO OTHER FUTRUE ATHLETES.

TIM RIXMANN: I WOULD SAY GIVE IT A TRY. THE WORST THING THAT’S GOING TO HAPPEN IS YOU’LL HAVE TOO MUCH ON YOUR PLATE, YOU CAN’T HANDLE IT, AND YOU’LL HAVE TO TAKE A STEP BACK. BUT, IF YOU DON’T TRY YOU’RE JUST GOING TO HAVE REGRET.

KATE VRUWINK: AND REGRET IS A BIG REASON RIXMANN CONTINUES HIS LIFESTYLE.

TIM RIXMANN: I DON’T WANT TO REGRET ANYTHING. I WANT TO DO AS MUCH AS I POSSIBLY CAN. I’D RATHER DO TOO MUCH THAN NOT ENOUGH.

KATE VRUWINK: FOR FALCON NEWS SERVICE, I’M KATE VRUWINK.

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