

# LOQUITUR

Cabrini University Student Media

## Athletes grow in discipline through playing multiple sports

by **Steve Halko** on September 7, 2016 in **Sports**

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Cabrini men's soccer player John Underwood taking a throw in. (Photo by Jordan Clouthier / Photo for Pub)

Many of the youth in this generation are athletes and a common problem in recent years is the young athletes being pressured into specializing into one sport. The thought behind this is that if a child only plays one sport, the child will be very good at that sport.

The old saying is "practice makes perfect," and I do not disagree with that. In anything, you need to pra

ctice to become good at what you are trying to do. With



Multi-sports  
(Creative Commons)

that being said, sometimes practicing a special skill could become even more valuable when it is applied to another situation or sport.

A frequent issue that arises with specializing children in a single sport is the idea of "burning out." Many children, by the time they get to high school or a higher level of competition, either cannot get any better than they already are, which could be good or average, or by that time are sick of the sport and want to move on.

There is an article written based off of the stories of prestigious coaches explaining why [they want multi-sport athletes](#). Regardless of liking the sport or becoming great at it, sports were a huge source of fun in my childhood.

I was running around from practice to practice and I loved it. Children should be encouraged to play whatever sport they want to. Down the line if the child doesn't like the sport, they can finish the season and move on to the next one.

Young athletes are some of the greatest players of these sports because they start fresh. If they are taught good fundamentals, they will be solid across the board in any sport they play.

The only thing in sports that children should specialize in at a young age is discipline in the game and listening to their superiors. Discipline is the single most important attribute in an athlete for any sport. Child athletes should be able to have as much fun playing sports as possible while they can and parents, your time commitment is always worth it for your kids.

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THELOQUITUR.COM    VOL. 10, ISSUE 11    THURSDAY, MAY 1, 2016



Thomas Hale is the first graphic design major to be selected as Valedictorian.

### All Hale the valedictorian: Class of 2016's highest honor revealed

BY MELLY BEAMAN  
Business News Editor

Perfectionist, conscientious, patient, detail oriented and honest. These are the words used to describe Cabrini College's 2016 valedictorian, Thomas Hale.

A graduate of Perkiomen High School, Hale is a senior graphic design major with minors in Spanish and marketing.

Born in Pa., Hale commutes from Collingsville, Pennsylvania, a short 30 minute drive from campus.

When he is not enjoying a hike in the outdoors with his friends, you will most likely find him hanging in the graphic design wing working on his senior project.

With a career GPA of 3.96, Hale is the first graphic design student in Cabrini history to win the esteemed honor of valedictorian.

"I'm really proud to bring this honor to the graphic design department," Hale said. "I think it was very rewarding to have all of my nights of hard work finally pay off."

During his time at Cabrini, Hale was an active member of the honors program, President of the foreign language honor society The Iota Sigma, a Neuroscience peer mentor and logo designer for various clubs and organizations on campus.

According to Hale his favorite part of being a Cabrini was becoming a part of the Cabrini family.

"When I graduate I will really miss the teachers that guided me and challenged me," Hale said. "I'm so thankful for all the hours they dedicated to my needs, which is one of the greatest things about a small school. You can add that to the list of things I will miss most about Cabrini... the classroom."

Hale's favorite spot on campus is the graphic design wing because it's where he spent most of his time the past four years. However, he laughed when he stated that a common mistake that campus members were very noticeable because of all the construction and ground bumps.

After graduation Hale hopes to get a job that will help further his skills and passion in graphic design. He would ultimately like to create and design mobile applications.

Hale's hard work and determination is certainly admirable to all. All students can learn from his personal philosophy.

"My advice to students younger than me is to not be before or doubt keep you from accomplishing your goals even if they seem impossible," Hale said.

The Class of 2016 will graduate on Monday, May 16 at 10:00am where Hale will give his long awaited speech.

"I'm really going to miss this place," Hale said. "It's so proud to be a Cabrini graduate!"



Hale and the rest of the class of 2016 will be leaving their caps in just 17 days.

www.cabrini.edu

### Cabrini Student Media Mission Statement

Cabrini Student Media is a collaboration of student media organizations. Together, we strive to produce relevant, compelling and informative content for our audience.

The Loquitur and other student media sites are also a forum for public expression for students, staff, faculty, alumni and others in the Cabrini community.

As a forum, Loquitur strives to provide an opportunity for all members of the college to inquire, question, and exchange ideas. Content may reflect all areas of student interest, including topics about which there is dissent or controversy.

Loquitur and other student media enjoy the freedom of expression accorded the communications media and citizens of this country and strive to exercise this freedom responsibly.

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