

Your World, Your Money

A GLOBAL THINKING FOUNDATION USA PODCAST

Navigating Injuries As An Athlete:

- Whether to attract recruiters' attention or feel a sense of direction through their sport, athletes make large commitments to their progress. When they get injured, their efforts suddenly feel derailed.
- Recovery often takes a mental and physical toll on athletes, struggling against deferred goals that influence their feeling of self-worth.
- An injury can affect an athlete's career trajectory, as Edona Thaqi experienced after her first ACL tear prevented her from meeting college scouts. However, after joining Fordham Women's Basketball as a 'walk-on,' she received a scholarship for her efforts.

Resources Available to Collegiate Level Athletes:

- Despite negative perceptions of 'walk-ons' pervasive in athletics, a 'walk-on' athlete can still earn opportunities and contribute as much as others on their team.
- After her third ACL tear, Edona cites her vulnerability with her coach and team as necessary to her recovery. Access to a sports psychologist motivated Edona in her rehabilitation, which enabled her to play a grad year and successfully finish her collegiate career.
- Beyond merit, there are creative ways in which an athlete can receive financial support. Minority-focused, location and financial need scholarships are available across the Divisions and Junior Colleges.

Additional Takeaways from Edona & Curtis:

- A cultural shift, beginning at the little league level, is necessary to bridge the disparity between men's and women's athletics. Athletes are more than entertainers and, regardless of gender, perform their sport to a high achieving level.
- Resources are more than facilities. An athlete's relationship to their coach, the support they receive off the court, and how they can manage their future are key considerations to make of programs.

Sports & The New Era of Wellness: Achieving Real Parity for University Athletes

Guests: Edona Thaqi & Curtis Spence

