



SPRING BLOG #2

Wow, it has been an AMAZING week in Seminole softball. We had our first practice of the year on the Martin Luther King Jr. holiday spending most of our day working at our craft. After I got home and started to stretch my sore muscles I thought to myself hmm what an appropriate day to work towards our DREAM. We are taking steps day by day to get to our ultimate goal ... WOMENS COLLEGE WORLD SERIES.

Another thing we worked on the MLK holiday was our flash mob dance routine for the men's basketball game! We performed on Tuesday when our Noles were playing Maryland. During halftime, right after the Golden Girls performed I might add, we danced our little hearts out in promotion of our season. We were so nervous to follow up Florida State's top 5 nationally ranked dance team but we did it. We also received a standing ovation from the crowd. We knew that we would turn some heads but the way the crowd was screaming I was surprised and proud of the hard work that we all put into making something awesome happen.

Honestly, working hard at that dance in a way reminded us of what we do. It is so easy to fall into a routine: workouts, class, practice, rehab, homework, workouts, class... making the core of what we do become blurred at times. Dancing made us realize how important everyone else is on the team. Not that we ever lost sight of that, but even though some people weren't as gung ho about dancing as others we collectively realized that we are going to get it done and we are going to make it work for the bigger picture; kind of like conditioning or long practices - not all of us like running or practicing until our feet ache but without a shadow of a doubt we are going to do it not only for ourselves but more importantly for our team and our goal.