

# "Psychological Factors Influencing the Transition from Junior to Professional Sport: A Theoretical Study Approach"

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## Abstract

The essential purpose of this research study is to measure the psychological factors that influence the transition from junior to professional sport. This research study is based on the theoretical and some numerical portions. Data was collected from different participants, including professional sportsmen and junior sportspersons, to measure the research study. For measuring, the research study used Smart PLS software and generated informative results, including descriptive, indicator correlation, also regression. This research study presents the smart PLS Algorithm model and histogram analysis between one variable to another variable. The psychological factors included perception, motivation, personal beliefs, and attitude. These are all considered independent variables. The transition from junior to professional sport is the main dependent variable. The overall result found that perception, motivation, personal belief, and attitude positively and significantly influence the transition from junior to professional. The psychological factors show a direct and significant relationship with them.

**Keywords:** Psychological Factor (PS), Perception (PP), Motivation (MM), Personal Belief and Attitude (PB&A), Transition from Junior to professional sport (TJPS), Smart PLS Algorithm

## Introduction

A transition remains well defined, so an occasion, or else non-event, precedents persons towards modification expectations around themselves. The player's opinion, the junior to senior transitions by way of the extremely problematic transition of an athletic profession, besides several interior and exterior features, pay towards the transition consequence (Swainston, Wilson, & Jones, 2020). Throughout the athletic profession, which is well defined through a multiyear sports activity, willingly selected through the individual pointed by attaining her or else his top in athletic performing around single or else many sports occasions, athletes must towards aspect together normative. In transitioning after adolescence to professional maturity, a participant would appearance at a rise in tactical, technical, psychosocial, and physical claims in sport. Simultaneously, these varying expectations would create extra tasks away from the area of sport (Franck & Stambulova, 2019). How a player manages these claims then affects hurdles, through opening together interior and exterior means, mainly controls whether a player's transition is effective. Investigation takes often quotes the junior to senior transition by way of the very problematic career transition within players' professions. The junior-to-senior transition frequently happens after an athlete develops from junior to senior matches. Though this would differ dependent on sports, mainly in sports like aerobics,

anywhere players are expected to spread peak age within their adolescent ages. The transition could be problematic while it could test new players through together non-athletic and athletic areas. For instance, once inducing after junior to senior matches, players might have knowledge improved majority phases besides the power of acts which might be together mentally and physically challenging (Drew, Morris, Tod, & Eubank, 2019). Alongside, players are within the procedure of going after youth into new maturity that might overlap with overall social, psychological, physical, and cognitive growing needs. Also, players might acquire instantaneous knowledge of literary transitions while progressing after lower to developed training. All of these transitions could be needed within them declared precisely. After the needs of junior to senior transition are shared by simultaneous transitions, needs could be exponentially improved (MEKANGO, 2019). Junior to senior transition could be created other stimulating with that detail that transition might distance through several ages by players within a repeated age of ambiguity and trial. Specified trials procedure could current, junior to senior transition takes defined while some of best demanding, by several players weakening towards manage by related needs. Specified improved considerate that transition after junior to senior sport is needily aimed at players, there takes famous rise within the quantity of analyses shown within issue zone within specific in changed contextual settings and sporting

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cultural within instruction that improved proof could be set in the position towards maintain persons successful done this procedure (Franck, Stambulova, & Ivarsson, 2018). Sports-specific investigations at junior to senior transitions must comprise equestrian, track and field, basketball, rugby, ice hockey, and football reviews. Investigations must occur within several nations throughout the World, including Australia, Canada, New Zealand, and the United Kingdom. There must also be a sequence of investigations that must determine a combination of specific and group sports within Swedish and Russian populaces.

Investigations have utilized diverse supporting methods and theories to investigate junior to senior transitions, as well as qualitative methods, which were utilized to untie significant factors and features supporting unsuccessful and successful transitions (Wylleman & Rosier, 2016). The distinct reports directed on junior to senior transitions offerings appreciated vision into junior to senior transitions in cultural and context particular areas (Konam & Rao, 2021). Consolidating and summarizing this information, through the creation of present literature on junior to senior transitions, will insert into the frame of information to notify and enhance the clinical exercise, research, and education. Particularly, production will focus extents to which practitioners and researchers may concentrate on impending investigations by categorizing approaches that might have been under-utilized in preceding reports and particular highpoint aspects of transitions that have been under investigation (Larsen, Louise, Pyrdol, Sæther, & Henriksen, 2020). The creation will offer a further complete and demanding explanation of the fact, classifying ordinary extents which those assisting athletes shifting to senior sports might affect while giving facility to players. Such results from the creation of information will aid direct strategies for upcoming studies and permit the discovery of important tasks athletes might experience and sources that might be advanced over the distribution of interference plans. Currently, there is still no logical review of investigation on junior to senior transitions (N. Stambulova, Alfermann, Statler, & CôTé, 2009). The study's context is the increasing concern about the negative impact of social media on mental health. The increased usage of social media platforms has increased incidences of anxiety, depression, and other mental health concerns among young adults. This project aims to investigate the association between social media use and mental health outcomes and find viable techniques for minimizing social media's detrimental impacts on mental health. This study hopes to contribute to developing evidence-based therapies and policies that can promote

beneficial mental health outcomes in young people by putting light on this crucial problem. The study's overall goal is to raise awareness about the possible influence of social media on mental health and give insights into how we can better help young adults navigate the digital world while preserving their mental well-being.

The psychological features included in athletic performances have elongated been of attention to players, sports psychologists, sports scientists, and coaches. The foundation at the back of this report was, as to investigator information and as the plan has less time consumed record, there is no sufficient study in this field which concentrate on recognition of psychological features manipulating performances of trainers in the plan. Usually, this is familiar that psychological features have a critical position in sports performance and activities (Morris, Tod, & Oliver, 2016). In the latter two eras, the arena of player profession progress and transitions has got much devotion and progressed via four main transitions (1) from considerate transition as a remarkable occurrence to inspecting it as a procedure, (2) from mainly concentrating on athletic superannuation to reviewing an array of within career transition (for example junior to senior transition), (3) from varying the attention on athlete's transition entirely in sports to whole person method and (4) from seeing professions as framework distinct to highlighting part of related aspects in occupation expansion and transition (Gledhill, Harwood, & Forsdyke, 2017).

## Research objective

The present report aims to give a systematic review concentrating on junior to senior transitions. Particularly, the current investigation will give a critique and an overview of theoretical and methodological results that support present junior to senior transition evidence, a systematic review, an evaluation, and analysis of literature on junior to senior transitions in sports concerning important features which are observed to influence transitions and give a production of results about the features which stimulus junior to senior transitions in sports. This study also aimed to discover the developing viewpoints of young athletes facing successful junior to senior transitions in the profession to progress a comprehensive perception of the tasks in this procedure. This research study is divided into five specific research chapters first section presents that introduction related to the psychological factors and transition from junior to professional sport. This section represents the objective of the research and the question of the research study. The second portion represents that the literature review

included hypothesis development. The third portion represents that research methodology included research tools and techniques, data collection methods, and independent and dependent variables. The fourth section represents the observation results, and the last portion summarizes the overall research study and presents the conclusion also some recommendations about the topic.

## **Research question**

How do psychological factors influence the transition from junior to professional sport?

## **Literature review**

Researchers claim that endurance running is a recreational running sport that is becoming common among people. The best way to excel in this running sport is by getting proper training from a professional coach. The training process makes recreational runner professional in their sports and improves their physical health (Boullousa et al., 2020). studies reveal that the sports field is full of ups and downs, failures and losses. Dealing with all the challenges an athlete faces in sports is termed self-compassion. Dealing with all the suffering on your own is regarded as self-compassion .enhancing the self-compassion ability of athletes through the provision of excellent training helps them deal with all the sports field-related problems. Self-compassion improves athletic playing skills and makes him a professional player(Cormier et al., 2023).studies show that various psychological, cultural, and intervention factors help transition the athletes from junior to senior level. Athletes trained using psychological factors become more professional in their respective field, and rank shifts from junior to senior players (Drew et al., 2019).studies reveal that athletes that face chronic stress-related mental health problems often play poorly. The game-playing abilities of stress-suffering athletes get badly disturbed, and their performance in the sports field improves by providing such athletes with proper and mind-relaxing interventions. The result of intervention is that athletes' performance, as well as rank in sports fields, get improved(Pagani et al., 2023).studies reveal that athletes that win Olympic competitions often face job-related problems after retiringretiring from sports. Such athletes are introduced to dual career development opportunities that help them get sports-related jobs post-sports career .dual career approach provides athletes with proper education and financial support during their sports career so that they can get sports-related jobs after retiring from the sports field(Robnik, Kolar, Štrumbelj, & Ferjan, 2022).studies reveal that the dual career development model is used in various sports-related fields to advance female

athletes in their sport-related areas. The purpose of this model is to provide equal and effective opportunities to the athlete of both genders. When athletes are provided with dual career development opportunities, then the ratio of the success rate of such athletes increases (Saarinen, 2023). Studies explain that developing perceptual-cognitive skills in soccer players improves their game-playing skills during soccer game competitions. While providing the perceptual-cognitive intervention to the athletes, their performance is evaluated through a performance evaluation test. The evaluation of the performance of soccer players increases their chances of becoming professional players(Souglis, Travlos, & Andronikos, 2023).the studies of international sport psychology scholars have predicted that the career development approach helps in transitioning athletes' positions from junior players to senior or professionalized players (Natalia B Stambulova, Ryba, & Henriksen, 2021). Studies explained that athlete development in sports is dependent on training skills, relations with coaches, and physical fitness. The sports organization plays a critical role in providing athletes with all the sport-related facilities for improving athletes' game skills. The contextual factors related to the sports field provide future direction to young athletes (Strachan, Fraser-Thomas, Kosmenko, & Brown, 2023). Studies claim that athletes undergoing the end of career transition are provided support for making their every sports experience count and be valuable(Wylleman, 2019).studies suggest that the sports leadership phenomenon helps athletes improve their game performance. Athletes are provided with sports leadership through coaches. A coach's leadership abilities help the athletes improve their sports-playing-related capabilities(Cotterill, Loughead, & Franssen, 2022).studies elaborate that basketball-playing athletes face fatigue-related stress that disturbs their game-performing ability. Such athletes face decision-making problems due to their fatigue and stress from playing basketball. To overcome stress and fatigue, basketball players are given mindfulness interventions. This intervention improves their stress-related problems and allows them to achieve a professional basketball player rank(Fortes et al., 2022). Studies predict that athletes undergo various movement transitions during the sport-related skill acquisition. The transition of movement of athletes during their sports career also changes their position as a player(George, Wittman, & Rockmann, 2022).studies by scholars reveal that it is essential for athletes to maintain an optimum level between work and life. The balance between an athlete's sports life and personal life helps the athlete excel both as a player and as a normal person. Sports-related fields provide athletes with several life experiences that help the athlete to maintain a balance between work and life(Graham & Smith, 2022).studies reveal that athletes facing mental

health problems are often at higher risk of developing sports-related injuries. These sports-related injuries disturb the progress rate of athletes in sports. For saving athletes from sports injuries caused by mental disorders. Athletes are provided with mindfulness-based interventions during their training programs. The intervention increases the chances of athletes' betterment in sports and saves them from mental health-associated problems (Haugen, 2022). Studies show that the athlete's advancement in the sports field as a player holds great importance for them. For advancing athletes as a player, the developmental training model is used by sports coaches to provide specialized sports-related training to athletes. The developmental training model encourages youth athletes to improve their game and to apply their unique strategies in the sports playing field. The unique style of athletes in the sports field helps them mature their inner athletes and level up their game-playing skills (Jayanthi et al., 2022). Studies claim that mental health problems are the main issue hindering elite athletes' transition process. Sports coaches use protective factors during their training sessions to make sure that no athlete suffers from mental problems. These protective factors aid the athlete's progress and transition (Küttel & Larsen, 2020). Studies claim the importance of verbal encouragement for the betterment of athletic performance in sports. The athletes that are provided compliments on their physical fitness and playing trick during their training sessions play more efficiently during the sports competition (Sahli et al., 2022). The mentally depressed athletes' game-performing abilities get disturbed due to their mental health issues. Providing such athletes with proper training based on interventions and family support guides them to the path of progress in the sports field (Skala & Zemková, 2022). Studies highlighted the significance of sports schools by examining their role in the holistic development of athletes. These sports schools provide athletes with education about sports increasing the positive holistic approach in athletes and helping them become a professional player later in life (Thompson, Rongen, Cowburn, & Till, 2022). Studies explain that the career transition process in an athlete's life depends on the concepts of sport psychology (N. B. Stambulova & Samuel, 2020).

## Hypothesis development

**H1=** *there are positive and significantly influence the psychological factors on the transition related to junior from professional sport.*

**H2=** *There are negative but its significant link between dependent and dependent variables.*

**H3=** *There are not any impact of psychological factors on transition junior also that professional related to the sport.*

**H4=** *There are directly influence psychological factor on professional also junior transition sport.*

## Research methodology

This research study determines the psychological factors that influence the transition from junior to professional sport. This research study is based on the primary data. Also, the theoretical model to determine the research study used questions related to independent also dependent variables. To determine the research study used Smart PLS software and generated results related to them. The descriptive statistic analysis and the indicator correlation also present the histogram and smart PLS Algorithm model between variables. The psychological factor is the main independent variable. It includes perception, motivation, personal belief, and attitude. These are all also considered independent variables. The transition from junior to professional sport is the main dependent variable. This research study is also based on theoretical and numerical data.

## Tools for research, techniques, and methods

This research will take a mixed-methods approach, incorporating qualitative and quantitative data-gathering techniques. In-depth interviews with athletes who have made a big transition, such as retirement or a change in team or sport, will comprise the qualitative component. Depending on the athlete's location and availability, these interviews will be performed in person or by video conference. The quantitative component will entail distributing an online survey to a bigger sample of athletes from various sports and levels of competitiveness. The poll will ask athletes about their technology and social media usage during transitions and their opinions on the advantages (Castejon et al., 2021). Participants in this research will be athletes who have substantially changed their athletic career, such as changing from amateur to professional status or from one sport to another. Convenience sampling will be used, and athletes will be recruited through social media and personal networks. Data collecting techniques will include getting participants' informed consent, running an online survey, and conducting in-person interviews or video conferencing. All data will be kept secret and anonymous to protect participants' privacy. Data collection statistical analysis, including descriptive statistics and inferential statistics such as correlation and regression analysis. Tables and graphs will be implemented to show major findings, and the results will be presented simply and understandably. Overall, the project seeks to give significant insights into the factors that impact athlete burnout and inform the development of therapies to prevent and treat burnout in sportspeople [30].

## Psychological Factors

Psychological factors substantially impact human behavior, cognition, emotions, and general mental

health. These elements can impact an individual's ideas, feelings, and behaviors in both good and bad ways in transitioning from junior to professional sport.

Sr. No	Psychological factors	Descriptions
1	Perception:	Perception is how people interpret and make sense of the information they receive from their surroundings. It entails choosing, organizing, and interpreting sensory information, which might differ from one individual to another. Perception determines how people comprehend and respond to various events.
2	Attitudes:	Attitudes are educated proclivities to react favorably or unfavorably to persons, things, events, or ideas. A mix of ideas, values, and previous experiences impacts them. Attitudes may influence behavior and how people perceive and interact with their surroundings.
3	Personality:	Personality refers to an individual's distinct pattern of thoughts, feelings, and behaviors. Personality qualities include extraversion, neuroticism, openness, conscientiousness, and agreeableness. Personality characteristics impact how people perceive and behave in different situations, and they can predict long-term behavior patterns.
4	Social Influence	Social influence refers to how the presence or acts of others impact people's thoughts, feelings, and behaviors. It includes social standards, compliance, obedience, and socialization processes. Social influence has the ability to alter attitudes, ideas, and behaviors, and it is important in group dynamics and social interactions.
5	Motivation:	Motivation is defined as the internal processes that energize and lead behavior toward achieving a goal. It might be intrinsic (motivated by personal fulfillment or delight) or extrinsic (motivated by external rewards or incentives). Motivation determines behavior commencement, intensity, and persistence.
6	Learning and Conditioning:	The process of acquiring information, skills, attitudes, or behaviors via experience or instruction is called learning. Conditioning, both classical and operant, is a key part of learning. Learning and conditioning-related psychological aspects impact how individuals acquire new behaviors, establish preferences, and respond to stimuli in their environment.

### The transition from junior to professional sport:

Transitioning from junior to professional sports is an important step in an athlete's career. It entails progressing from amateur or developmental sports participation to competing at a higher and more rigorous level. The following are some major features of the transition:

1. **Level of Skill and Performance:** Junior athletes often have a level of skill and performance that allows them to thrive in their age group. However, the transfer to the professional level necessitates further skill development and sharpening. To succeed, athletes must constantly display great performance as the competition grows more difficult.

2. **Mental and Physical Preparation:** Professional sports need a greater degree of physical fitness and endurance. To compete with seasoned pros, athletes may need to improve their strength, speed, agility, and general athleticism. As the pressure and expectations mount, mental preparation is essential. During this change, developing perseverance, concentration, and a strong mentality becomes critical.

3. **Increased Intensity and Competition:** Entering the professional arena means confronting stronger

competition. Athletes will face more seasoned and skillful competitors who have committed their lives to their particular sports. The intensity of training and competition increases as well, pushing athletes to push themselves harder to match professional standards.

4. **Lifestyle and Commitment:** Making the transition to professional sports sometimes necessitates considerable lifestyle adjustments. Athletes may be required to move, adjust to new training conditions, and even deal with the demands of greater media attention and public criticism. Athletes' dedication to the sport grows increasingly rigorous, with athletes devoting more time and effort to training, rehabilitation, and general well-being.

5. **Financial Thoughts and Career Management:** The shift to professional sports includes financial considerations that were not as significant at younger levels. Athletes may be offered contracts, sponsorships, or endorsements, and they must handle their money carefully. Furthermore, career management becomes critical as decisions about agency representation, contracts, endorsements, and long-term planning for post-sport jobs must be completed [31].

**6. Support System:** It is critical to have a compact support system during this change. Athletes may rely on coaches, trainers, sports psychologists, and mentors to help them through the obstacles of professional sports. Family, friends, and teammates all play an important part in giving emotional support and stability.

**7. Continuing Development and Adaptation:** The move to professional sport is a continuous process, not a one-time occurrence. Athletes must be willing to learn, evolve, and adapt on a constant basis. To remain competitive, they must analyze their performance, find areas for growth, and constantly work on improving their abilities and plans.

## Result and Description

**Table-1**

Name	No.	Mean	Median	Scale min	Scale max	Standard deviation	Excess kurtosis	Skewness	Cramér-von Mises p value
PF	0	1.408	1.000	1.000	2.000	0.491	-1.932	0.386	0.000
PP	1	1.531	2.000	1.000	2.000	0.499	-2.070	-0.127	0.000
MM	2	1.408	1.000	1.000	2.000	0.491	-1.932	0.386	0.000
PB&A	3	1.653	2.000	1.000	3.000	0.624	-0.613	0.426	0.000
TJPS	4	1.449	1.000	1.000	3.000	0.574	-0.181	0.876	0.000
TJPS1	5	1.327	1.000	1.000	2.000	0.469	-1.479	0.763	0.000

The above result represents that descriptive statistic analysis results present mean values, minimum values, and maximum values and also explain the standard deviation rates and skewness values of each variable. The psychological factor is the main independent variable. The mean value is 1.408, showing the positive average value of the mean. The standard deviation rate is 0.491, representing that 49% significant level between them. The skewness value is 0.386, showing a 38% skewness rate. Similarly, the perception is a sub-indicator of psychological factors, showing that the mean value is 1.531 and the standard deviation rate is 0.499, representing that 49% deviate from mean values. The result represents that the overall minimum value is 1.000 and the maximum value is 3.000, respectively. The median rate is 2.000, showing a positive link between them. Motivation is another independent variable for this purpose. The mean value is 1.408, and its standard deviation rate is 0.491, which shows a 49% deviation from the mean values. The skewness rate is 0.386, showing a 38% skewness value the overall probability value is 0.000, showing a 100% significant level between them. Personal beliefs and attitudes are other independent variables. According to the result, its average value is 1.653 the rate of standard deviation is 0.624, showing a 62% deviation from mean values. The skewness value is 42%, and the probability value is 100% significantly. The transition from junior to professional sport is a dependent indicator. According to the result, its mean values are 1.449 and 1.327. Its standard deviation shows that 46% and 57% deviate from mean values, and the

skewness values of the dependent variable are 87% and 76%, respectively. The result describes that kurtosis values are -1.479, -0.181, and -0.613, respectively, showing negative rates between them.

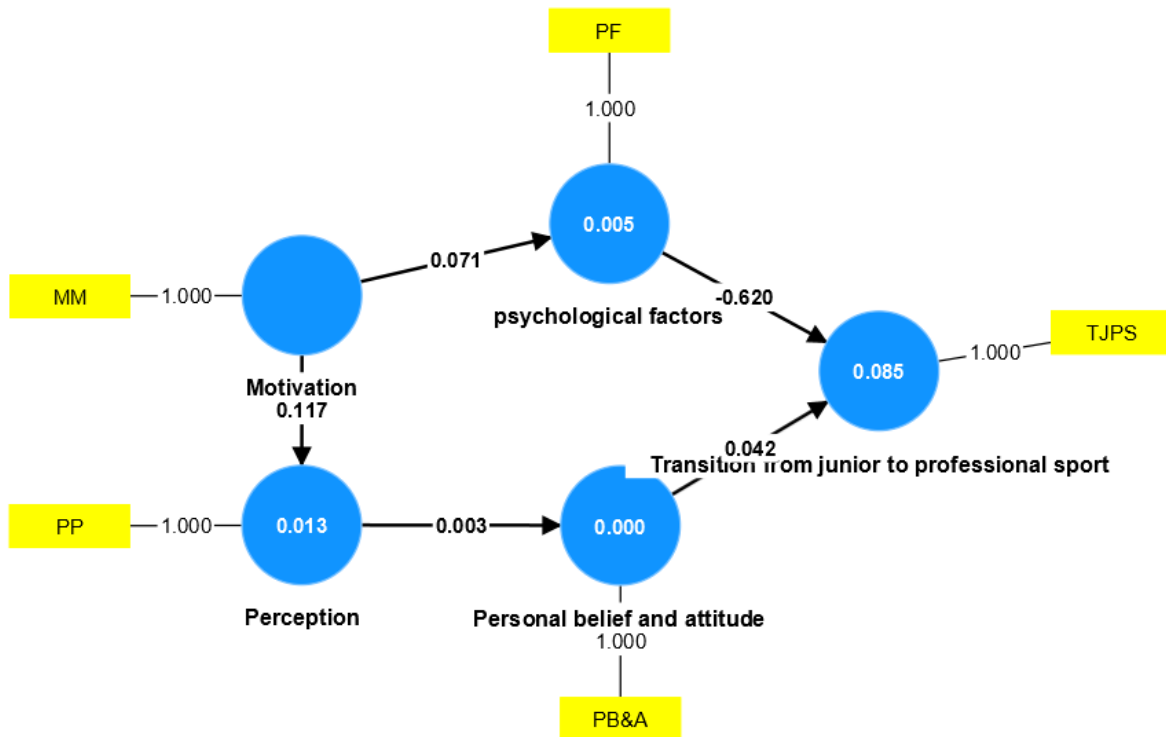
## Correlation coefficient:

**Table-2**

	PF	PP	MM	PB&A	TJPS	TJPS1
MM	0.071	0.115	1.000	0.000	0.000	0.000
PB&A	0.395	0.001	0.129	1.000	0.000	0.000
PF	1.000	0.000	0.000	0.000	0.000	0.000
PP	-0.217	1.000	0.000	0.000	0.000	0.000
TJPS	-0.288	0.095	0.146	-0.078	1.000	0.000
TJPS1	-0.047	0.044	-0.047	0.317	-0.090	1.000

The above result represents that indicator correlation result describes that motivation shows 0.071 mean positive and significant relation with perception the personal beliefs and attitude present that 1.000 correlation with motivation. The correlation describes that 0.000 means a 100% significant level between them. Personal beliefs and attitudes represent 39% positive and significant influence on perception. The motivation shows that 0.001 is totally 100% significantly related to personal belief and attitude. The psychological factor represents the negative but significant link with perception. Its value is -0.217. The transition from junior to professional sport presents a positive link with a motivation value is 0.095, showing a 9% significant level between them.

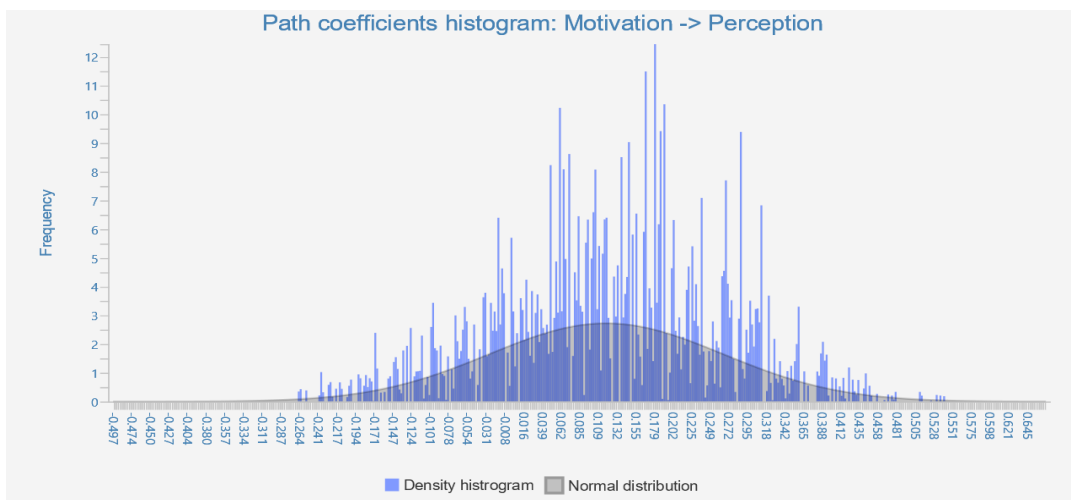
**Smart PLS Algorithm Model:**



The above model presents that smart PLS Algorithm model in between psychological factors, including perception, motivation, personal beliefs, and attitude, also that transition from junior to professional sport. The model presents that 0.071 regression link between motivation and psychological factors. The perception positively influences

personal beliefs and attitudes. Its rate is 0.003, respectively. The psychological factor shows a negative influence on the transition from junior to professional sport. Its rate is 0.085, showing 8% significance and positive relationships with each other. 1.000 shows that there is a 100% significance level between independent and dependent variables.

**Histogram analysis**



The above figure represents the histogram analysis between motivation and perception. The vertical side presents that the frequency level starts from 0 and ends at 12 points. The horizontal side represents the histogram range. It starts

from -0.497 and ends at 0.645, respectively. The blue bar line shows that the density histogram and some shadows present the normal distribution between two independent and dependent variables.

## Discussion and Conclusion

One needs to understand that these psychological aspects are interconnected and can interact in complicated ways. Individual characteristics, cultural circumstances, and personal experiences all impact how these elements emerge in various people. Psychologists and researchers study these aspects to understand human behavior better and give insights for enhancing mental health, well-being, and general quality of life. The shift from junior to professional sports may be thrilling and intimidating. Athletes must be committed, resilient, and willing to accept the challenges of competing at a higher level. Athletes may effectively manage this shift and prosper in their professional athletic careers if they have the correct mentality, preparation, support, and ongoing growth. Finally, the findings will have ramifications for future research on athlete burnout. The findings of this study may point to new research directions, such as examining the effectiveness of various therapies for avoiding or treating burnout. The perception, personal beliefs and attitude, the motivation these are all consider as independent variable for measuring the research between them. the transition junior and professional sport is dependent variable for determine the relationship with each other. Furthermore, future studies might aspect at the elements that lead to burnout in other sports or at different levels of competitiveness. Future research can continue to increase our understanding of athlete burnout and help to improve

athletes' well-being and performance by building on the insights acquired from this study. Ultimately, the objective is to create effective burnout prevention and treatment measures that benefit not just players but also coaches, teams, and the sports community. This research study concluded that there is a direct and significant relation between psychological factors and the transition from junior to professional sport. This research study accepts the alternative hypothesis and rejects the null hypothesis. Being aware of the signs and symptoms of burnout, such as decreasing motivation and performance, and taking proactive efforts to prevent burnout, such as setting realistic objectives and regulating stress levels, have practical consequences for athletes and coaches. Coaches may also substitute a healthy team culture that prioritizes player well-being and raises open communication. Athletes and coaches may collaborate to improve long-term performance and pleasure in sports by prioritizing athlete well-being and applying effective preventative and treatment measures. Burnout may have major effects on an athlete's emotional and physical health, as well as their long-term love of the activity. Athletes and coaches may short-term a culture of well-being and success in sports by taking a proactive and supportive attitude. To avoid burnout and maintain a healthy connection with sports, it is critical to prioritize self-care and balance in training and competition. Remember that success is more than simply winning; it is also about enjoying the process and growing as an athlete and as a person.

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