

Kevin Einsinger, Track Athlete at UVEC, Sophomore

Image 1: First Page of Journal Entries

1/16/2020 No new cases. Toughest workout of the year. I puked. Very sore but still can't get the trainer services that I relied so heavily upon last year.

1/18/2020 Classes are starting to wear me down. Sleeping more than normal. However, Track offers a nice escape from everything. Very thankful to be a part of this team!

Image 2: Second Page of Journal Entries

Kevin Eisenmayer, Track Athlete at UVEC, Sophomore

Journal Entries on Being A Collegiate Athlete During Covid Track Practises

11/2/2020 First day of practice! Event Groups are broken up into smaller groups so that if someone gets COVID the whole team won't have to quarantine. Groups are roughly 6 people. It sucks not being with the whole team, but I'm also just glad to have practice.

11/6/2020 First week of practice is over and still adjusting to all of the precautions. Precautions include: Wearing a mask at all times, including while running, scheduling weight room times a day in advance, scheduling times with trainers a day in advance, getting tested once a week (which I am grateful for!)

11/9/2020 Start of week 2. Tough workout but can't take an Ice bath for recovery because safety reasons. I only have one ice pack in my personal room to use after practice.

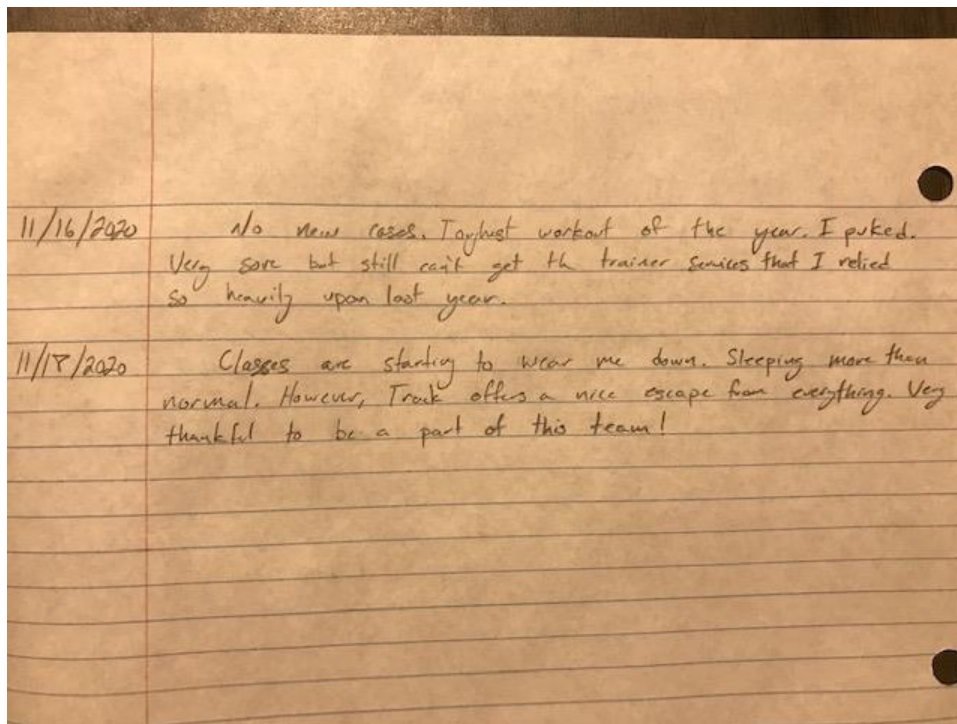
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11/12/2020 Found out today that we would have full online classes after Thanksgiving. Not sure if the Track team will still have a season or be able to practice after Thanksgiving.

Also our best 400m runner hurt a muscle in his leg today. However, because of strict rules in the trainers room, he is not able to get trainer attention until Monday the 16th.

11/13/2020 Good News! We will be able to continue practice after Thanksgiving Break

Bad news! Close friend told me on the team. One person tested positive and multiple others have to quarantine



Images 3,4,5: Close Up Images of Journal Entries