

How Can We Prevent Student-Athlete Burnout within the Roosevelt Community? Olive Maly (27)



Burnout has become one of the most pressing issues facing young athletes today. While sports offer community, confidence, and a healthy outlet, the demands placed on students, both physically and emotionally, can quickly turn something joyful into something overwhelming.

Recent data highlights this growing concern: 58% of high school athletes experience high levels of stress or mental exhaustion, and that's only from those who report it. Behind the scenes, countless others struggle silently, unsure how to cope or where to turn. Feeling unwelcome or shameful about it can lead to an increase in depression and other mental health issues throughout student-athletes.

At the same time, these youth sports face a retention crisis. Seventy percent of kids quit sports by the age of 13, most commonly because *it stops being fun*. Pressure from coaches, expectations from parents, and the fear of disappointing others can strip away the enjoyment that should be at the heart of every game. In fact, burnout is the number one reason adolescents quit sports altogether.

So the question becomes, How can we prevent burnout and protect the mental health of student-athletes here at Roosevelt?

1. Promote a Healthy Balance Between School and Sports

Athletes need time to rest, study, and socialize just like any other student. When their schedule allows room for all parts of life, they're less likely to feel overwhelmed. Schools and teams can help by coordinating schedules, reducing unnecessary practice hours, and respecting off-days.

2. Watch for Warning Signs of Burnout

Burnout doesn't always show up as physical fatigue. Sometimes it's emotional withdrawal, irritability, declining grades, or loss of interest in a sport they once loved. Early detection can prevent stress from escalating into long-term mental health issues.

3. Encourage Open Conversations About Stress

Athletes should feel safe talking about their struggles without judgment. When mental health becomes a normal topic of conversation in locker rooms, classrooms, and at home, students are more likely to reach out before their stress becomes unmanageable.

4. Create a Supportive Environment for All Athletes

Support doesn't just come from coaches or therapists; it comes from teammates, teachers, and families. Celebrating effort and progress, rather than perfection, helps athletes feel valued beyond their performance.

Burnout isn't just an individual issue, it's a community one. By reshaping the culture around youth sports and prioritizing mental health, we can ensure that athletics at Roosevelt remain a source of joy, growth, and confidence for the students who participate. When sports are fun, balanced, and supported, athletes thrive on and off the field.

Nature as Medicine: How Time Spent Outdoors Supports Student Mental Health Thora Anderson (27)

Many students can relate to the feelings of fatigue and burn out that come from days filled with classes, deadlines, scrolling, and studying. However, many studies show the importance of taking a moment outdoors and how this can feel like hitting a "reset" button for your mind.

According to a study known as Attention Restoration Theory (Kaplan, 1989, 1995), there are two types of attention: involuntary, and voluntary (or directed). We use our directed attention when we are choosing to focus on something like solving a math problem or memorizing vocabulary. However, this directed attention can run out throughout the day and eventually a person will reach mental fatigue.

The other type of attention, involuntary, happens when something interesting catches our attention without us consciously deciding to focus on it. It is thought that by being in environments that use involuntary attention without a need for intense focus, you can replenish your directed attention resource.

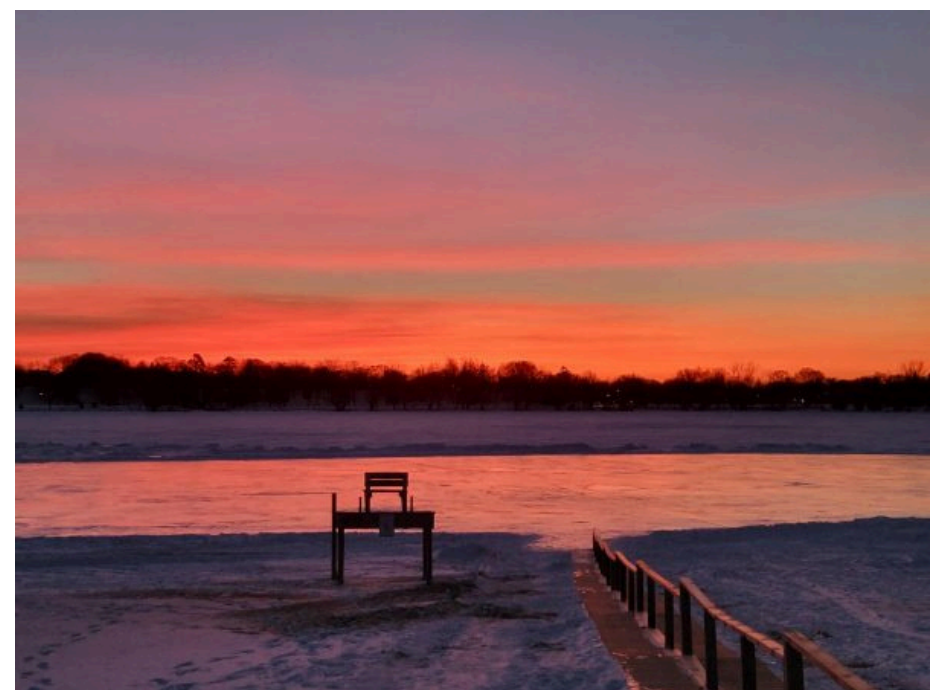
Natural environments do exactly this. When we spend time outdoors, our attention is drawn to the natural elements around us. We might register the sun warming our bodies, birds singing, the colorful fall leaves, or feel the wind blowing around us. This environment is restorative to your mind.

A study done in 2012 by Marc Berman expanded on this idea and found that taking a short walk in nature was able to boost cognitive performance and increase mood in people with depression. According to Berman, a 20 minute walk in nature is as effective as a dose of Ritalin for students with ADHD.

For students, having boosted attention and reduced stress will increase their academic performance. Luckily, Roosevelt High school is located half a mile from Lake Hiawatha, and 2 miles from both Lake Nokomis and Minnehaha Falls. These are all beautiful natural environments that are accessible to students.

In an interview with RHS Junior, Cassie Prowe, she said that her favorite place to walk is Lake Nokomis. She says that "the sunshine and fresh air" help put her in a positive mood.

In the winter months, a walk might not be as appealing to everyone. However, there are many other opportunities for getting fresh air. RHS students say that they enjoy ice skating, snowboarding, and skiing. Another student puts it simply: "I feel less stressed when I go for a walk on a nice day."



Sunrise at Lake Nokomis Big Beach

Everyone Watches Womens Sports : How Roosevelt’s Women’s Athletics have grown throughout the past 3 years

Lila Dominguez (‘27)



Roosevelt's Women's Sports in the past three years has accomplished impressive things and grown immensely, the Roosevelt Volleyball program has expanded from 3 teams to 5. Creating a C squad, 9B and 9A. The girls soccer program and Softball program added another team. In the past year Roosevelt added their own girls flag football team and in the fall of 2025 Roosevelt worked with other Minneapolis schools to create a dance team. In 2023 the Teddies Girls Basketball team went to state and competed. This past fall the Girls Volleyball team played for conference champions and Roosevelt Girls Softball joined with South to grow their roster.

Speaking with Flanders Roosevelt's Athletic Director he shares how he has watched the women sports at Roosevelt during his time here. "In general I feel like the female population at Roosevelt are taking their athletic careers just a bit more seriously because they have seen the future successes it can bring, not even necessarily in athletics but even just becoming a good and smart person all around and learning how to be a team player."

"The Girls Basketball team that went to state really grew into and earned that, they were tested and faced a lot of challenges. It became a good lesson that our current girls basketball team will have to learn from this season."

"I have daughters Lila, so women's sports and how women are treated in that environment always has been and always will be in the forefront of my mind, and just making sure our girls feel like they have the opportunities they deserve and the experiences they want."

Roosevelt also has the Athena Award which is presented to one outstanding female senior athlete based on excellence in individual or for participation and leadership in team sports. The Athena award has been present in the Roosevelt community since 1973 when Mary Loberg was the first woman inducted. For the past three years Ana Walker, Cady Davis, and Ava Maly have been the recipients, the award is nominated by coaches and voted on by peers.

Over the past 3 years women's sports has reached new heights nationally as well. The campaign "Everyone watches women's sports" was coined in December of 2023 by the company Togetherx. It was created by athletes Sue Bird, Alex Morgan, Simone Manuel and Chloe Kim in response to a public claim saying "no one watches women's sports." The shirt gained significant popularity after South Carolina women's basketball coach Dawn Staley wore it in January 2024, followed by other celebrities and athletes.

Since then the world of women's sports has changed for the better. In 2023 Nebraska volleyball set the record for attendance with 92,003 fans present hosted in the Nebraska football stadium when they played and swept Omaha.

Indiana Fever who recently drafted Caitlin Clark drew 1.3 million viewers in their game versus Brazil's national team

The past NCAA championship in 2024 between Iowa and South Carolina drew in 18.9 million viewers beating the men's final four by four million and was the first time in history that the women program outperformed the men's

During the 2025-2026 NCAA Women's Volleyball Season multiple matches have been sold out, mainly showcasing the Huskers who finished their BIG 10 season 39-0 and are now heading into the tournament.

Women Sports will not stop growing nationally and locally, seeing what women's sports has done in the past three years gives hope to the future and the heights that women will be able to reach.

Our Very Own Teddies’ Top 5 School Lunch Foods

Cullen Dwyer (‘26)

Top 5 School lunch food	
01	Sambusas
02	Nashville hot chicken sandwich
03	Mediterranean bowl
04	Sweet and sour chicken
05	Beef tacos
HM	Cornbread + jambalaya, Cheeseburger

During lunchtime, I went around asking fellow teddies what their favorite school lunch was. The fan favorite by far was the beef sambusas (my favorite as well). For that reason, I put sambusas at number one.

The next one is a little controversial, but I put it at 2 for a good reason: you can't go wrong with Nashville hot chicken.

For number 3 I put the Mediterranean bowl down, specifically because of the tzatziki sauce. The chicken and rice combo brings a delightful surprise of seasoning and flavor to your taste buds.

At number 4 I have arguably what should be number three, but the votes said otherwise: sweet and sour chicken. This is also my favorite dish, mostly because of the crispy chicken and sweet and sour sauce; the rice is just there, not bad, not amazing.

For 5 I put the beef tacos, mostly because the portions are large and it leaves me full. The amount of toppings and seasoning, and the quality of ingredients. Top 5 for sure.

I had to add honorable mentions. I would have just added the cornbread, but that's not exactly a meal, so I added the jambalaya with it. And I put a cheeseburger there because why not?