

1. **What's your name?**

Alex Telck

2. **What year did you graduate?**

I was in the class of 2012.

3. **What do you do now?**

I currently serve as a Staff Sergeant in the United States Army. More specifically in the Custom Firearms Shop of the United States Army Marksmanship Unit. I run the Action Shooting gunsmith crew where we build, repair, and maintain the weapons for the Army Action shooting team.

4. **How did balancing three sports with academics teach you time management and prioritization?**

Roy Gollobith, my wrestling coach and mentor, always said that we had to be good people, good students, and good athletes, IN THAT ORDER. It couldn't work any other way. I carried that mentality (as best I could, being a high school boy) into track and football as well. Add that to my parents instilling a good work ethic, and I suppose that was a pretty good recipe for good time management and prioritization.

5. **How did playing different sports help you adapt to new challenges and situations?**

Adapting is a skill I am still trying to develop at 31 years old. In my experience, every team was a little bit different- different personalities, coaches, expectations, etc. Learning to integrate to a new social situation, and quickly, was important for team cohesion. (I of course didn't know this at the time, this my 20/20 hindsight speaking)

6. **Did playing multiple sports help you develop a broader skill set, such as agility, coordination, or speed? If so, how have these skills benefited you?**

Of course! Besides the obvious "improvement in a thing by doing said thing over and over," I had multiple opportunities to further develop my skills through camps and weightlifting in the morning with Mr. Landis. The theory and weightlifting techniques Mr. Landis taught me not only helped me compete in wrestling, track, and football but are also methods that I still utilize to this day in the gym.

7. **How did your athletic experiences contribute to your ability to handle pressure and stress?**

I have been very fortunate many times in my life either through my career or athletics to have opportunities being uncomfortable. You might be thinking that's an odd thing

to say, well I think early on, we see a life of comfort as one to strive for. But almost everything I have ever learned and every significant milestone I have achieved has been because I had to persevere through some level of discomfort. I had to get in a mindset of being comfortable being uncomfortable. That is where real growth happens. Those years of balancing three sports, school work, chores at home, and a social life were uncomfortable at times, there were times I wanted to throw in the towel and maybe stop sports altogether. I couldn't be more thankful for those times because when I decided not to quit and to persevere through the stress and hard work, I found myself able to handle more and more that was thrown at me.