

Daily Life of Purdue Women's Basketball Players

An interview with Janelle Grant and Cassidy Hardin

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WEST LAFAYETTE — We caught up with players Janelle Grant (22) and Cassidy Hardin (5) to learn what athlete-life is like in-between games.



Janelle Grant (22) and Cassidy Hardin (5)

Day in the life

A typical day in the life of a Purdue Women's basketball player will start around 8AM when they get up in the morning. It depends on the semester, but they will have classes approximately from 9AM-2PM. After class they go to rehab to get an injury taped, or to get anything they need for an injury before practice. Then they have weights before practice. Practice is from 3PM-5:30PM. After practice they get provided dinner. Finally, they spend the rest of the night doing homework, until they go to bed around midnight.

Balancing Sports and School

Being a college athlete, it is sometimes a challenge to balance both sports and school. But they learn to adapt and there are tutors available for them. The coach makes sure to help them plan out their days. They get time to nap and do homework. If they feel like they cannot focus doing homework in their dorms, they can go to the Breeze Academic Center, where college athletes can study and get help from a tutor. Since they spend so much time with sports and school, they feel like they do not have much time to have a social life. But they do spend a lot of time with their teammates. They hang out and go out to dinner often (pre-COVID-19). They also get to take fewer classes during the year and have the option of taking summer classes.

Game day

On a typical Sunday game day, they would get up at 7:30AM, and head to the Mackey arena to get a COVID-19 test. At 9AM they have a shoot around warmup. Then they get a scouting report. Next, they get a pre-game meal 3 and a half hours before their game. After that they get anything they need for an injury, before they head to pregame warmups, an hour before their game. Their game would usually be around 2PM and would last for an hour and a half. After the game they get a meal and have the rest of the night to spend on homework.

Practice

On a usual day, the athletes would have practice. Practice starts with warmups and conditioning. Then they do shooting drills. Next, they get a scouting report and learn new plays. After that they scrimmage with a scout team, or with male law students. Finally, they shoot free throws at the end. The intensity of practice gets lighter closer to games.

Pressure

The players deal with multiple types of pressure. They have important roles as teammates, and they want to help their team out. They do not get free academic passes and still have to make good grades and pass their classes to play on the team. The guard/forward Janelle Grant says that traveling adds even more pressure to school. She says that they often miss classes and are expected to catch up. They also must take exams while traveling.

From the beginning

When asked what playing basketball as a kid looked like, guard Cassidy Hardin said that she started playing basketball in 4th grade and was one of the best. She went on to play travel in high school. She joined an AAU team, and was surrounded by better athletes. The players had either the same or better skills than her. Cassidy's peers played division 1 basketball.

Why Purdue?

When asked why they chose Purdue to go to college and play basketball at, Cassidy stated that Purdue school has a good atmosphere, and she gets lots of support.

Cassidy's cousin also studies at Purdue, which was a bonus. She says that academics are important to get a good education, which Purdue provides.

Janelle said that Purdue provided on-court and classroom excellence. It had a family atmosphere and was attractive. After college Janelle is planning to go back to her home in England and become a Finance major.