

Some people may think that playing sports is all fun and games. I think there are a number of lessons learned while participating in sports. Like developing good practice habits, keeping priorities straight while sacrificing time and energy, learning to work with others while sharing credit and realizing that you will not always win and that is okay because you will develop relationships along the way that can lead to places you never imagined. In this article about the Nebraska football program, I hope to detail the topics of relationships, preparation and realization.

The relationship between Coach Frost and Athletic Director Alberts goes way back to when they played for Coach Osborne. Coach Osborne coached at Nebraska for 25 years with a stat line of 225 wins, 49 losses, 3 ties, and 3 national titles. And Coach Frost and A.D. Alberts are trying to live up to Coach Osborne's success. When I asked A.D. Alberts, "Given the tradition of success of Nebraska Football, do you feel added pressure as A.D. to field a successful program and do you feel Coach Frost is leading the team in that direction?" He replied with, "Coach Frost and I share a deep history with the Nebraska football program and want nothing more than to see this football program to succeed. I have always understood the importance of the successful Nebraska Football program and we are working hard to make that happen." I also asked Coach Frost, "As a former player of legendary coach Tom Osborne, do you feel additional pressure to continue the successful traditions of Nebraska Football?" He replied, "As a player, I always found that you are so focused on the game and the competition, you have less time to be nervous. But when you were competing for a championship as a player there were certainly times where you understood the importance of key situations in a game." he also stated, "As a head coach of Nebraska, you know the importance of winning when you take the job. I wouldn't call it pressure, but there is definitely an urgency to work hard every day to continue to improve our football team."

The next is to realize what your future could hold. Coach Osborne once said, "As a coach I felt you could make a difference in players' lives. There was an educational aspect I thought was important." Also, "My hardest job was to convince the people of Nebraska that a 10-1 season isn't a losing season." I also asked A.D. Alberts, "After being drafted 5th overall in the 1994 NFL draft do your players come to you for suggestions to achieve their dreams of going pro?" He replied with, "The players playing today weren't born when I was drafted into the NFL so I'm sure they don't remember my playing days. That being said, if any players come to me looking for advice, I am glad to share my thoughts and insight with them. There is a lot more than running, walking and tackling that goes into being a successful player on the college or NFL level, and if there's anything I can do to help our players succeed, I am glad we do assist."

The final thing I was asking about was about the preparation of the athletes and how they can prepare for the seasons ahead. I asked Coach Frost, "Given the uncertain status of Aidrian Martinez's return and your experiences as a QB, do you feel like you have next year's starting QB?" he replied with, "Adrian has been a great leader and a great player in our program for 4 years. We hope that he returns to our program for his fifth year in 2022, but I want him to take his time and make the right decision for himself

and his future.” He also stated, “The quarterback at Nebraska or any high profile college football program is always under a lot of scrutiny. They probably get too much praise when things go well and take too much blame when their team struggles. Having played quarterback here, I think I can help all the quarterbacks here deal with the responsibilities of being the Nebraska quarterback.”

When you have a good foundation like preparation, realization, and relationships you can help your team reach the goals that you set for them.