

# BALANCING SPORTS, SCHOOL, AND SUCCESS

*HOW REGHAN ZIEGLER  
JUGGLES A BUSY  
SCHEDULE FULL OF  
SPORTS AND ACADEMICS*

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by **LOGAN CLARK**

**W**hen it comes to sports, Fond Du Lac High School senior Reghan Ziegler is everywhere. You can find her wrestling in the state tournament, playing softball on a field or working on her gymnastic skills.

Yet Reghan's story isn't just about medals and matches, it's about an athlete with dedication, a hectic schedule and a love for the game she carries through every challenge. Reghan has tried almost every sport imaginable. "I play softball, gymnastics, volleyball, wrestling," she said. "Softball's my favorite, even if it's not the one I'm best at. I'm actually best at wrestling."

Her commitment to softball, in particular, has deep roots. Reghan started playing when she was eight, with her mom as her coach, meaning the coaching often continued in the car ride home. "I got yelled at on the field and in the car," she said. "But it was nice, too, because my mom was there for it all."

Softball might be her first love, but wrestling has given Reghan her biggest athletic accomplishments. She remembers the feeling of being the first girl from Fond Du Lac High School to attend the state wrestling tournament as a sophomore. "State was scary, there's so much yelling," she said. Though she didn't place, it was an incredible feat, especially considering she only wrestled nine matches that season.

As for her daily life, Reghan's packed schedule leaves little time for anything else. Her day begins at 6 a.m. with strength training and continues with AP and college-level classes, all sandwiched between practices for multiple sports. "On Mondays, Wednesdays and Fridays, I have gymnastics from six to nine," she said, with her other evenings filled with wrestling and softball practices. "I don't think I've gotten more than five hours of sleep in a weeknight, but I crash on the weekends."

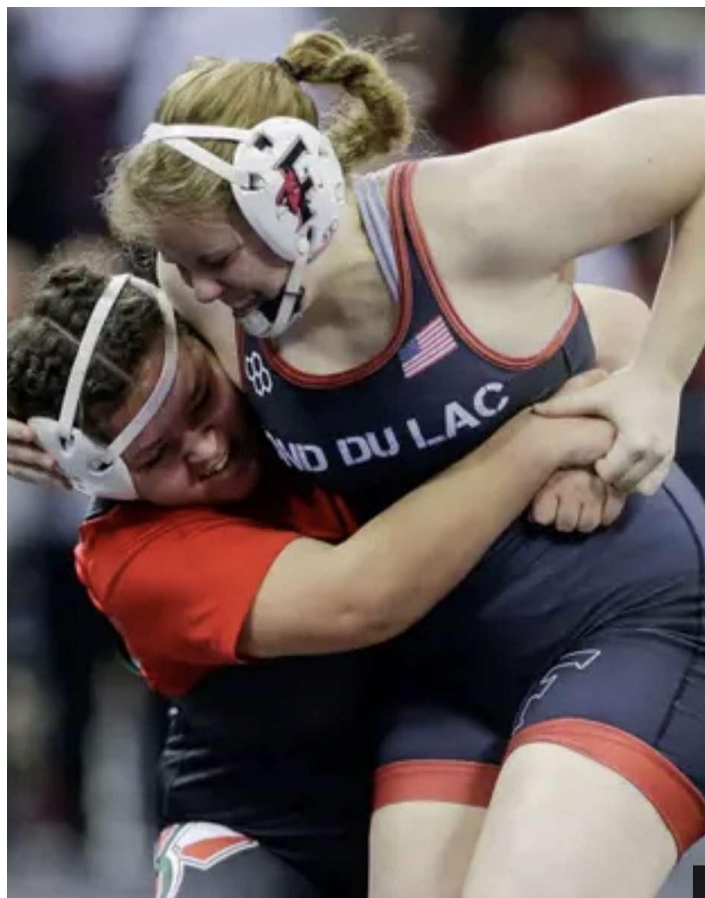


PHOTO SUBMITTED BY MRS. ZIEGLER

It's not just her athletics, Reghan is also in clubs and even plays the violin in Symphonic Orchestra. "I don't have enough time to practice, so I kind of just go in and wing it," she said.

Even with a crazy schedule, Reghan spends most of her time on academics, shooting for a double major in neurobiology and biomedical engineering. Despite offers from Division III schools, Reghan's focus is on academics first. "If I got a Division I offer, it would depend on the school and if they'd work with my double major," she said. "If they offered a full ride, maybe I'd reconsider."

Through all of the work she does, Reghan never loses her lighthearted, joking nature, even on the field. She recalled the time she was mic'd up at a softball game for a local radio station, "I was talking to myself at first base and a fly flew into my mouth." She said, "I freaked out and asked the tech guy, 'Can I get rabies from a fly?' His response: 'No, Reghan, you can't get rabies from a fly.'"