



Brandon Metry
Boys Lacrosse

When did you start playing your sport and how did you get introduced to it?

In sixth grade, all of my closest friends were on a summer lacrosse team, so I went to one of their games. When I saw them swinging metal sticks around I was immediately enticed by the sport.

Do you play any other sports?

I box during the off season of lacrosse just to keep me in good physical shape.

What has your sport taught you and what lessons have you pulled from it?

Lacrosse has demonstrated to me time and time again that those that put in the work when no one is watching are the ones that will succeed. In life, the people that do the right thing and the extra things when no one is around will be rewarded with success.

What do you wish you knew when you were just starting?

I wish I would have recognized earlier that the best attribute in a player is how coachable he or she is. Those with the most talent will be able to perform well, but players that are willing to be coached and mentored to strengthen their skills will grow the most and have the largest positive impact on their team.

What quote/inspiration do you resort to when things get really hard?

“You miss 100 percent of the shots you don’t take” said by Wayne Gretsky, has had a large impact in my ability to overcome a mental or physical barrier. When you make a mistake on the field or in practice, it is essential that you take what you can learn from it as opposed to letting it prevent you from being successful the next play. I have recognized that it is detrimental to my playing style to lose confidence in my own skills, so I actively encourage consistent confidence for all players as it yields positive results.

Share something about you that isn’t well known.

After I turned four, I enrolled in Tae Kwon Do for about 9 years and competed in several statewide and national events after I was 10. From early on, I was not only shown the level of dedication it took to play a sport, but also the class and sportsmanship that should always come along with being an athlete.

Where do you go from here? College plans?

For now, my main focus is making one more final statement with the Neuqua Wildcats by winning our first State Championship. After that, I plan on attending University of Texas at Austin, majoring in civil engineering, and playing club lacrosse there. Hook’em Horns!

Do you have a role model?

My mom is my number one role model, coach, and fan. In aspects both on and off the field she works to ensure that in all of my decisions I am upholding the characteristics of a respectful and determined young man. She has shown me the way to postpone the satisfaction of instant gratification as a means of waiting for future rewards. She has given me the knowledge that doing the work that may go unrecognized at first will always pay off in the end, and that is a lesson I believe is very valuable to understand.