

THE 411

Player Name and # #42 – Adrian Brackins
Year: Class of 2010
Parents/Guardian Name: Alison Watson, Antonio
Brackins
Brothers and Sisters: Antonio Brackins and Rico
Mathis



WHAT ARE YOUR THOUGHTS ON THE UPCOMING

SEASON? My first thought is that it is not going to be easy. The team has to push each other and guide each other through everything. When one player needs help with something the rest of the team has to be there to provide the knowledge. As for on the court in a game the team has to be complete in all aspects. We have to move up and down the court as one. Everyone has to fight together with emotion and aggressiveness and when we do that every game there shouldn't be any reason why we can't succeed and have a great season.

WHAT ARE YOUR PLANS FOR LIFE AFTER HIGH SCHOOL? To definitely be a Christian athlete in college, no matter if I go for football or basketball! My career goals aren't final right now but I am planning on ending up in a career of engineering or digital design. I like taking things apart and seeing how they work.

WHAT DO THE CITY OF BARTOW AND THE COMMUNITY SUPPORT THAT THE TEAM HAS MEAN TO

YOU? It means a lot and feels good to know that we have great fans and friends. The support that we are receiving is appreciated. I hope that we as a team will give our supporters what they want; and I'm pretty sure they want to see us have a great season with countless victories. I can speak for myself when I say that I am going to work my hardest and never quit on our supporters because I know in my heart that they will never quit on us.

TALK ABOUT ALL THAT YOU HAVE BEEN THROUGH HERE THAT HAS BEEN HARD BUT WORTH IT. TALK ABOUT THE PLYOMETRICS, THE WEIGHTLIFTING, THE LONG PRACTICES, THE HIGH DEMANDS.

I have never experienced plyometrics because of I play football. I have heard all the stories about them. Weightlifting is not as intense as football weightlifting but you can definitely feel the burn, it is more endurance. I am still getting used to the push ups because they aren't a goo hobby of mine, but I do them anyway. The long practices were you down and makes you want to quit but when you are done you get this sensation of completion and it drives you to keep doing it.

TALK ABOUT HOW YOU FEEL ABOUT EACH COACH IN THE PROGRAM? All the coaches put in the same amount of effort they just have different personalities. Austin – for instance is the calm voice that you hear in your head that keeps you from exploding and doing something stupid. Tucker is the man that makes sure you give all you got and never give up. McGriff – is totally different for all the other coaches. He is the coach that motivates and drives you past any obstacle. For instance if we're in a bad situation in the game and you can't find the strength to finish you can look at coach McGriff on the sideline jumping around and screaming; that always pumps me up!

WHAT WILL BE YOUR LEGACY HERE BEYOND THE COURT? I don't know yet, but I want to be remembered as the person who always worked hard and brought passion and power to the game. So that players who come behind me will try to work harder and leave a better legacy.

YOUR FAVORITE QUOTE: You make a living by what you earn but you make a life by what you give.