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Student Athlete does it all!

Online Journalism

Professor Hamilton

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It's 5 in the morning, still groggy from the rude alarm he gets up, brushes his teeth, puts on his running shoes, and walks to practice. While catching up with his teammates he notices his coach with a visor and timer on top of his head, "oh goodness this is going to be a rough one" he mutters to himself.

1 hour later, panting hard, drenched in sweat, and wondering why he couldn't just be a golfer, he heads back to his room to take a shower, class starts in 30 minutes, and he cannot be late to this exam.

This is the daily life of Cristain "Leo" Sanchez, cross country runner for Texas Southern University. It should also be mentioned he is in the Athletic student union.

"It's all about balance, obviously you're young and you want to have fun, but you have to handle your business first, for me it's school and then cross country, the two main reasons I attend Texas Southern University."

From Sam Houston high school in Arlington Texas, Leo first found his love for cross country at a young age, "one day I just started running and couldn't stop."

With his parents backing him every stride of the way, Leo was able to earn a scholarship to Texas Southern University in 2019.

Leo isn't just another member on the team either, in the SWAC Championships Leo placed 32nd out of 100 with 10 other teams competing, running a very respectable 28:47.4, or an astounding 5:47.5 per mile on average!

When Leo is not tearing up the running trails or hitting the books in class, you can often find him in the Texas Southern career center assisting students in earning internships with their resumes.

“I want to see others succeed, I mean we all came here for a reason, college is supposed to be a stepping stone in life, not a stop sign.”

As seen with his times, Leo backs up what he talks about, posting an amazing 3.7 GPA in his finance major. When asked about the state of the Cross country team Leo replied, “we had a great season, we just need to continue the momentum in the offseason so we can work on getting trophies.”

After receiving his degree from Texas Southern University, Leo plans on landing a great job in his field and eventually become a member of the Mexican government, and with his history, this goal doesn't seem too far out of reach.