

## Profile Story: Tyler Holte

By Erica Hayden

“Everything I've had to do, or had to overcome, or the challenges that our players have to overcome- you know, taking a bus out here every single day for practice, sometimes it being late, us having to adjust the schedules, just being able to handle adversity here, you'll be able to handle adversity at any place you go. So, yeah, the experiences here have been unbelievable for the rest of my future in coaching.” Said Tyler Holte, 24.

Balancing a part-time job as a student, primarily a graduate assistant, is always stressful. But- when your part-time job includes helping coach an NCAA Division II collegiate football team consisting of 140+ players, the stakes are even higher. For Tyler Holte, a graduate assistant



Tyler Holte, graduate assistant and wider receiver coach

and wide receiver coach at Roosevelt University, overseeing his studies and the requirements of football is no walk in the park. They are responsibilities that Holte gladly takes on, but said responsibilities demand careful planning, time management, and a true passion for the sport.

Originally from Elgin, IL, Holte attended St. Edward Central Catholic High School- where he played football and baseball throughout high school. After graduating in 2018, Holte attended The University of Wisconsin-Whitewater as a business administration major and decided to continue to play football as a wide receiver all four years of his undergraduate career. In Holte's time as an undergrad, he scored 22 touchdowns, 138 receptions, and 1,995 yards. Holte also became the team captain of the Whitewater Warhawks his senior year and was awarded the WIAC

(Wisconsin Intercollegiate Athletic Conference) Honorable Mention Award as a WR (wide receiver).

In the spring of 2023, Holte became the assistant wide receivers coach at his alma mater. However, not long after, Holte joined the Roosevelt University Lakers as a wide receiver coach; he is currently completing his second season with the team. While being a coach, Holte is also in the process of completing his master's in December in RU's graduate program as a business administration major. Now that we've delved into Holte's background and have caught up to present times, it begs the question: how does one have enough time in the day for all of this?

"Yeah, it's hard for sure. -But the best balance is like- any type of free time you get, you try to do your homework. That's really where it comes down. So like, we're gonna go on the road, we're driving to Northern Michigan today. So, it's about a

six-hour drive. So that's a perfect time for us to do our homework. Right. So, it's really just any time that you get, throughout the days, throughout the weeks, you just try to do your homework. Sunday is really a big day for us to do our homework, even though we still have things to do as a GA on Sundays. But if you get in a good groove, or like- make a good



Holte revving up for practice with the team and staff

plan, it really becomes - it's really not as hard as it seems. It's just, you really can't procrastinate. That's really what it comes down to." Said Holte.

While this advice is helpful, many graduate students struggle to obtain any "downtime" or availability to squeeze in any homework, specifically those completing their master's in majors with heavy workloads. For a better understanding, in a recent study backed by the National Library of Medicine (NLM), their reports displayed graduate students having higher

levels of stress in comparison to the general population and undergraduate students with a whopping 75%. Without procrastination coming into play (because it does, we're all guilty of it one way or the other), some students may struggle to find ways to handle stressful situations or stressors from trying to balance their athletics and academics. So how do we?

"I'd say you got to handle success and failure the same. -you know, the pressure's really high, right? It's, you know, there. As a minute left in the game, you guys are trying to go down the score, you've got to treat it the same as, you know- you've been in this situation before. So probably putting yourself in these situations before [practice-wise] we try to put the guys in situations where we might be in some type of pressure towards the end of the game. So just having practice at that. And then in school, it's the same thing. I just always resort things back to how it was as a player, or how it is as a coach, because you have to put yourself in those situations. So that when that does come, you're not- you're not unprepared, right? Prepare yourself for situations like that."

Holte explained.

Throughout their interview, Holte went on to explain themselves wanting to pursue a coaching career long-term in the division I level of collegiate football. Explaining that, although he may only have one other coaching position to compare it to



Holte looking over the schedule for practice

(Whitewater), being a GA at Roosevelt is not the same as being a GA in other universities. As Holte illustrates, coaches at Roosevelt don't just coach they're the football operations, equipment managers, social media managers, and photographers. The coaches even do their laundry!

Despite all of that, Holte continued to gush about his experience as a coach at Roosevelt University and wishes that his guidance in and outside of the sport would assist the players in

any endeavor. While Holte admitted that there are some aspects that he wishes to change (he didn't specifically state what aspects), he also insisted the job of a coach will come with wanting change anywhere you coach or work. However, with communication, teamwork, and passion for the sport- Holte is confident the team and the faculty will make a name for themselves in the NCAA.



With Holte's experience as an athlete and the knowledge he's gathered through sports and academics over the years, he has found a work-life balance that works for him. All while learning through his team and his fellow staff how to be a good student, coach, teammate, and friend. As Alex Tran, wide receiver, states, "I've never personally used it [Holte's office hours], but he's always open he's- also like, one year, two years older than us, so- I mean, Keonta [RU wide receiver] is older than him. So, he's really like another teammate, so I feel we can go to him whenever we need help or anything, and it's really- he's really a teammate more than a coach."

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