

# Level UP

## **SIMONE BILES, gymnastics**

"When training for a competition, stay focused and train hard. The best results come from being fully prepared. That's true for a competition or for getting ready to take a test. During this entire process, do not forget to have fun."

**What does it take to make it to the top? We asked a few elite athletes to share advice from their own experiences.**

By Robert Lerosé and Marty Kaminsky

## **MISSY FRANKLIN, swimming**

"Never forget that nerves are an incredible thing. They show that you genuinely care about what you are doing. Do not fear your nerves. Embrace them and turn them into your own superpower. Use your nerves to excite you and energize you, so that when it comes time to compete, you are unstoppable!"

## **BRAD GUZAN, soccer**

"You have to embrace difficulty and know that it won't last. I try to use it as motivation to improve. You train harder and focus on different aspects of the game. Hard times make you stronger as a player—and as a person."

