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## UA94/6/1 My Story: WKU Football's Malik Staples

Malik Staples

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## Western Kentucky University Athletics



### My Story: Football's Malik Staples

'My Story' is a new series on WKUSports.com of first-person feature articles written by WKU student-athletes. The student-athletes will be telling their own stories in their own words. Our ninth article in the series was written by football graduate senior Malik Staples, who – along with his teammates – has navigated through a different type of Spring Ball over the past two months.

Football

Posted: 5/20/2020 10:00:00 AM

Over these past two months it has been tough. We've experienced things we never thought we'd experience before.

Before the pandemic, my teammates and I were putting in work – day in and day out, studying the playbook, putting in overtime work, lifting like crazy, and just trying to sharpen each other's craft for this upcoming season. All to be hit with a complete stop.

But our coaches have done a great job of keeping us focused to continue to grow as a football team. We've been doing anything we can to ensure WKU and our fans have a successful season. We've continued to have meetings like we would have had in Spring Ball via Zoom. We've also been taking tests on the playbook and studying film like we would do normally.

The hardest part about this pandemic is everything being shut down. My teammates and I had to adapt and become creative in thinking of ways to work out. Using shoe boxes as cones, haystacks as dumbbells, pushing cars and trucks for leg day, or even using objects or people to do certain exercises. Our team also has an app called

BridgeAthletic that tracks every player's workout to make sure we're efficiently grinding. This app tells us what to do and how to do the workouts, and it even provides us with pictures and videos.

This pandemic still has been tough, though. A ton of people's parents and even themselves have been laid off during this time due to Coronavirus. It's a struggle for some people to get enough meals throughout the day, let alone pay a rent or mortgage. Hopefully this doesn't deteriorate us, but unite us and make us stronger as a whole. We need to be with each other in these tragic times and be thankful for the little things we may usually pass up or just don't acknowledge when things are good.

Now it's time to come together as a community and pray for our family, friends and our very own Hilltopper Nation. We're fighting through this pandemic together and we have each other to lean on in this time of need. So let's keep doing what we can and staying clean for our future's sake.

These times have challenged us, but I know my brothers are still working as hard as they can on their own so we will be ready. When the lights come back on, I feel more than confident that your Hilltopper football team will not disappoint! ❤️❤️

A handwritten signature in black ink that reads "Malik Staples". The signature is written in a cursive, flowing style with a large initial "M" and "S".

[My Story: Women's Basketball's Sandra Skinner \(March 26\)](#)

[My Story: Men's Basketball's Taveion Hollingsworth \(April 1\)](#)

[My Story: Baseball's Ray Zuberer III \(April 8\)](#)

[My Story: Women's Golf's Mary Joiner \(April 15\)](#)

[My Story: Softball's Morgan McElroy \(April 22\)](#)

[My Story: Cross Country's Dedrick Troxell \(April 29\)](#)

[My Story: Women's Basketball's Whitney Creech \(May 6\)](#)

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