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Spring session C
MUS 494: Making Noise, Making Sound?

Day In The Life Narrative



You are entering the life of an Arizona State Football player, get ready for the ride. The setting is a beautiful day that starts at 6:30 Am, You start with entering intense and calm meetings where you are learning your plays and getting ready to practice against your opponent. You are given information about what will happen on the field and what you need to communicate to your teammates to be successful and to accomplish your goals on the field. Everyone thinks football is about hitting each other and tackling another person but there is a lot that happens Behind the scenes which includes photo shoots, school, Charity events and team activities. We start with lifting weights in the morning to begin our day. We have to start with high intensity and bring the juice to hype up the energy of our coaches. When lifting weights you are having a battle within yourself which is doubtful energy and hearing the voices of your teammates screaming can give you an inner energy that you did not know you had and it pushes you to your limit and exceeds your expectations of what you thought you could do. Having a loud strength coach can improve the intensity in each player that participates which you will experience and feel the energy run through your body. After weights you get a little time to recover which is about 1 hour

where you rehydrate and refuel to get your body ready for an intense fast pace practice. While you tie up your cleats and buckle up your pads you get little thoughts in your head that puts little butterflies in your stomach because each day is unpredictable of what will happen all you can have a good day or a bad day which can affect your entire day, But once you touch the field you have to ignore that feeling and get ready to give your all and make plays. While you are on the field you will hear plenty of sounds that are very different but will be constant and change on different movements. Each person will be communicating different terminology and adjustments against each other to get them advantages to be in a better position on the field. The difference between the weight room intensity and the field weight room intensity is that lifting weights you are only focusing your energy on yourself the communication that is happening is within yourself. But when you are on the field you are talking to others and hearing things being communicated to you which will change your actions on the field. A person screaming can mean plenty of different things from them grunting to sprint to the other side of the field, or them trying to jump off the ground, or then bracing themselves for a hit that they are about to receive. The unique sounds you will come across tend to sound very disturbing to plenty of people but to most football players each sound is very soothing and actually calming while they are playing. A common sound that makes people uncomfortable is screaming which is what makes everyone feels nervous or they feel out of place just because you are being yelled at in a hostile environment. Unlike being on the field and being in the weight room, Each sound bounces off of walls and echoes throughout the weight room which makes everything louder in the building. With being on the field you are in an open environment that makes loud sound disappear very fast and they can come out very loud or they can come out silent which depends where you are on the field. With the atmosphere of the field you get a variety of how the sounds of players correlate together which makes everything sound the same but once you key in and try to listen to distinctive sounds you are able to experience how different each sound is and why they show how different the sound barrier works on a football field. With being a football player you are asked very simple questions such as does the hits hurts or aren't you tired of playing or you get the self goal questions, But many people fail to realize that there is so much to playing besides the body physical side communication is a big piece of the sport and it has to happen all the time when you play which is what makes it loud pads hitting each other makes some sounds but most of the sounds are human noises such as grunting, straining or screaming for no reason it's just normal reactions from just playing and trying to maintain being focused in the game. While you experience these sounds try to visualize what you are hearing and do your best to picture each thing you hear. Enjoy the Experience of a day in your life.