

## ADEEB NASIR – January 2016

### Rising Track Star Gets New Start Thanks to Coach's Inspiration



After winning the NorCal finals in his senior year of high school, Adeeb Nasir's shining track career came to a halt. He ran for Merritt for a year but was injured, became depressed, and dropped out. He later enrolled in Laney because it was nearby but soon knew he had made a mistake.

"I missed track and I realized that Merritt offered me more opportunities. It feels like a community here, and everyone helped me analyze myself and the way I was acting with too much anger and attitude and not giving things a chance."

As he began to get his speed back in track, his interest in studies also increased and he suddenly wanted to try everything. "It took me awhile to get up early," Adeeb admits, "but I've become interested in a lot of things—philosophy, biology, history, anthropology. I really want to develop my mind. That's the good thing about community college, they give you the opportunity to try a lot of different things."

Adeeb attributes his new attitudes to the teachers and his coach. "There are so many great teachers here. They get a kid like me who is lazy and not interested in school, and they really try to make me work harder and do better," he says. "And my coach drives me and pushes me because he really wants me to succeed. I'm glad he gave me a second chance."

Coach Drazen calls Adeeb a great example of why community colleges work.

"When I first recruited him from Hayward High School, he was immature, introverted, and lacked focus," he says. "Speaking with him now it is clear that the buffer of community colleges has allowed him to safely struggle, to discover himself, and to begin believing in his own ability both athletically and academically. He's another example of a student that you never give up on no matter how dire it appears."

Adeeb plans to transfer to a four-year university.

*(See Adeeb Nasir on video at [www.merritt.edu/wp/track](http://www.merritt.edu/wp/track) as he sets an early season personal best sprinting the 100m in 10.73 at UC Davis, putting him 6th in Northern California and in the hunt for a spot at the state championship.)*

—Susan May