



BALANCING ACADEMICS AND ATHLETICS

Christine Huang

 **MOMENTUM
LEARNING**

Balancing academics and athletics



August 13 (Saturday) 7-8PM CT

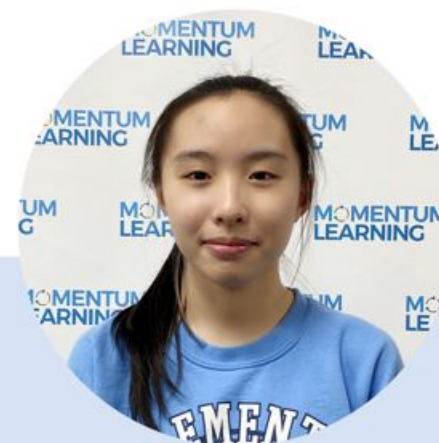
Balancing Academics and Athletics

4-time AIME/MPfG Qualifier

Maryam Mirzakhani AMC10 Winner

Speedo Sectionals Qualifier

UIL Swimming District Champion



Christine Huang

MIT '26

A little about me...

Swimming

- ★ TAGS finalist
- ★ Sectionals Qualifier
- ★ UIL Districts Champion
- ★ UIL Regional Medalist
- ★ UIL State Qualifier

Math

- ★ 5-time AIME Qualifier
- ★ 4-time MPfG Qualifier
- ★ Maryam Mirzakhani AMC10 Certificate Winner
- ★ Participated in lots of competitions (I'll talk about this a bit later)



A Deeper Look

What goes on behind the scenes?



My Swimming Journey

- I've been swimming for over 13 years!!
 - Hasn't always been such a smooth ride...
- Club Swimming
 - ~15-20 hours a week
- High School Varsity Swimming
 - ~10 hours a week



Peaking

- Peaked at 13
 - Had a great breakthrough!
 - but also had a long plateau
- Remember: you can always improve, even if it feels like you've hit the max of your potential



Setbacks

- Injuries
 - and the long recovery period
- Burnout
 - work hard, but not so hard that you dread practice

Math $+ - * / =$

How did I start?

- Started in 5th Grade
 - Math Masters at CWE
- Used AoPS to prep and do practice AMC tests
- Be okay with making mistakes!



Math $+ - * / =$

Competitions

- AMC8/10/12 → AIME → MPfG...
- A&M Math Contest
- UH Math Contest
- TMSCA
- Mathcounts
- Mathleague .com and .org
- PUMaC
- ARML
- HMMT
- SMT

My personal recommendations:

- AMC/AIME, MPfG
- Mathcounts
- A&M Math Contest
- ARML
- HMMT

Math $+ - * / =$

Camps

★ Awesome Math

- perfect for middle schoolers -- lots of problem solving
- ~120 students

★ Momentum Learning!!

- really great classes for all kinds of skills and levels in math
- # of students depends on the class

★ SMaRT Camp

- a free camp hosted by A&M for those interested in research
- ~20 students

★ HSMC (2 years + 1 as counselor)

- a perfect camp for anyone interested in math research
- ~40 first year students



Balancing it All

Think about:

- What are your priorities?
- What is it that you're interested in?
- The more activities you do, the more you spread the time and energy among them all, so try to choose or specialize in at least one area.
 - Sacrifices are inevitable

Studying/Work Habits

- Do NOT procrastinate!!
 - better retention of knowledge = better preparation for tests and quizzes
- Just start.
- Work first, play second
- Pomodoro Method: 50 minutes of working, 10 minutes of break, and repeat as necessary
 - TAKE BREAKS!!

In School...


- Actually pay attention.
- Take initiative
 - Ask questions!
 - If you're too shy to ask during class, ask after class or go to tutorials when there might not be as many people
 - Help others that may be struggling (as long as they ask for help)
- ***Start on homework at school
 - Lunch time or any other free time you may have in class
 - Could also do projects or practice tests

School/Working Environment

- Create an environment to work in where it's clean and free from distractions
- What this will do for you:
 - Your body will naturally associate that place with focusing and working
 - This will help you get even more work done and be more productive with your time
 - Ex. Home (not the most ideal) vs. School

My tips

- Do what you're interested in. No point in making your entire profile filled with ____ if that's not something you really like (but also be realistic).
- Find a good mentor
- Connect your interests to volunteering, summer activities, work, etc.
 - "Choose a job you love, and you will never have to work a day in your life," - Confucius
 - Ex.: INTEGIRLS, teaching/tutoring, volunteering at competitions, Special Olympics
- Do NOT compare yourself with others.
 - Everyone has their own strengths and weaknesses



Q&A

Ask Away~

Momentum Learning Wechat Group



All seminar recordings and slides can be found at: <https://www.momentumlearning.org/open-house>

Join Momentum Learning Wechat groups



MOMENTUM LEARNING

www.momentumlearning.org
info@momentumlearning.org



- ◆ **Best** contest math and coding competition (USACO) preparation classes
- ◆ **Structured curriculum** from the elementary level to the highest Olympiad Math (IMO/USAMO)
- ◆ We use **Zoom** to live-stream classes. **Recordings** are available
- ◆ Over **200** students receive **Distinguished Honor Roll** (top 1%) and **Honor Roll** (top 5%) on AMC8, including **15-20 perfect scores** each year
- ◆ **MATHCOUNTS National** individual round **winner, runner-up**, and multiple students who made **count down** (top12). Team round **National Champion** 3 years in a row
- ◆ Each year, over **260** students qualify for **AIME**, over **60** qualify for **USAMO & USAJMO**, and **4-8** qualify for MOP
- ◆ Team Sweepstake Winner for **CMIMC, HMMT, and PUMaC**
- ◆ Over **50** students qualified for USACO **Gold/Platinum** in last 2-3 years
- ◆ Trained the **2nd place** team in **National Science Bowl** and students who made **USABO Finalists** (Top 20 in the country)

MOMENTUM LEARNING

www.momentumlearning.org
info@momentumlearning.org



Scan me to register

Senior Seminars

Register here:
<https://www.momentumlearning.org/open-house>



Jarvis Kie
Yale '26

June 17 (Friday) 7-8PM CT
How to become a top debater

Peak at Rank #1 among all LD debaters on multiple national metrics
USAMO Qualifier
USACO Platinum Qualifier

June 18 (Saturday) 7-8PM CT
USACO Practice and Strategy

2-time USACO Finalist
USAMO Qualifier
Competitive Programming Initiative Founder



Daniel Guan
MIT '26



Rowechen Zhong
MIT '26

June 19 (Sunday) 7-8PM CT
Learning to Learn: How to Master three Arts

US Physics Team '22
Blue MOP '21
USAMO HM '21
USACO Platinum

June 24 (Friday) 7-8PM CT
Science Olympiad and Social Impact

RSI Scholar
Coca-Cola Scholar
3-time Science Olympiad National Champion
3-time USABO Semifinalist



Stephanie Wang
Harvard '26



Russell Li
Harvard '26

June 25 (Saturday) 7-8PM CT
Crafting a Productive & Enjoyable HS Career

RSI Scholar
5-time Scholastic National Gold/Silver Medalist
Editor-In-Chief of School Newspaper
Captain of Varsity Cross Country & Tennis Teams

July 2 (Saturday) 7-8PM CT
ASK ME ANYTHING!

3-time IMO Gold Medalist
USA IOL Team Member
Regeneron Science Talent Search 10th Place
2-time MATHCOUNTS champ



Luke Robitaille
MIT '26



Isabella Quan
MIT '26

July 3 (Sunday) 7-8PM CT
Girls in Contest Math

RSI Scholar and Rickoid of the Year
MOP Qualifier
8-time AIME Qualifier/7-time MPFG Qualifier
IEEE CCWC Best Paper Awardee



Amber Luo
MIT '26

July 9 (Saturday) 7-8PM CT
Preparing for USABO and Regeneron

Regeneron STS 3rd Place Winner
RSI Scholar, Top 5 Paper & Presentation
2-time USABO National Finalist
ISEF Grand Prize Winner



Nicholas Wei
MIT '26

July 15 (Friday) 7-8PM CT
My Science Research Journey

ISEF Grand Prize Winner
CSEF Project of Year
USABO Finalist
Paid Research Intern at Stanford

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Thank You!