

From the NFL! Pittsburgh Steelers player visits Tec Guadalajara



[Pittsburgh Steelers](#) player [Najee Harris](#) visited the Borregos at [Tec de Monterrey's Guadalajara campus](#) prior to starting the 2023 season.

The professional [NFL football player's](#) visit was a surprise for the members of the Campus Team, and was organized by coordinators from the Athletics and Sports area.

They **used the visit to motivate their young athletes** during one of their on-campus training sessions **in preparation for their participation in the ONEFA League.**

The Steelers running back **talked with the players** about the importance of the game and how it completely **changed his life.**

*"I'm the youngest of 11 siblings. My family and I always had difficulties; we faced many adversities. But in sport and in life, we always face adversity. What matters isn't what you're going through, but **how you deal with it,**" he shared.*



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Overcoming challenges

*“There were things that I had to deal with on my own at a young age, just like many of you. I began training at a young age to be able **to face any obstacle**.*

“That got me to where I am now: able to provide for my family and help people in situations just like those I was once in,” Najee added.

He also described how sport became a way for him to both face his problems and successfully overcome them.

*“I’m glad to be here with you and see **how the sport is growing more** and more. It’s a way out for many people; it was how I avoided the streets.*

“It can be a way out for you, a way to get through problems you have at home or stressful situations,” concluded the Steelers player.



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An opportunity to reflect and increase motivation

Tec students and players at the Guadalajara campus said that it was a **wonderful experience** and one that **allowed them to reflect and motivate themselves** in anticipation of the coming season.

“It was a very nice opportunity to connect, and one which gave me the opportunity to realize that, at the end of the day, it doesn’t matter where you come from or how far you’ve come. Sport brings us together.

“And it helps individuals in different ways,” said Sebastián Calderón, receiver for the Guadalajara Borregos football team.

*“I was **blown away** when I realized it was Najee Harris. He’s **one of my heroes and I really wanted to meet him**. Today was that day; he came to me without asking,”* added Sebastián.



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Recharging to redefine goals

Pablo Velázquez, another player on the football team, said *“It was incredible; there were so many emotions. It was a great **way to recharge our energy**.”*

*“It **also motivated us** because **you see it and you get inspired**. As well as being happy, I’m **grateful to the program, and to the Tec**, for being able to have this experience.”*

The director of Western Region Athletics and Sports, Jorge Lozano, gave a message to the team during Najee’s visit.

*“We know that it’s not easy and that you take each day as it comes; you take the hits: you have train at one in the afternoon, under the sun. However, we need to continue giving our best and **doing everything we can** to prepare for the coming season,”* said the director.

*“It was **very motivating for the team to have a superstar** like Najee visit them because they saw everything he is accomplishing and could listen to what he said: you have to make an effort; it’ll be very positive for them,”* concluded Lozano.



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“What matters isn’t what you’re going through, but how you deal with it.” - Najee Harris.

The Pittsburgh player ended his visit by **chatting with the Guadalajara Borregos** and having his picture taken with the Tec athletes.

He also signed autographs and toured campus facilities, such as the gyms and La Fortaleza Azul Stadium.

This, and other experiences, form part of student activities at Tec Guadalajara which complement students’ daily experiences.

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