

INT. DORM ROOM - EARLY MORNING 0:00

Using a lamp, SADIE quietly takes notes while reading her textbook.

EXT. HOCKEY RINK - EARLY MORNING 0:04

MAX grabs his hockey gear from the back of his car, slinging it over his shoulder. His car is the only one in the lot.

EXT. STUDENT POOL - EARLY MORNING 0:09

MEGAN shivers and scans her student ID on the door. The door unlocks and we see her breath as she exhales.

INT. CAFETERIA - EARLY MORNING 0:13

TRENT is surrounded by other players, he shovels his food, checks his watch, and leaves before the others.

INT. HOCKEY RINK - MORNING 0:18

MAX sets up cones and weaves through them, alone on the ice.

INT. CLASSROOM - MORNING 0:22

SADIE finds a seat and settles in as class begins.

INT. STUDENT POOL - MORNING 0:25

MEGAN finishes putting her hair into her cap, pulls down her goggles and begins doing solo laps.

INT. WEIGHT ROOM - MORNING 0:28

TRENT finishes a set and writes it down in his notebook.

INT. LIBRARY - DAY 0:32

MAX thumbs through a shelf, and finds the book that he needs for one of his classes.

INT. GYM - DAY 0:35

SADIE walks gingerly on a balance beam, struggling to keep steady.

INT. LIBRARY - DAY 0:38

MEGAN rubs her brow as she studies her laptop screen, typing occasionally.

INT. STUDY HALL - AFTERNOON 0:41

A tutor is sitting with TRENT and reviewing his recent test results, they go over some of the missed questions.

INT. STUDENT ADMIN BUILDING - AFTERNOON 0:45

MAX throws his collared work shirt on, and clocks in to his student job.

INT. BATHROOM VANITY - AFTERNOON 0:50

SADIE contemplates her practice while drying her hair and cleaning up.

INT. COACHING ROOM - EVENING 0:55

TRENT's buddies leave for dinner, TRENT stays and continues studying his opponent's film.

INT. LAUNDRY ROOM - EVENING 0:59

The dryer beeps, MAX sits up and starts unloading his laundry

INT. LOCKER ROOM SHOWERS - EVENING 1:04

MEGAN shaves her legs in preparation for a swim meet, she accidentally cuts herself.

INT. DORM ROOM - LATE EVENING 1:09

TRENT looks out the window while brushing his teeth. It's still somewhat light outside, and other students are having a good time outside.

EXT. APARTMENT COURTYARD - NIGHT 1:13

SADIE puts in headphones, sets down her phone, and practices leg lifts & handsprings alone in the courtyard.

INT. SWIMMING POOL - AMBIGUOUS 1:18

MEGAN swims hard laps, this time with her coach outside.

INT. HOCKEY RINK - AMBIGUOUS 1:22

MAX skates backwards, communicating with his team and defending during a scrimmage

INT. WEIGHT ROOM - OVERCAST MORNING 1:25

TRENT wears an O2 mask, a trainer monitors him as he sprints on a treadmill.

INT. GYM - AFTERNOON 1:27

SADIE runs on padding, jumps onto a springboard, and does an aerial flip.

INT. GYM - AMBIGUOUS 1:30

MEGAN does pullups & lunges, swim workouts.

INT. STUDENT BUILDING - EVENING 1:33

Dolly push hero on MAX through glass as he admires trophies, still in work clothes

INT. LOCKER ROOM - AMBIGUOUS 1:36

MAX tapes his hockey stick and preps for a game.

INT. THERAPY ROOM - AMBIGUOUS 1:39

TRENT gets his ankle taped up by a physical therapist, straining as he does.

EXT. SCHOOL - EARLY MORNING 1:41

MEGAN runs to catch the team bus, it's pouring rain, but she makes it on.

INT. GYM SPACE FLOOR - AMBIGUOUS 1:43

SADIE's name is called as she walks up the steps onto the competition floor.

EXT. FOOTBALL STADIUM - EVENING 1:45

TRENT, in full gear walk-jogs onto the field. We hear the echo of an announcer.

INT. HOCKEY RINK - AMBIGUOUS 1:47

MAX and his teammates walk through the gate and enter onto the ice.

INT. SWIMMING POOL - AMBIGUOUS 1:49

Long shot as MEGAN steps onto her dive platform.

INT. GYM SPACE FLOOR - AMBIGUOUS 1:51

SADIE is frozen in her stance, waiting for the routine to start

EXT. FOOTBALL STADIUM - EVENING 1:52

TRENT sways left to right, hands at the ready, as he prepares to receive the kick.

INT. HOCKEY RINK - AMBIGUOUS 1:53

MAX puts his mouth piece in as he prepares for the puck drop.

INT. SWIMMING POOL - AMBIGUOUS 1:54

MEGAN lifts her body as she prepares for the buzzer.

CUT TO BLACK:

IT'S AT THE HEIGHT OF OUR LIMITS, THAT WE DISCOVER THE DEPTH
OF OUR POTENTIAL.

ENERGY DRINK, EVERY DROP IS ESSENTIAL