Balancing academic responsibilities and athletic commitments presents distinctive challenges for student-athletes. This study explores these challenges through three major themes: "Balancing Academic and Athletic Commitments," "Academic Challenges and Strategies," and "Handling Setbacks and Adversities." The study utilized a qualitative approach, conducting semi-structured interviews with student-athletes from Lorma Colleges. Purposive sampling identified participants with a minimum of one year's experience as student-athletes, ensuring diverse perspectives. Thematization was employed for data analysis. Findings revealed three major themes. "Balancing Academic and Athletic Commitments" encompassed sub-themes such as Impact on Mental Health and Influence on Performance. "Academic Challenges and Strategies" included Time Management and Fatigue, Strategies for Academic Challenges, and Dealing with Fatigue. "Handling Setbacks and Adversities" involved sub-themes like Dealing with Negative Events, Advice for Others, and Lessons and Growth. Participants emphasized the importance of a self-improvement mindset, strategic application, and building connections to navigate challenges effectively. Recommendations include prioritizing effective time management, setting clear goals, maintaining open communication, and embracing a positive mindset.