A photograph of a red metal bench on a green football field. A white speech bubble with a blue border is positioned above the bench, containing the text "Leave 100 on the field, and some in the bank with it". The bench is situated on a grassy field with white yard lines. The background shows the field extending into the distance under a clear sky.

**Leave 100 on the field,  
and some in the bank with it**

This one is saying that it is always known that you have to give 100% percent in school and in the sport, but when it comes to how much money they are getting for playing for the school, they are given nothing in return.




**Work over 40 hours and  
expect overtime pay**

There are multiple times where athletes have come out and said that they have “worked” on the sport for over 40 hours a week which against ncaa rules which only allows 20 hours of work on the sport



**A lot of pain, no gain...  
sounds weird right**

The common saying is no pain no gain and this is a play on that. This is saying that there can be all the pain from the sport and all of the struggle, to get no money in the end of the sport. Less than 2 percent of student athletes go on to the professional league, so they should get paid now so if they don't go on to the big leagues, they could still have money for the time they put in.



**0 is always a good number,  
unless it's what you  
are getting paid**

It's always good to hold your opponent to 0 in a sport but when it comes to money that the athletes are receiving for their contribution to the school and the sport, 0 is no the number they should be getting