

Captains in Action-Alumni of Christopher Newport University- Jason Aigner: Tribute to an Illustrious Career



Jason Aigner, a recent graduate and basketball player enjoyed a tremendous career playing shooting guard during his 5-year career. His mind, body and soul alignment approach to life has allowed him to live his life full of introspection and gratitude. He practices Yoga and meditation regularly and this has aided in his success both on the court, in the classroom and in his personal relationships.

Jason's remarkable career can be attributed to many factors. To get a full picture of those influences and their significance you have to know about his parents and their dedication to their son. Both of his parents played sports in College. His Mom played D-1 basketball at George Mason University and went on to serve as coach for the Women's program for 11 years. She was led the Patriots to higher levels of success as a team and as players. She coached one WNBA player, two NWBL athletes, six European professionals, nine All-CAA performers, one CAA Rookie of the Year, four



league all-tournament team members and on nine occasions her athletes earned all-academic honors. Jason describes his Mom as his best friend and twin.

Jason's college and basketball accomplishments follow a similar pattern as his Mom's success as a player and Coach. It is easy to see the influence she had on his college experience as they enjoy a very special relationship. However, Jason's career was side swiped by the Coronavirus (COVID-19). This virus disrupted his and the Captain squad as they were prepared to host a Sweet 16 Round of the D3 NCAA Tournament. For the first time since he was 10 years old he found himself without his teammates and others to play with and against.

Jason described this period as one of the darkest of his life. He was sad and disheartened. Weeks went by and he did not bother to touch a basketball. Once he recovered from the shock of that disruption, which also closed down the campus, he gathered himself and began working out and playing hoops with some friends in the back of a Church in Loudoun County. They played together from 10am until 3pm from April to October. This set back became an opportunity for Jason and he used it to propel himself for future successes.

Outside of basketball, Jason likes to spend his time with his friends and teammates. He grew up as an only child and he shared that one of the primary reasons he enjoys basketball is that it is a team sport. He and his teammates have created such a tight bond that he considers them to be his family. He is grateful for them and the opportunity to contribute in their lives and have fun playing the game they love.

When you ask him about the best qualities of a good teammate he will tell you that it is the ability to put others before yourself. He adds, "It is important to be selfless and think about the benefits for the team and not just one's self". He believes that WIN or LOSE, a team is supposed to do this together, and true teammates will support you in positive ways that inspire you to desire to be better and they won't put you down. One of Jason's favorite inspirations and player is Kobe Bryant. The trait he admires most of Kobe is his resilience.

Because of COVID the NCAA granted athletes the option of playing an additional year to compensate athletes who lost playing time. Jason took advantage of this opportunity and entered graduate school and played his final season. The season was one of the best in team history and they finished 2 baskets short of a trip to the Final Four. Jason led his teammates to a furious and fantastic finish that came inches short of what would have been a magical second trip to the final four in his illustrious career.

He will forever be aligned with his teammates as the CNU basketball brotherhood was strengthened by this experience. Jason believes that each athlete should give something back to the game. He said, "One of my favorite memories is having alumni sit courtside during conference championship games. Their constant energy and

emotion fired me up and allowed me to elevate my own game. For me, I tell the young guys to appreciate the bond that exists, because not everyone is like this”.

Jason began doing Yoga and meditation at an early age. He practices it daily and it helps him physically and mentally both on and off the court. “For me yoga and meditation has helped put everything into perspective. I don’t stress as much about small details or things that are out of my control anymore. I go with the flow much better”. These techniques helped him stay grounded and focused. He used these techniques to bring himself out of the misery of the separation from his teammates and campus life caused by COVID-19. It should be no surprise to know that his Mom operates her own Yoga studio/business in Northern Virginia.

Jason’s academic and basketball accomplishments are too numerous to mention here. Some of the highlights include the following:

- CoSIDA Academic All-District selection. (Senior season)
- Conference All-Academic Team for fourth consecutive year. (Senior season)
- First Team All Conference (Junior season)
- First Team All State (Junior season)
- Eclipsed 1,000 career points (Junior season)
- Broke career 3-point record (Junior season)
- Second Team All-State (Sophomore season)
- First player in program history to start 33 games (Sophomore season)
- Led Captains to their second NCAA Final Four (Sophomore season)
- Only the second sophomore in program history to score 500+ points in a season (Lamont Strothers is the first)

Jason has accepted a position as a graduate assistant with the George Washington University Men’s basketball program. We wish him all the best and will follow his imminent success closely.

#basketball #collegesports #NCAA #mindbodyspirit
#Captains4life #CaptainsInAction #CNU #YogaMatters

