

Impact of High School Athletics

High school athletics have changed my life in a way that nothing else could have. They have provided me with opportunities to meet new people, to improve my lifestyle, and to learn as much from others as they can learn from me. As I look back and reflect on all the hard work, tears, and sweat left on the court and on the track, I also remember those who gave up their time to help me and how that has led me to help others. Athletics have not only taught me the values of physical strength and agility, but also the values of discipline, determination, honesty, responsibility, perseverance, and leadership. These traits have shaped me into the young adult that I am today and will, without a doubt, continue to guide me as I approach my post-secondary path.

High school athletics provides students the opportunities to work with individuals who may not have the same views as each other, but that are willing to work together in order to achieve a goal. Besides the athletes, there are extraordinary mentors who give constant feedback because they want us to improve. Regardless of the differences that separate an athlete from another, it is the way that one decides to put these differences into practice that truly shows how much one wants to improve. Every person reacts differently to various stimuli. It is difficult to know and figure out each teammate, but it can be done. Applying these differences in a way that can benefit everyone as a whole is what truly makes a team successful. We may not win everyday, but what is ensured to athletes is that a new lesson *will* be learned each day. These lessons may not seem big at times, but when we welcome them with an open mind, they can become vital to our future performance. There will be times when we will face physical and mental challenges, but we can find a way to overcome them. The time well spent with my teammates and coaches has been one of the greatest of my high school career. They became family. These people taught me that I could only learn by making mistakes. I do not always have the brightest ideas, suggestions, or techniques, but that is not necessarily a bad trait. This simply gives me the opportunity to welcome better ideas and figure out how to apply them. There is always room for improvement. When we work together to make something happen, that is when true success has been achieved.

Being the captain of the volleyball team and a mentor to the younger track athletes, it is necessary for me to maintain a positive attitude. I may not be a good vocal leader, but I try my very best to lead by example. When one person can be helped, that is enough to create a chain of leaders. Athletics bring people together to utilize individual abilities for a greater purpose.

My teammates and coaches have also taught me that if we truly want something, we can only achieve it by working together with determination. Teamwork can open doors to achieve something that cannot be reached individually, which is why a limit can only be defined in mathematics and not in athletics. High school athletics are not only healthy environments to be with others, but also sources where athletes begin to discover who they are and what they want to become.