

Extreme sports essay sample



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About 6, 000 people die from extreme sports every year. Dying from extreme sports isn't as uncommon nowadays, but people who love nature and have passion about the sport are willing to do it even if it means risking their own death. Rabindranath Tagore quoted, " You can't cross the sea merely by standing and staring at the water". What he meant here is that we can't achieve our goals in life if we don't commit to something and just hide ourselves in our own cave. Experts disagree on why people choose to do extreme sports but I think they do extreme sports to enjoy the peace and freedom that they get and they love it.

Numerous people think that Extreme Sports is all about risk-taking and they see extreme athletes as a thrill-seeker. What they don't understand is that these people have real love for the activities and they have the knowledge of what they're doing. One example of this is in the article " Extreme Sports Not About Risk-taking" when the author once said, " the people I knew were very careful, disciplined, determined, and focus not at all reckless or risk-taking" the author also said " some people takes 15 years of dedicated training" what the wants us to understand here is that extreme athletes are aware and focus on what they're doing not all reckless and relentless. Another explanation of why extreme athletes do extreme sports is because they feel the sense of peace as the author mentioned in the same article," they felt the sense of relaxation and freedom", what the author is showing us here is that extreme athletes do extreme sports not as risk-taker but someone who enjoys peace and nature.

With this said, we could see that extreme athletes have different reason on why they do extreme sports. Throughout life, you will get to the point where

you have to face difficulties that you will have to defeat in order to proceed in life. Similarly with the autism kids they have to fight their fears everyday in their life trying to defeat it. In the article “ Camp for Kids with Autism Offers Extreme Therapy” by John Donovan, kids with autism undergo extreme sports with overload adrenaline rush to help them face their complications. It shows that when the author said “ The greater the adrenaline shock that I can put to the system — the brain, the body and the endorphin rush that comes in post-adrenaline rush- is what gets them the most relaxation and calm.” This basically mean that by participating in some kind of extreme sports that heightened their adrenaline helps them be calm and more focus which would help them to deal with normal lives easier.

There’s always a risk if you’re doing something you know that might be dangerous. In the article “ A Solemn Warning to Wingsuit Flyers “ by Lola Jones, a man named Geoffrey Robson was a qualified mechanical engineer and mathematician who happened to love to wingsuit fly and died due to him trying to go on a different route but his calculations was wrong. When the author phrases “ If he were two metres higher, he would have survived “ what the author tries to say here is that even a small mistakes can make a really big difference. Geoffrey Robson’s love for wingsuit flying ended his own life trying to make a difference and testing himself in the air.

Extreme sports may be dangerous, stupid, risky in eyes of society, but in extreme athlete’s perspective, extreme sports is freedom, peace, and a real sense of relaxation. The love and the passion that they have for the sport is what thrive’s them, not adrenaline to continue doing what they love and what they wanna do and not be scared.