

Sports in school are very important essay sample

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Sports effect schoolwork and homework greatly. Sports can have a negative affects on your schoolwork. Sports also help you meet new friends and can increase self-confidence. You also tend to stay out of trouble when you are on sports. Sports also bring a lot to the community.

Sports can affect your schoolwork greatly. It can affect your grades in two ways, good or bad. Most schools like Rocky Point have a program where if you are failing your classes you will have to go to an intervention program after school for an hour. You will have to do this everyday before your practice. If you do well in school though you may be able to get a scholarship to a nice college. Being on sports can make a good impression on colleges. If you are on sports in college it will look good on your resume when you look for a job. The reason why they look for these types of things is because they? ll see that you know what team work is and will be good at working with other people and provide leadership.

Sports can also affect your schoolwork negatively. If your not careful, sports can hurt your academic performance. Not worrying about school, but worrying about the game the next day will hurt your attitude towards school negatively. Effective time management will help balance sports and class work. When you are on sports you should always put schoolwork in front of everything else. Being able to do this takes discipline, but will pay off in the long run. Managing your time can start from going to extra help in the morning to studying an extra hour every night. This will be good when you are trying to do a sport and schoolwork together at once. Many students are unable to do this. People that do not use the time management methods

usually suffer and do badly in school. If you are doing poor in school you should think about giving up a sport for a season.

Another positive aspect of sports is the new friend? s that you may meet. The people that you meet can be some of the best friends you will ever meet since you share a common interest. Sometimes this is more than just an interest. For many athletes, their sport is a passion. This is why teammates stick together like brothers. Teammates usually don't get into the negative things such as Drugs, alcohol, and other things that may harm you or get you into trouble.

Most of the friends you meet in sports will most likely enjoy the same things that you like. If you join sports when you are younger you will find that you will succeed in that sport more when you are older. If I could go back, I would like to have joined lacrosse in third or fourth grade rather than 7th grade. Kids that developed their skills when they were younger, turn out to be much more successful in their sport.

Another important factor in sports is conduct. Good sportsmanship is very important. Most schools have no tolerance with un-sportsman like conduct. People that misbehave in sports on the field or rink most likely are not good at what they do and are frustrated. A lot of the time you see the parents of the athletes flip out more than anyone else. These parents make a bad name for sports and set a poor example. They put down the kids more than they encourage them. Some times the coaches also are a bad influence on the athletes. The coaches can be some of the worst tempered people out on the field. In most cases when a coach loses his cool the referee ejects him or her

out of the game. When a coach gets thrown out of the game the team suffers. The team can suffer from not getting the right guidance to finish the game. The athletes often look up to the coach as a moral example in their lives. Bad behavior from the coach can have a long-term negative effect on an athlete.

Another very important element in a good team is the teams nutrition. Proper nutrition can make or break a team. If a team is well fit and ready to go, they will soar past their opponents. Teams with good nutrition are more physically fit and will last longer in a game. There are many ways to have a good nutrition. Most ways are simply just drinking water everyday instead of soda, or other fatty beverages. Another way is eating the right foods and getting a balanced diet.

Along with nutrition, training is a very important aspect of sports. In order to get good at some thing you must train or practice. Training is very important because you are prepping your body for the obstacles your sport will throw at you. Physical fitness training will give you the endurance that may be needed to edge away from your opponents and win the game.

Before training and practice in your sport, you should always remain active all year. Keeping active can be the difference from making the team or not making the team. Doing intermerials during the off-season can also be a very good thing to keep in mind. Coaches look out for kids that show that they want to make their team and are willing to sacrifice their time and energy to do these extra activities for their sports. Most coaches also like to see their athletes participating in things that help out in the community.

There are many perspectives of sports in society today. A lot of the perspectives of sports are good but there are some who do not believe that school should spend so much money on sports and not enough on academics. But there are also people who see all the work and effort that the athletes and coaches put into their sports.

Sexual discrimination in school sports has been an issue that has been brought up since the 1960s. This can be attributed, in part, to the sexual revolution and other equal rights causes from that era.

Part of the educational amendments of 1972, prohibits any sexual discrimination in sports. This goes for any educational institution receiving federal funds. Specifically, No person in the United States of America shall, on basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal financial assistance. Since most schools and universities receive federal money, they must comply with these standards. There has been a rise in the present girls high school sports participation from 300, 000 nationally to 2, 400, 000 since 1971. Although participation has increased in 30 + years, 93% of colleges are estimated to still be out of compliance with at least one of the three components of the law. Colleges still have a long way to go. If the college campus is supposed to be the hallmark of progressiveness, equality and diversity in our society, it is sorely lacking in this area of women's sports.

Another large problem with sports in this country is the emphasis placed on winning at the sub-collegiate level. Although winning is certainly a big part of

the game, there is an increased push from parents, and in some cases coaches, for children to over achieve in sports. Teaching sportsmanship, teamwork, and the pure joy of playing the game seems to be absent at a much younger age in sports.

There are efforts lately to turn this around. The Youth Soccer Association, the largest youth soccer organization in the U. S., has about 2. 5 million members in it. There was a recent change in the way the game was played in the leagues. The game was switched around for ages 10 and under. The new rules require the players have 8 players on the sidelines, instead of the usual 12. This ensures more playing time for all of the teammates. In some organizations trophies are not given out any more. This is not just in soccer it is in every sport. In some basketball little leagues the coaches play everyone equally whether they are winning or losing.

Youth sports experts nearly always side with equal playing time. Having competitive and increasingly popular youth sport programs, winning is usually the goal. Youth sports experts say athletic programs should provide equal opportunities for every child, regardless of ability. Not having kids play robs them of there opportunity of increasing and developing their skills. More kids would favor playing over winning.

In conclusion, sports can provide confidence, leadership, camaraderie, and promote physical well-being. Where society must be careful is how it administers organized sports. Caution must be taken so that sports are used as a tool to promote inclusive participation as opposed to exclusive elitism.

An athlete who is at the absolute top of his game, is eventually set up for ultimate failure.