

How sports influenced me

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Fit For Life How Sports Influenced Me Winning athletes and top students share many of the same qualities. They are both hardworking, dedicated, and have the desire to be successful. But a student-athlete has all of these characteristics plus numerous others. Throughout high school, I played multiple sports and they each taught me something different, influenced my life, and helped shape me into the person I am today. A few things I learned include how important teamwork is and how critical it is to have a good work ethic.

Playing high school level sports was an amazing experience, unmatched by any other. I will carry all the attributes I learned through my life. One of the most important things I learned as a high school athlete was how to work well with others. Teamwork creates a sense of unity within a group of people that leads to having a successful team. Playing a myriad of sports during high school made me understand that when a team works together, as one, they get the greatest results.

Teamwork is also important in the classroom. I discovered that working side by side with my classmates not only allowed me to excel academically but I could also help my peers reach their greatest potential as well. The first thing athletes are taught is to always try their best, no matter what. If a team is down by 20 points, a dedicated athlete will give everything he/she has and never quit. If just one player quits, either mentally or physically, the rest of team gets dragged down too.

Athletes are told to be players who always hold their heads high and never accept defeat. This is how I became a leader and developed an exceptional work ethic. These are both important qualities for any person to possess.

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After high school I will pursue a Master of Education degree with a focus on elementary education. I hope that when I become a teacher I am able to teach my students to live by the same virtues.