

# Cif spirit of sport award assignment

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I was so amazed at my first practice that asked one of the more experienced players how I'd be able to compete with them. The answer soon became very clear to me: work harder. One day at practice the coach announced to the whole team that I was the hardest working player out there; I began to feel that it was paying off. I started in the next game and realized all my hard work and determination were succeeding and was indeed making great progress despite being new to the higher level of play. Realizing how hard work and determination eventually leads to good things, I told myself that I will never ease up.

When you're determined to accomplish a goal, you have to work hard and never stop trying until you accomplish that goal. Giving up is the equivalent of failing and if you keep giving up on yourself you won't be able to accomplish anything. This attitude has spread into other areas such as academics, showing me that my improved work ethic was helping me mature. For any type of school work I tend to write more information than I actually need, which results in it taking longer for me to complete an assignment that normally doesn't take very long to finish.

My friends ask me why I write more than I have to; the answer is because it makes me feel content. I know that I don't need to write as much as I do but if I don't, I feel like I didn't contribute enough or didn't deliver all that I needed to. I've learned that it is better to give it your all rather than only half of the effort because even if you didn't gain any type of reward, at least you know you gave it all that you had; that to me is better than any type of reward.

Now that know that the key to success is to work hard and never give up, strive to teach others to come to this realization. As captain of my team I make it a goal to say motivating and inspirational things to my teammates every practice and game. From experience, I know that this will help them work harder and become a better player and person. I've also been coaching kindergarten through sixth grade kids for four years.

I love being able to teach them the fundamentals of basketball and to help show them that if they do something wrong, that is okay; if they work hard and are determined, they will correct their mistakes. I'm very grateful that had the privilege of playing varsity basketball, especially at a time when things at home were rough. This experience has defiantly shaped me into the person am today. It has helped me mature a lot, learn how to push myself, made me mentally and physically stronger, become a leader, and that it is possible to reach goals that I set for myself.