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Sports

Julia Mason



Throughout my life I have many achievements. My accomplishments consist of my own personal achievements and others that are publicly recognized. For instance, this year, in track, my sprint relay team has qualified for the state track meet. I have never been to the state meet in this event, but I

have qualified in the high jump and long jump for three years in a row now. Track is not the only sport where I have achieved my goals. In basketball I have been a three- year starter, and every year I have made our All Conference Team. This year I finally won Most Valuable Player; it was one of the best moments in my basketball career, besides when my team qualified for the state tournament when I was a freshman. When my team qualified for state, it was a very satisfying feeling. No one expected us to be able to make it, but against all odds we made it.



Participating in sports has also allowed me to grow as a person and make new friends that I would not know otherwise. Without these experiences in my life, I would not be the person I am today. It has given me confidence in sports to be the best I can be. Being a good athlete is not always perfect; it has its ups and downs. For instance, when I play other teams in basketball, my opponents know what will make me play worse mentally, and they use that against me. Whether it is saying things to me or just frustrating me, it's very difficult to



overcome. As I have gotten older, I have found it easier to block the negative words out and do my best, but the words will always be somewhere in my mind.

Practice is difficult. Some days when I want to quit I can't, because I can't imagine my life without sports.

I know sports have taught me how to work for what I want. The outcome can never be perfect, but if I quit every time something doesn't go my way then all my hard work would be pointless in the end. So, without playing and being involved in athletics, I would be a completely different person. I would rather go through the hard work and other obstacles than be someone that I am not.

