Personal Writing by Jennifer Mick

Basketball is a hard sport that requires a lot of time and energy from its participants. That is why becoming a starter on the varsity team for the past three years has been such a great achievement for me. Over the years of playing this sport I have had to put in lots of extra time, I’ve been pushed outside my comfort zone, and yet I’ve still been determined to succeed through it all. I’ve been able to learn many lessons over the years, and some have shaped me into the person I am today.

Looking back on my abilities when I first started basketball is funny now. I am able to look back and realize all those Thursday nights throughout the summer were not wasted by spending 3 hours in a gym. Nobody wants to be in a hot, sweaty gym during the summer, but working during the summer is just as important as during the season. Sometimes you improve more during the offseason than you do during the season. I was able to improve significantly just by putting in lots of hard work and using my spare time to work on things.

Another way I was able to achieve this position was by having coaches who believed in me and taught me to be confident in everything I do. They have been by my side encouraging me and telling me to never give up. They were able to see the potential in me before I ever realized what I was capable of myself. I was able to overcome many fears and nerves I had of starting as a point guard just because they were standing by my side always believing in me. By having coaches supporting and pushing me, it gave me just one more reason to work hard and establish myself as a leader on a team of many talented girls.

After everything I have been through, it is ultimately up to me to continue working hard. I have been offered chances to go in the gym and improve on my own. I was given the opportunity to have very dedicated coaches who wanted to see us reach our full potential. In the end, it has been up to me to rise to the expectations and take control of how good I really want to be. Basketball is a hard sport for girls to be fully dedicated to. It is a very long season, very tiring, physically draining, and brings along lots of blood, sweat, and tears. I just remember that every time I feel done, I have to keep pushing till the end. I can’t let myself give in to the pain and soreness that comes along with the season. Everything eventually pays off in the end.

 As you can see, it has been both physically and mentally draining for me to achieve this great position. I have put in time, attention, and determination to get where I am today. My starting position on this team has enabled me to become more responsible and a better leader as well as the satisfaction of knowing what I have achieved. I made this a priority in my life and can say I have achieved my goal.