

Alyvia Clark

"HOW HIGH SCHOOL ATHLETICS HAS IMPACTED MY LIFE"

Athletics have always played an important role in my life. As long as I can recall, I have been actively involved in some form of athletics, and at the conclusion of my senior year I will have earned eleven varsity letters in three different sports. When I was younger, I admired high school athletes, and dreamed of one day being "just like them". Years later, I am living out my dream by inspiring young girls to succeed in the classroom and on the field.

To me, athletics is about much more than the game, While the thrill of competition is the initial spark, the friendships I have made, the leader I've become, and the discipline instilled in me have been the greatest rewards of all. Growing up, I made a lot of friends playing ball who have remained my closest friends and teammates to this day. In high school sports, you spend nearly every day with your teammates. We have formed bonds that have grown stronger through games and practices, trusting one another to catch the pass, run with the baton, or slam the set. Learning to handle these relationships with teammates, good and bad, has prepared me for relationships I will encounter in life.

When a team works towards a common goal, a leader is necessary. As I moved up the ranks in high school athletics, I developed into that leader. Proving to be a reliable, responsible, and determined athlete my coaches chose me as team captain my junior and senior years in all three of my sports. I take my role as captain very seriously, both on and off the court, by setting good examples for the younger athletes and motivating the team in trying times. The leader I have become through athletics has boosted my confidence and has inspired me to accomplish more in life.

To have a successful athletic season, discipline must be instilled in each athlete, The discipline infused in me as a student athlete has taught me to be prompt and prepared for tasks at hand, whether it be a simple practice or the state finals. Personally, I stay out of trouble and keep healthy to remain in top shape for competition. Academics are my main focus in high school, and I have learned to prioritize my commitments while participating in athletics. This will prove to be a crucial attribute in any future occupation. The discipline infused in me as an athlete has prepared me for the demanding world and future circumstances I will soon experience. Learning to deal with victories and defeat in the classroom and on the court will help me handle the ups and downs in life with maturity and grace.

Overall, a large part of who I am today has been shaped by high school athletics. I am proud of the person I have become because of the relationships, leadership positions, and discipline I've gained through high school athletics. Without sports, my life would be simple, boring, and far less fruitful. The experiences I encountered in high school athletics have truly enriched my life, and the memories will remain in my heart and mind forever.