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Throw in the Towel or Reach for the Stars

What exactly is a “natural high”? Personally, a “natural high” is something that makes you feel good about yourself. My “natural high” is sports. I have always played and loved sports. Ever since T-ball, they have given me a rush of adrenalin. I found out and was influenced about this “natural high” through my mother.

My mother influenced me by telling me numerous stories about her softball experiences. I enjoyed her stories so much that she signed me up for T-ball. When I was too old for T-ball, I moved up to Little League Softball, and played it with my older sister, Mary. I played Little League until I was in fourth grade. When I reached the fourth grade, I tried Recreational Soccer. I did not enjoy soccer as much as I did softball, so I returned to playing Little League Softball in the fifth grade. When I graduated from Elementary School to Junior High, I tried out for the Junior High softball team in the sixth grade and made the team. I made the team again in the seventh grade. Between sixth and seventh grade, I changed positions from leftfield to catcher.

I love the position as a catcher. I enjoy it for many reasons. It feels great physically on the body, but I also like it because when you stand behind the home plate you can see everything that is going on. When you are catcher or pitcher on your team, you are a team captain. I was a catcher, which meant I was a captain with a big responsibility to lead the team.

When I finally reached the eighth grade, I was able to participate in Junior Varsity sports. I was inspired by my sister, Sarah, to run Cross Country. She inspired me because she was the captain for the girls team and the best runner on the team. Because of this, I would do my best and never give up. She would push me to keep running, and I did. It was a lot of work, but it paid off in the end. She was proud of me, and so was I. She was also an inspiration in other ways. As a high school student, she knows many people who make bad choices like drinking alcohol and using drugs. She also knows a lot about how these two drugs harm your body. She constantly tells my sister and myself why we should never use these drugs. They slow your body functions down, and you can never reach your best while under the influence of drugs. She stresses that you can feel good about yourself by working out instead of getting drunk or high. Since my

“natural high” is sports, I know I will continue to be abstinent because I want to reach my highest potential in both school and in sports.

When Cross Country was over, wrestling sprang into action. Many people told me that I should wrestle, and I also had a silent dream to wrestle as well. This year, weighing only 95 pounds, I got scared to jump on the wrestling team with all of the big bad wrestlers. I regret my decision not to wrestle. However, I promised my family, my friends, and myself that I would wrestle next year in the ninth grade. I will work hard to pursue that promise. Throughout the year, to prepare for next year, I watched many matches and wrestled for fun after the matches were finished. It will be difficult for me, as a 95-pound girl, to compete on a boys wrestling team, but I am up for the challenge. My “natural high” is addicting, and I know I can get a great “natural high” through wrestling.

Not long after my decision to wrestle next year, I decided I want to attempt every sport that a girl can play by the time I graduate. I want to continue reaching my “natural high.” When softball season came this year, I was torn between playing Middle School ball or Junior Varsity ball. I chose to try out for Junior Varsity and made the team. I will be the starting catcher on the team. My sister Sarah also inspired me to do my best in softball, because she is also a great softball player.

I want to be the best on the team by working hard. I do not want it handed to me in a neat little box. I want to earn it! If you do not work for it, then it probably means it is not worth having. It is your choice, either throw in the towel or reach for the stars. Pick one.