

Why are team sports important to me?

By Kevin E. Thompson

Fuquay-Varina Elementary School

People may think team sports is a fun play date where you go to practice and play games. Wrong! A team can be defined as a group of people coming together to achieve a common goal. I have learned this from playing football. Team sports is so much more: it's about family, love, life, and academics.

Team sports is not easy. However, it provides me a chance to build strong relationships with my peers and Coaches. I first learned the concept of Team with my family. My parents both work extremely hard to provide a good life for me and my siblings. Seeing them work together as a team to support us assures me that they will always have my back. The relationships and examples my parents have been to me has helped me grow into who I am.

One thing my coaches tell my team is "I love Y'all" and that one word love means a lot. Love is important when it comes to football because if something happens, I know my team supports me. For example, when I fractured my patella my team had my back and I loved them and they loved me back.

Team sports can teach you lessons about life. Life can be hard, but team sports has made my life so much better because of the lessons I've learned. Playing sports has increased my courage, my strength; mentally and physically. In coping with the loss of my grandma, I had to move on no matter how hard it was. I was able to do this because of the support of my team and my awareness of what TEAM is.

No knowledge, no sports. As an example, playing football has helped me with multiplication. It has helped me with my strength mentally because I can do math in my head easily. Football is "80% mental 20% physical" as my coach says.

Overall team sports is important because it allows you to learn how to communicate with others. It also allows you to compete against an opposing team, which prepares me for the real world.