

Why are team sports important to me?

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"SIGN UPS" I heard the student president yell as I walked to my locker. We are only three weeks into school and there are already team try outs. I am not the sports kind. I don't get the point. You are either running for no reason or fighting for a ball. Just as I almost made my way through the crowd, Allie, the student president insisted on persuading me to sign up. She went on about how many sports there are to try. "Soccer, basketball, lacrosse and more," she said with a cheesy smile. Not listening to a word more I stopped her mid-sentence and asked, "why?"

As soon as I asked I totally regretted it. She looked like she was about to explode with joy. She looked me up and down especially looking at my science books. "Well," she said "one very important thing is socialization. You could make so many friends on the team. You never know, you could keep up with your team for life." I thought about this hard.

As soon as I got home I asked the same question to my mom. "One thing it really helps with is your fitness and exercise. You may be healthy now, but if you choose not to exercise you'll become inactive and unhealthy," she said glaring at my brother on the couch with his fingers glued to the game controller. She continued to explain, "the fitness will be well appreciated later in life along with exercise." Again, I thought about this in bed.

The next day on the bus I just had to ask another friend the same question. "One thing for sure is it will help with time management," she explained. "It will help you down the road by balancing all activities. If you want a better future this might be the right thing for you. The practices are twice a week and a game every weekend. I think you should consider it." In my head I said, "I will!"

I confidently walked into school and went straight to the sign-up table. I said, "Soccer or lacrosse?!"