

Joseph Wesley

Mrs. Bass

English 100

12/7/2011

MY LIFE EXPERIENCE

I am a very fascinating, laid back person. I'm the guy who is always happy no matter what. Even if I were in the depths of hell I would still always find something to make me happy. I am a routine guy. I will never be pressured to do things I do not want to do. I have learned so many things through my life. I'm always looking for something interesting to do every time I'm bored. I am always willing to try something new even if I think or know I won't like it. However in playing sports, I have learned most of my important lessons from. These lessons have been how to have integrity and how to not worry about what others think about my performance.

Doing sports like football wrestling and track have taught me very valuable lessons about life. The kind of Lessons that have made me who I am today: A very strong mentally and physical person. One specific lesson I have learned from sports is integrity. I have learned that even when the most important person is not watching you, like a coach, you should still do the right thing of working your hardest during the practices and weight lifting session. Also all of the sports have taught me how to manage my time appropriately. For example, I would have never got used to being to a job on time if I didn't come to practice on time. We always had a set time and I would usually be the first one to practice every day. I really believe if I never joined any of

the sports, I would not be as dependable as I am today.

I always thought that when a coach did not look at you when you were at your best meant that they did not care about you. I imagined the coaches only worrying about everyone else and not me. I learned from this that you should know that you are not the only important one. I felt the extra attention to be good for me. But as I learned, there are many important people and the coach does care about you. Last, but not least, I learned that all coaches should never need to "baby sit" you, they Do not have to keep a constant eye on you. You know what to do so do it to your best ability, Even if the coach is not watching you.

The thing I remember the most of playing sports was the "hell week", or in other words, "lots of conditioning week". In this week we run and run and run. I remember when I had my first "hell week" it was super challenging. It's like being a train with just one small bag of coal. You have enough energy for a time but then you have none. We had to do many different exercises for eight minutes each. When it came to our first break, I was sweating and gasping for air. I gulped a lot of Gatorade. I told my dad that this was super hard and that I wanted to quit. I felt horrible. My dad encouraged me to stay. He said to me, "Joe, just finish out this day and if you don't like it at the end of the practice, you can quit. Well, to my surprise I really enjoyed football a lot at the end of that practice.

Because of those words of encouragement I feel that my dad has a huge influence on my sports career and altogether my sports career. I feel that if he did not say what he said on that first practice I would have not learned all the things I learned. To this day I am still playing

football and enjoying it very much. From this I learned that you should never quit right away if something is hard for you. You should at least stay a while because you just might like it a lot.

The practice was so much fun at the end. We played all these mini games. One I remember well is one called train tracks where you had to run over everyone and then lay down as quick as you could when you got to the last person. Then you had to wait again till the last person passed you. Then you would run again. This is also the time I learned about patience and team work. I really was hooked on football after that.

When I feel down about not getting what I want, I always trust in the lord to guide me in the right way. For example, in football I never truly got to do a running play in all the games. I never got angry at the coaches. I always stayed silent. It made me so sad and angry. I was always thinking, "Why I can't play in this game?" I worked hard in practice and in the weight room. It felt very bad to be put down in this way. But in the end I was very happy and very relaxed with the coaches. What I am really proud about is that I got the coaches award at the end. So, I guess I did the right thing putting all my trust in the lord. I learned that if you work to the best of your ability for a long time you will be rewarded with something big. One example would be to go one hundred percent one percent of the time. 7

Growing up I began distancing myself from everyone else. It was hard though not having anyone really to hang out with. I asked myself every time, " why me? Why do I have to be the different one? Why can't I be like everyone else?"

I'm very determined to be the best I can throughout my life. Learning everything there is to know and Finding out what is right or wrong, making the best of things even if they are not to my standards. If things don't ever go my way, I don't pout. I will find light in whatever comes in my way.