

Dedication + Excitement = My Game-On Attitude

“LET’S GO YOU GUYS! Although we’re down by one and it’s the bottom of the seventh, we have the top of the line up due in the batter’s box. Think of how many times we have scored two runs before! We can do this...LETS GO!”

One of my favorite parts of my softball games is when I get to give the pump up speeches before or during a game. I love stirring up excitement inside myself and others to play the sport that we all love. The enthusiasm I am able to put into the tasks I do encourages the never-give-up attitude that I often bring to anything I am apart of.

The first word that comes to my mind when I think about the effort that I put into my everyday tasks is dedication. My dedication and commitment to be a hard working student athlete has driven my actions throughout the course of high school. The effort I put forth in my academic and athletic careers is due to the respective dedication that I give towards certain personal goals that I put in place to motivate my behavior. For an example, going into freshman year, I knew I wanted to prioritize my academics so that my hard work in the classroom could pay off and land me a spot in a selective college where I can continue learning and pursue my dream of becoming a lawyer. My goal as a freshman was to maintain above a 5.0 GPA all through high school and be one of the top ten students in my class. With my hard work and dedication to my homework and studying, I have been able to achieve both of these goals by never dropping below a 5.0 throughout my high school career and ending up eighth in the senior class rank. I also was accepted into my number one school Haverford College which is an extremely selective liberal arts school where I will be taking pre-law courses to pursue my desired career as a lawyer. The goals I set freshman year helped me achieve what I wanted the most out of my high school education, and my academic achievements are not the only place that I use goal oriented dedication in my life. I also display the drive for success in conquering goals in my sports life. I strive to be the best athlete I can be by showing up and working hard at my softball and volleyball practices. Before each season I set up my personal goals and encourage my teammates to do the same. In past seasons, my softball teams have used this same goal-oriented strategy by coming together and setting team goals. This year, I have set a personal goal of keeping my batting average above .300 and hitting five home-runs. Sometimes, even if I set my goals, I am unable to reach them. Last year, my goal was to have no strike outs looking and the team’s goal was to make it to a sectional final. After looking at my stats, I found that I had struck out looking over the course of the season, and the team did not make it to sectionals. Even though I did not succeed in reaching these goals, I have learned from my mistakes and made changes to prevent a repetition of the same fault. I feel that failure is not the worst aspect of sports as long as you have learned something from that failure. My dedication to my goals, even if there are not reached, help me learn lessons and become a better player every day. I am able to put forth my best effort through my dedication to my personal goals that I set in every aspect of my life.

The other day in my preschool child class, we were asked if we had to choose one word to describe ourselves, what would it be? I paused at this question and contemplated the two answers that popped into my head first: optimistic and enthusiastic. Looking back at my stumped self now, I realize why I ended putting athletic instead of either of my first answers- I feel that

the sense of optimism that I wake up with every morning drives my enthusiasm for living, so they go hand-in-hand in my mind. I love being alive and believe that everyday is another opportunity to achieve something great. I feel that the enthusiasm that I express in the activities I do stems from the excitement I have for just being alive. I have noticed that in my life, I am far more likely to succeed if I am doing something that I am excited about and enjoy doing. Also, in regards to school I complete assignments that I am excited about with better proficiency and quality than those I do not put excitement towards. Therefore, I am often trying to find the best part in assignments or write about issues in my classes that I truly care about. Sometimes the best strategy that helps me through my tough school work is the excitement I feel that I am almost done. Searching for ways to get excited about school work can be a difficult task at times, however I never face this problem in my sports life. Sports are an extracurricular activity, and I feel that if you do not love playing the sports you participate in, you should not be playing them at all. That is why my love for the game of volleyball and playing softball have allowed for me to participate in the sports competitively for over ten years. I not only enjoy participating in these sports, but love to see others having fun playing them and often get so excited I find myself cheering for teams even if I do not know anyone on them. The enthusiasm that I put towards being a manager this fall on the varsity volleyball team (due to an extremely full and busy fall travel softball schedule) can be seen through the Spirit Award I received at the end of the 2010 season. Even though I knew I was not going to be able to make it on the floor, I was the vocal motivator for the team. I never really knew the impact I had on the team until after the season was over when I was approached by the assistant coach and told,

“We really needed you at that regional game. I think we may have won if you could have lifted our teams spirits like you normally do. We really took your presence for granted during the season and I wanted to thank you for being there for all of the games.”

My enthusiasm that sprung from the love for volleyball was able to make a difference for the team by just being on the bench and cheering for my teammates. The fact that enthusiasm can have that kind of effect on a team drives the reoccurrence of enthusiasm I bring to every game I play. This type of enthusiasm would not be available to me if I did not believe that every glass is half full. The optimistic approach that I use in my life allows for excitement because I believe in the best possible outcome occurring.

The enthusiasm that I bring to most anything I do brings forth a type of dedication that is not found in many. I am able to stick to decisions I make by putting one hundred percent effort into them, whether that is within my sports or school life. My game-on attitude stems from my dedication and excitement that I bring to my every-day tasks. I guess one of the reasons I love giving those pump up speeches in those softball games is because I am not the type to ever give up and love spreading the excitement of a positive outcome to others.