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# This I Believe

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Kate Swantak

I believe that sports teach students skills that the classroom cannot provide.

“The true measure of a man’s greatness is not in the number of accomplishments, but in the number of people’s lives he inspired while achieving those accomplishments.”

Basketball was the sport in which I devoted the majority of my time outside of school to. While playing, I was expected to arrive at every practice and game with the drive to put forth my absolute best effort. If I arrived late, there would be consequences. Each player had to work together as a team on the court, no matter what. At practice I was expected to wear my piney, and the attire for games included warm up pants and shirt, the white shorts and jersey uniform, and the maroon one just in case. During the off-season, my coach encouraged us to work on our skills. “Dribble, work on your shot, run” said coach Preston. It was a year-round commitment that took time and devotion.

These skills will carry over into their professional career, no matter which path an athlete chooses.

Responsibility, punctuality, teamwork, and consistency are only few that come to mind. Whether you are planning to become a professional athlete or fulfilling your dream of a different career, these skills will help you get there.

During those many years of playing, I thought of the sport as a fun activity that would contribute to my high school experience. Looking back at it now, I realize that this sport did so much more for me than a way to pass the time.