

SCHOLAR ATHLETE SUCCESS

Joshua Dylan Wynn, Bear Grass Charter School

Being a Scholar-Athlete will undeniably translate to my future success. It persuades me to manage my time and strive to achieve a high education while living a healthy lifestyle. Also, being a Scholar-Athlete motivates me to communicate well with others using sportsmanship and comradery. These aspects will be carried into my future and practiced to strengthen my character.

Being a Scholar-Athlete helps me manage time by working hard in school and participating in sports. In the future I plan to attend a four year university. While in college, students must learn to allocate their time properly between their studies and extracurricular activities. Engaging myself to do my best in high school and take part in sports aids my development to organize my time successfully.

My drive to do well in school and to live a healthy lifestyle is reinforced by being a Scholar-Athlete. In today's society, there are many growing health issues. Building a physically active life now, will help me develop a routine that will help me maintain a healthy mind and body in the years to come. In addition, cross country training includes not only running and muscle building but also learning how to establish nutritious eating habits.

Being a Scholar-Athlete will impact my future success by influencing how I work with others. Sports involves many interactions with other students and adults. Cooperation is a characteristic that people expect to see in society. Also, a social person is benefitted by a cooperative characteristic. The comradery and sportsmanship are things that I will continue to apply to my yet to come events in life.

In conclusion, as a Scholar-Athlete my future is very bright because of all of the useful and beneficiary characteristics that it creates. It will prepare me for my college, career, and life.

My success in time management, a healthy lifestyle and cooperative work ethic will ensure my attainment of all my future endeavors.

TREADING WATER TOWARD SUCCESS

Emily Cooper, A.C. Reynolds

My arms cutting horizontally through the water, just below the surface. Legs flicking back and forth, sometimes rhythmic and calm, other times desperately. Every limb feeling like an impossible weight to bear. My lungs fighting for air followed by intervals of easy breathing. My body rigid with exhaustion, and my mind occasionally contemplating surrender. Intrinsic motivation for success taking over, and somehow I keep treading water.

If I had to describe what it's like to be a Scholar Athlete, I would say it's like perpetually treading water. School and sports are constantly weighing me down, both mentally and limb by limb. Hours of classes, followed by hours of practice, followed by yet even more hours of homework. Everything begins piling up quickly, but I have improved upon the art of keeping my head above water.

Treading water is commonly seen, metaphorically, as a stagnant activity that doesn't produce much from all the labor involved. However, I like to see it, in a sort of oxymoronic way, as the basis for success. Over my years of being a Scholar Athlete, I've learned how to balance academics and athletics. Sometimes, they cause me to drop slightly below the surface of equilibrium, but I see this only as an obstacle on an upward swim. The ability to keep up with both halves of being a Scholar Athlete almost seems innate to me now. This instinct to stay afloat has evolved into the drive to make headway through this world.

If I didn't have the experience and skill obtained by hours of treading water, in a sea of physical and mental demands, progress would be harder to come by. So much goes into creating a promising future, and learning how to maintain things has given me a boost. Being a Scholar Athlete will cross over, from my high school career to adulthood, by providing the minimal capability to sustain stability in various aspects of my life.

Through trials and manageable times, being a Scholar Athlete has allowed me the ability to succeed both inside and outside the classroom. It has created a desire in me to keep treading water toward success. My future will be built on a stable foundation, formed from academic rigor, athletic strain, and the power to keep it all together. Hopefully, one day, I will be treading water with oxygen filled lungs, revived muscles, and success within reach.