

Bring Basketball to Claggett

by Jonathan

Do you ever wonder why there isn't basketball at Claggett? Well I do and I think it's because of what little money the school has and when they release the idea, they think nobody's going to go for it. Well I know we have Skyball team but it's not the same as playing for your own school. There are a lot of kids, who are good at basketball at this school, trust me. And that's why I'm going to explain 3 reasons why there should be basketball at Claggett.

First of all there should be basketball at Claggett because it keeps you in shape. It keeps you in shape because basketball requires you to perform a diverse set of athletic techniques including running, jumping, and quick lateral movements. It also keeps you in shape because playing an hour of basketball provides a significant amount of aerobic exercise and can burn a great deal of calories. It can help you lose weight too. For example, if you weigh 165 lbs you can burn up to 600 calories, and if you weigh 200 pound you can burn up to 900 calories. It really depends on your weight.

Basketball is a fast-paced mental game. According to World Book Encyclopedia, "Basketball requires teamwork *and* quick reactions." That's why it develops your mental skills. You see in basketball you must constantly observe you teammates and opponents and evaluate what course of actions to take in response of their actions. The attention skills you learn while playing basketball can help you make quick decisions while on the job, help you in real life situations, and even in school.

Basketball can also make you stronger. It provides an excellent full-body workout and can help you develop useful lean muscles. Playing good defensive basketball can help you too. It helps you develop your deltoids, traps, neck, and core muscles. And since basketball requires a lot of running and jumping it is also excellent for developing and toning and groin muscles.

In conclusion, there should be basketball at claggett for three reasons. First, it keeps you in shape. Second, it develops your mental skills. And last but not least third it makes you stronger.

Sources:

Thompson, John R. , Jr. "Basketball." *World Book Student*. World Book, 2015. Web. 12 Feb. 2015.