

It seemed like most of my four years at Aspen High School were spent on a school bus. Over the four years I spent roughly 381 hours on a bus traveling to and from sporting events. Each sport had a different group of people with different experiences and new lessons to be learned.

I'd like to start off talking about my experience running track. I started running track sophomore year. And to be honest I have no clue why I decided to run. I HATED running. Most people probably wonder why I like to run around in circles for fun, but let me tell you it is so much more than that. Each day I pushed myself to a new limit, whether that be throwing up on the side of the track or shaving a tenth of a second off my race. At each track meet I was able to race against myself and others, and try and set a new personal record. Throughout track I was able to work with a amazing group of girls who had the same goal as me, to go States. And that goal finally came true! I never would have reached this goal if I did not have the support from my family, friends, teachers, teammates and coaches. One of the lessons I learned during track was from James Aldridge, my track coach. He had three rules, "Don't embarrass yourself, don't embarrass your family, and don't embarrass Aspen High School." These rules float around in my head everytime I make a decision. I think, "How will this decision affect me and the people around me."

The second sport I want to talk about is softball. Softball is considered the worst sport at Aspen High School, but that did not stop me from playing. I mean they aren't wrong over my four years we lost 52 games. And only won 1 game. Freshman year, me and three other girls built the team, and by restarting the program I learned how to take a chance on others. Of course this was hard since most of them had never even touched a ball or a glove. And the fear of

breaking someone's nose was always lingering in the back of my mind. Luckily that did not happen. Each one of my teammates improved tremendously over the four years we played together. Losing wasn't the best feeling of course, but we wanted to grow the program for the future. Each one of my teammates tried their best and we never gave up. Our coach Dave Fuentes never gave up on us either. Softball taught me it's not about the outcome it's about the process.

Girls basketball is also one of the worst teams at Aspen High School. My first two years of basketball we went 1-19 and my senior year we went 4-15. A change in leadership was all we needed. My senior year, James and Lindsey Aldridge took a chance on us. They brought a whole new approach to practice and games. I learned that even though I did not like the former coach he was doing his best and had goals in mind but, they were never carried out, and I needed to respect that.

Each sport I played taught me to set goals for myself and to have determination to reach those goals. I learned so many lessons from my coaches and teammates. One of the most important lessons I learned during sports was from Dave, my softball coach, and it was, "Control what you can control." Everytime I run into a problem I think to myself control what I can control, because the rest is not up to me. This lesson has been applied not only to my sports, but also school and life.

Each sport had a huge impact on who I am today and who I will be in the future.