"On your mark, get set, GO!" The sports announcer shouts. As you race down the track, adrenaline rushes through your veins, sweat pours down your face. This is the feeling you get when you do school sports. There are many academic opportunities for young adolescents during school, but my favorite opportunity is to get involved with school sports. The interaction with fellow students, making an earnest attempt to keep your grades up, and good health will lead to a great school year, as well as a wonderful life!

As stated in the preceeding paragraph, when you are involved in school sports, you get to interact with classmates. You work as a unit to become a better team. Each individual gives their best effort. When one person stops, others encourage them to give their all! The sense of overwhelming joy comes to a person when their team rises victorious over the opposing team.

Concurrently, not only interaction comes with playing sports, but also the attempt to make better grades. No one wants to get kicked off their favorite sports team as a result of insufficient grades. Students who take the effort to play, should also take, and make the earnest attemp to make good grades. As a wise person once said, "To be a good student, act like one." If you don't get sufficient grades, then you cant make the effort to be on a team because you will be prohibited to play.

And lastly, good health is the key ingredient in your mixture for a spectacular life. If you are obese and corpulant, you have a higher risk of dying from heath problems sooner,

(USE NEXT PAGE TO CONTINUE)

however, if you play sports it keeps you in shape as well as shapely! Good health is very important for a healthy lifestyle.

In retrospect, sports can not only keep you healthy and fit, but gives you higher self esteem. Your interaction and the hunger to play hard and get good grades are just a small fraction of the mixture to a joyful life.

Score Point 6