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Why Track and Field has Been A Huge Influence on My Life

Track and Field was the most important extracurricular activity I have encountered throughout my high school career. Track, alone, has shaped me into the person I’ve become; it has allowed me to cultivate responsibility, determination and self-discipline along the way. Now that I run on a collegiate level, I still feel as though the sport plays a huge factor in my everyday life. Track not only helps me to deal with athletic improvement, but academic improvement, as well. The same can be said for any other athlete on campus, regardless of the sport they partake in. The role of student athletics in connection to academics is demonstrated by the fact that, during the week of July 26, 2012, Loyola University Maryland had 116 student-athletes named to the Metro Atlantic Athletic Conference Academic Honor Roll.

Track is a self-maintained sport. One cannot rely on others; one can only rely on what lies within. My driving force is the sense of accomplishment I get from seeing the results from the work and the endless effort I put out. The feeling of adrenaline running through my veins is the ultimate reason that I am so attached to this sport. To feel the compelling need to work through eighteen hours of training each week would sound insane to most, but not me. I actuallu enjoy every bit of the work I put into it. I strive to be better than I was yesterday and reach towards being as good as I could be tomorrow. Spikes pounding on the track, eyes glued to books, I train and keep focused on my studies to aim towards the highest possible pedestal of self-accomplishment. With all this work comes a sense of determination.

How I live and every decision I make affects my chances of achieving greater opportunities. Every chose I make on the track and of can affect my long term goal. The food I consume, the time I amount for studying and resting, and the amount of effort I invest in workouts affect everything. Training really helps to assure my composure with my inner self and helps me to maintain patience in multiple life matters, other than running. Being a Division 1 athlete leaves me no time to dawdle around and be hesitant about doing my schoolwork. I have come to realize that time management, keeping yourself organized with your priorities, and accepting your responsibilities are key to balancing a healthy functioning life. As a committed runner, I have learned that my weeks consist of class, practice and studying with little time to spare. I barley have time for myself. Always on the run, whether it be through academics or athletics.

I really do give a large amount of credit to my athletic career for the amount of self-discipline I have gained throughout the years. My high school coach was the ultimate stepping stone towards a successful transition into college athletics. My athletics truly helped to build strength, confidence, and courage through every new experience that I have encountered. Roy Baumeister once said that, “Trophies should go to the winners. Self-esteem does not lead to success in life. Self-discipline and self-control do, and sports can help teach those.” Certainly, there have been times where I have felt the wrong decision participate and consume my time, but the strength to hold back comes from the ability to see the big picture. If you want the results, you must put in the time as well.

Whether it be soccer, lacrosse, basketball or track, these sports require skill and commitment. For me, yes, track is the driving force in maintaining balance in my life. Without the structure it has taught me, I would not be nearly as focused as I am today. Michael Johnson once said that,"[Life] is often compared to a marathon, but I think it is more like being a sprinter; long stretches of hard work punctuated by brief moments in which we are given the opportunity to perform at our best.” You can’t expect something if you sit around all day and wait for it to come to you. Making moves and exceling one step at a time is my key to success.