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Sacrifice

 Being a dedicated athlete growing up I have been forced to sacrifice in order to be successful at my sport. These sacrifices have at times forced me to give up time I would spend doing things with other people, such as my friends and family. Lots of times the pain I go through during these sporting events, is eventually rewarded by the results I see on the field. Many of these results include awards, wins, and championships. Being able to sacrifice time with loved ones is important to achieve success and appreciate what it took to get there. In order for athletes to have success they will need to sacrifice leisure time to achieve it.

 This past summer I experienced my first ever college preseason. Leading up to preseason we had optional Monday practices that we had to attend as well. Preseason started on August fifteenth and signaled the end of my summer three to four weeks earlier than my friends. During the summer not only did I sacrifice my Mondays because I worked all day on Mondays before practice, but I also sacrificed close to a month of time off. These sacrifices meant that I did not get to work as much as I would have wanted because my time was caught short. I also was forced to miss many of my good friends going away parties and graduation parties. Even though I had to sacrifice all of this, the end results of making the soccer team made up for and exceeded the sacrifices I made. The season was a blast. Not only did I get to play the sport I love, but I also made friends that I will keep for the rest of my life.

 Another personal example I can relate is how I have had to miss countless opportunities to hang out with my friends on Saturday nights because I had a game on Sunday. A lot of times this happened to me when I was in season. A group of my friends would set up a party with a group of girls, and I would not be able to attend. Being forced to sacrifice time to socialize and relax with my friends definitely stung at times. It would especially sting when the times they had a party and did not invite me because they thought I would have soccer the next day, and would not be able to come. Athletes constantly have to miss numerous parties and events with their friends. I have seen numerous Gatorade or Nike commercials where an athlete such as Derek Jeter would be posing. The caption under the picture would list all of the cool and fun social events they had missed, but below that it would list the amount of championships or athletic awards they won when they missed those social events. All the times I missed these social gatherings for soccer I never regretted it really because I knew I was doing something I loved. I was playing soccer against some of the best players my age. Just the thrill and rush I got from a single game would make up for a million missed parties.

 Athletes notoriously will sacrifice foods that will add excess weight to them or not properly fuel their bodies. Many pro athletes hire chefs to cook meals at their houses for them. These chefs primarily focus on cooking healthy meals with high levels of carbohydrates and protein while also having low amounts of fat. Athletes constantly have to sacrifice certain foods during their seasons so that they can fuel their bodies properly. The results though from eating properly will yield a higher level of performance verse a more unhealthy diet. Older professional athletes around their mid-thirties, will change their diets to allow themselves to keep playing for three to four more years. All of the dieting sacrifices they make basically so that they can have as much success that they can. Athletes view success from positive results, and dieting certain ways allows them to reach it. Even though they are dieting and, may have to eat food that they may not want to eat, many would prefer that because it leads to success.

 A major sacrifice athletes have to make is the health and safety of their bodies. Every day for the past week on ESPN there has been constant debate over Robert Griffin. He plays quarterback for the Washington Redskins, and has been currently been benched to protect his knee from further injury. Athletes constantly sacrifice the health of their bodies for glory and success. Many athletes such as Patrick Ewing, have played in championship games even though they have injuries that if they played on them could have made them much worse. In order for success the motto no pain no gain must be accepted. Athletes constantly have to fight through the pain for a grasp at attempt.

 A final thing athletes have to sacrifice at times are friends. Due to the fact that I was not around a lot because I was travelling up and down the east coast to go to games I was not around. It was hard to even make friends at times. For instance the passage, Some Dark Thoughts on Happiness, paragraph fourteen basically says that in order for happiness or success as human beings we need to know what we want (Senior 424). Even though you may want to go and be best friends with everyone it is very difficult as an athlete. Being an athlete brings a lot of sacrificing of time to practice and not to make friends. Even though being an athlete has lost me some friendships it has helped make others that much better. Of course I have made friends with the players on the team I play with, but it also has allowed me to understand who my true friends are. These true friends understand that I may not be around a lot, so when I am around to hang out they are there immediately to spend time with me. Those are the people I want around me.

Being an athlete will bring about lots of moments where there is sacrificing of one event to be able to go practice or go to a game. These sacrifices will have varying results, but ultimately if they are sacrificed there will be success. Success is what athletes strive for whether it is being first in a freestyle swim race or lifting the conference championship for soccer it’s what those sacrifices were meant for. These moments of joy will last a lifetime, while a party will only be remembered for a week or two at most. I know which sacrifice I would make, and I know I would rather be holding the trophy over my head, and not going to a silly party.

Works Cited

Senior,Jennifer*. Writing and Reading Across the Curriculum: Some Dark Thoughts on Happiness*. New York. New York. Pearson. 2013.