

Determination in Sports

By Sophie Ingber

Determination in sports is very important. If you want to be successful, you have to work hard. Success doesn't mean talent. It means passion and hard work. It takes more than just talent to be successful. I am a gymnast. I have to work hard in the gym if I want to be successful in meets. This applies to all sports. If you want something you have to work for it.



“10% talent 90%
hard work”



In gymnastics you have to work hard. It requires going to the gym many hours a week. *Huffingtonpost.com* says that Gabby Douglas trains 6 days a week 6 hours each day. *Teenvogue.com* says that Shawn Johnson trains Monday-Friday 4 hours a day and on Saturday she trains all day. When I was in 4th grade I had to decide if I wanted to be on a gymnastics team or not. This also meant I had to decide if I was ready to make a very big commitment. I decided to be on the team. I knew it was going to be a very big commitment. It would require going to the gym 2-3 days a week 2 hours and 15 minutes a day. Some of the time would be conditioning and some would be practice. Although I knew it would be a big commitment I was ready to work hard in gymnastics so I decided to do it.



Tennis

Tennis takes a lot of determination. Like gymnastics if you want to be good at tennis you have to work hard. You need to practice many hours a week and take tennis very seriously. *Strengthspeedagility.com* says that Rafael Nadal has a strength and conditioning trainer. He is not naturally good at tennis, he works hard to become the fantastic tennis player he is.

“If you don’t practice you don’t deserve to win”





Running

"Victory is paid for in sweat, courage, and preparation."

Running takes a lot of hard work and effort. In an interview with Jess Underhill, a running coach I found out that to train for a marathon, the people that Jess coach run 5-6 days a week. Also Jess runs four days a week, regularly. All that training paid off because Jess has run 8 marathons. Also my dad ran a half marathon (13.1 miles). He started his training in early March taking a long run every weekend. It took a lot of effort but in the end he said he was glad he did it.



As you can see success in sports takes a lot of hard work and effort. Not only does determination lead to success in sports but can also lead to success in school and at home as long as you work hard.