



Baseball

By Olivia Barber





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Lorenzo Bundy, manager of the Dodgers said, "I love camaraderie and being around people. There's nothing like coming to the park and smelling the grass everyday." Baseball, the sport that can help you in many ways. Baseball can help you physically and mentally; baseball is a great way to show your athleticism.

First of all, one reason that baseball is good for you physically and mentally is that baseball teaches you good sportsmanship. From my interview with Jeff who played baseball in college, Jeff says, "I miss the relationships I had with all my teammates and coaches." This means that Jeff had memorable teammates and coaches that taught him good sportsmanship. Furthermore in my interview with Jeff he also said, "I miss the camaraderie I had with my teammates." This proves that Jeff's teammates had a big impact on learning sportsmanship and they supported him, so he learned how to support them. Additionally in an interview with Sloan, a young baseball fan he said, "My teammates always support me and I support them." This means that Sloan learned that sometimes teammates can help each other calm down when they're frustrated." Overall, I think that you can learn a lot from baseball.

Secondly, another way baseball is good for you physically and mentally is that baseball keeps you healthy. From my interview with Jeff, he states, "Baseball has helped me turn into the man I am today." This means that baseball has kept him healthy and now he's improved his health and baseball has really helped him. In addition on the website healthyliving.azcetral.com it says, "Anytime you run to catch a ball, you are raising your heart rate and therefore improving your cardio health." Another way to say this is baseball keeps you physically healthy, and fit and it's a great way to exercise. This one time I went to baseball and we started practicing, we started to do push-ups, curl-ups, and jumping jacks. When baseball practice ended we realized how much it helped us in the game, and still had fun exercising.

Thirdly, baseball keeps *us* happy. From my interview with Jeff he said, "Many of my closest friends today I met through baseball." In other words baseball isn't just a competition, you can make many great friends and be happy and not just serious. Furthermore according to the website MLB.com Ernie Banks from the Cubs says, "It creates a lot of joy for people and memories for the people who follow it." This means if you have a passion for baseball you can find a way to love it. Thus in the website MLB.com, Royals outfielder David Dejesus says, "You build relationships, you make great friends out here." This means even when there's a baseball game going on you can still make friends because that's how baseball works.

In conclusion, baseball is good for us. I think baseball is very helpful in many ways; it keeps you happy, healthy, and teaches you sportsmanship. Overall baseball has improved my life and can improve yours too. Baseball is very important.