

Jeremiah Rogers  
6th Grade

Basketball  
by Jeremiah

If you practice at basketball a lot you will improve. I want to be great so I have to eat healthy and train myself. Also, I have to workout everyday and get really strong. If I want to go pro I have to dedicate myself to all these challenges. To reach my goals I have to work hard, put the time in, and not quit when it gets tough.

If you practice a lot in basketball you will be competitive. I have to eat good, which means apples, carrots and meat, healthy food - not pizza and junk food. I would have to drink water and healthy drinks. Staying away from dr pepper, coke or any type of soda and energy drinks, is another challenge I will have. It is not easy sometimes, but I can't and won't quit.

If I want to make it pro I also have to workout all the time doing sit ups, pushups and crunches. It will make me stronger so I can drive through people and make layups and mid-range shots. If I do leg workouts and run all the time I won't be tired and need to rest. I will have better stamina than my opponents. Putting the work in is one of the ways I will aim high to reach my goals.

If I want to go pro in basketball I have to keep going and never quit. That means even if we're losing by 20 points, I will never quit. If I keep pushing myself until I can't do it anymore, I will continue to improve, and next time I can do more than I did last time. It may even set an example for someone else.

If I want to go pro I have to have the mentality like a basketball player. To do this I watch NBA players play and it will show me new moves. I have to aim high so I can succeed and make it to the NBA. When I grow up I want to play for the University of Oklahoma and in the NBA. I want to play for the OKC Thunder.