

Attitudes

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When I was in high school, I was the co-captain of the varsity basketball team. It was the tip off the tournament game, which means it was the first game of the season. It was senior year of high school; I had a lot riding on this because it was my last first game. I had intentions on playing in college at the beginning of the season, but by the end of the season I lost my spark that made me want to play. This game was an away game, so we traveled about 45 minutes to get there. I was prepping by listening to music and taking a quick nap like I always did before the games. We got to the gym and there was a game before ours, so my team and I sat on the bleacher listening to rap music because it got me hype before the games. The game before us ends and it was now time for us to go on the court. The school played our warm-up tape, so we were already getting more game ready.

The game began and this was one of our rivals' teams, so the games are always competitive and aggressive. The first half started a little rocky, but then we got the lead. This is when it gets bad. I was doing great. I was playing great defense and I was getting many offensive rebounds. I was putting up a lot of shots, too. It was the other team's ball and now it almost the end of the second quarter, which means it is almost half time. I am playing a very tight defense on number 11 and she didn't like it. She was getting aggravated. You could see it all over her face. Now it is our ball, and I am a power forward, so I play in the paint. I like this position because it means I get to bully people in the paint. I was getting the ball and I went up for a layup. Number 11 punched me in the temple. In my mind, I was thinking it was an accident, so I just kept playing my game. I get back on defense and they score a three. Now, we are on offense

again and I am fighting to get open, when she punches me again in the temple again. So, by then I told the referee to watch her because I was starting to get mad and I could feel the anger bubbling up in me. My coach seen me starting to get mad, so he called a timeout. I was walking to the huddle and number 11 is following me to the huddle. She tried to sneak up on me to fight me. She hit me and then I turned around and we fought. I got kicked out the gym and suspended from the tip-off tournament.

After the game, I called my mom and cried because I normally don't let people get me to that point. I was very embarrassed. I, also, apologized to my team because that cost us the game.

5 Tips that I could've used:

Tip 1: 'Forgive'

Tip 2: 'Do every job, no matter how small, with the care and high standards that would make you proud to sign your name to your work'

Tip 3: 'You alone are responsible for your own emotions and attitudes'

Tip 4: 'No one can make you jealous, angry, vengeful, or greedy-- unless you let him'

Tip 5: 'Progress not perfection'

5 leadership boosts

- I learned how to handle my anger.
- I learned how to not let anyone take me out of character because I am not a fighter at all.
- I learned how to forgiveness.
- I learned that self-control.
- I learned how to grow from situations and respond with care and not hate.