

Why

do I play sports?

I play hockey because it is fun and it keeps my body strong.

Xylia, age 7-10, St. Paul, MN

So I can get better at it.

ayden, age 7-10, Flagstaff, AZ

Sports are fun and they give me something to work toward. I know that perfection in sports can not be obtained, but it makes you work harder to become the best that you can be. When I get older, my goal is to play on the Olympic Volleyball team.

ge 11-14, Springfield, MO

I play sports to keep in shape and its fun. I also get to meet lots of different people.

Ben, age 11-14, Wellington, FL

I play sports because I am really active and competitive. Also, when I am in the game it is like I am in a whole new world. It is so much fun.

hannon, age 11-14, Sturgeon Lake, MN

Fun, I love competition.

Trent, age 11-14, Springfield, MO

Because I'm competitive, it keeps me in shape, and I like being a part of a team.

ani, age 11-14, Springfield, MO

I play sports for many reasons. I have met most of my friends through sports. Sports build self-esteem, they teach you responsibility, dedication, commitment, respect for others, good sportsmanship, how to be part of a team and work together, how to accept loss, and also how to take constructive criticism. Sports also teach you about setting goals for yourself, and making a plan on

I play sports for a number of various reasons. First of all, I love sports because they are fun to play and there is nothing like friendship among team members. I also love playing sports because I enjoy the challenge of forcing myself to master the skills needed in order to become a better player. Finally, I enjoy sports because they are my escape from school, parents, friends and the everyday stresses of life. When I get on the ice or the field all my stress and worries disappear and I'm able to focus on something else.

Meghan, age 15-18, Maplewood, MN

I play sports so that I can meet new friends, stay in shape, and have fun!! Also it is a great feeling to win at something that you worked hard for.

Stacey Hull, age 15-18, Grand Rapids, MN

Because I love to compete and be a part of a team. It also keeps me in shape.

Jacque, age 15-18, Springfield, MO

I play sports because it is fun and exciting. It is exciting when I become better at a move or score a goal or make a higher caliber team. Performing well makes me feel good about myself. It is fun to compete against other girls and beat them one-on-one and as a team. It also keeps me in shape.

Nicole, age 15-18, Maplewood, MN

how to reach your goals. My goals are to play hockey in college, and hope to have the opportunity to play for the USA Team in the Olympics. I also play sports to stay in shape, and stay healthy.

Kristi, age 11-14, Lake Elmo, MN

I play sports because they are fun and they keep me in shape for what ever is coming next. Sport teaches you a lot of things like cooperation with other kids and how to work together. You learn a lot about your teammates this way. It is a good way to get to know your teammates.

Jaclyn, age 11-14, Moose Lake, MN

I play sports to stay active, make new friends, and have fun.

ourtney, age 11-14, Springfield, MO

I play sports because I love to be competitive. It keeps me active. Also it teaches me the proper way of goal setting and determination which will be useful not only in sports but in real life experiences such as school. I play sports because I love it.

icole, age 15-18, Anoka, MN

To win, to play at the college or Olympic level, and to be involved in an activity.

Katie, age 15-18, Rochester, MN

I play sports because it helps you stay in shape and helps to clear your mind and let out frustration.

icolas, age 15-18, West Palm Beach, FL

I play sports, anything from backyard football to state championship tennis, for the reason that it is fun. You can be intense and focused, but still laugh and enjoy it, and when it is done whatever the results were you always have a second chance. Plus it doesn't hurt that I am good at them.

lsa, age 15-18, unknown

To fill my need for competition and accomplishment. Along with the exercise.

Kyle, age 15-18, Springfield, MO

Being a part of a team, playing a game I love, the competition and staying fit.

Kate, age 15-18, Chanhassen, MN

I play sports because one it's something to do and I love meeting all the people that agree with me and enjoy playing the sport or sports. For me, sports was always a goal or something that I wanted to prove to everyone including myself that I could accomplish anything I wanted if I just put my mind to it.

Hillary, age 15-18, Elk River, MN

I play sports because it keeps me physically fit and I enjoy working out with friends. I also get to meet a lot of new people when I am participating in different hockey camps.

Christine, age 15-18, Woodbury, MN

I love to compete.

Jeff, age 19+, Springfield, MO

It helps me be a well-rounded individual.

Victor, age 19+, Springfield, MO

I just love sports, always have.

John, age 19+, Springfield, MO

Because I like to continually challenge myself and see personal improvement.

Michelle, age 19+, Springfield, MO

Competition, against others, and in my sport against myself. In the sport of weightlifting you can be your own competition. I compare my results from the last meet, to the current meet. I always want to better myself. Each time I go to lift, I challenge myself to do better than I had done the previous time. There is

always room for improvement because you are always capable of lifting more weight and becoming stronger.

Resident athlete, Colorado Springs Olympic Training Center

I play sports because I have fun playing them and fortunately I can still participate in a sport full-time.

Resident athlete, Colorado Springs Olympic Training Center

I play sports because it's what I have a passion for versus other people having a love for music or whatever hobby. I have the intensity and competitive nature that sports bring out in me.

Resident athlete, Colorado Springs Olympic Training Center

I do gymnastics because I have an all encompassing passion for it. I have also dreamed of the Olympic Games since I was six years old and though I love playing many sports, gymnastics is my best chance to make that dream a reality.

Resident athlete, Colorado Springs Olympic Training Center

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