

# What

## do I like about my sport?

It's fun and keeps me healthy.

ayden, age 7-10, Flagstaff, AZ

I like hockey because it is physical and fast.

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

Volleyball is fun and I like the mental aspects of the game. The competition is intense and fast-paced.

nknown, age 11-14, Springfield, MO

I like hockey because when I am on the ice and going fast that is really cool. I feel like I am going 100 mph.

Kalli, age 11-13, Roseville, MN

It is exciting, encouraging and very intense.

ourtney, age 11-14, Springfield, MO

My sport is wrestling which is very tough and challenging both physically and mentally. It has given me a great deal of confidence in myself. After all once you've wrestled everything else in life is easy (I think Dan Gable said this first).

Ben, age 11-14, Wellington, FL

What I like about my sport is; it makes me feel good about myself when I am playing it. I like the people I play hockey with during the regular season, and meeting new people in the off- season while attending camps or while playing on tournament teams. I am always trying to learn new things and enjoy the challenge that it gives me while trying to accomplish them.

Kristi, age 11-14, Lake Elmo, MN.

I like that while you are playing you also have to think so it makes it challenging and you learn something new every game or practice. While it is still hard work it is a lot of fun during the work also.

hannon, age 11-14, Sturgeon Lake, MN

I feel myself getting stronger while I compete.

Trent, age 11-14, Springfield, MO

I like my sport because you get to go sooo fast and feel the air through your body and when you score a goal it's so exciting and fun. I love to play hockey and it is a good way for me to stay in shape.. You get so much out of the sport of hockey especially if you do the CODP camp because they push you so hard.

Jackie, age 11-14, Moose Lake, MN

I like hitting, the thrill of a good rally, and the competitiveness.

ani, age 11-14, Springfield, MO

I love hockey because the game is not about being perfect. It is about making mistakes and adapting to yours and everyone else's mistakes as well. And the best players turn the mistakes into something beautiful on the ice, and that to me is amazing.

Isa, age 15-18, MN

The intensity, working hard and the speed.

Kate, age 15-18, Chanhassen, MN

I like the everyday challenge to become a better player. I like when I'm forced to push my limits but can also have fun while doing so. I also like the friendships that I create by being on a team or in a training group. I get to meet people that share a common interest with me and I also get the opportunity to meet new and interesting people. I also enjoy playing in the games. I love the intensity and the adrenaline when I play in an important game or when the game is on the line. I love games, especially when we're winning and having fun working our hardest.

Meghan, age 15-18, Maplewood, MN

I love hockey because it is a fast paced game with lots of action. I fell in love with it five years ago and it has become the center of my life ever since.

Lizz, age 15-18, White Bear Lake, MN

What I like about hockey is that it is a combination of many skills. It's difficult, challenging, and very competitive. Hockey is also a sport of commitment and determination. You can't just show up and skate... you show up and give it your all not because you have to—because you want to.

icole, age 15-18, Anoka, MN

N O L Y M P I C C O A C H V O L U M E 1 8 N U M B E R 3 U S O C

It's physical and you always have to be thinking, and aware of what is going on.

**Katie, age 15-18, Rochester, MN**

Wrestling is the sport I choose because it is one on one contact sport. When you lose, it's on you, and also gives you motivation to get better and train harder; but when you win, it's the best feeling ever, you know that you are the best and that your training is working.

**Nicolas, age 15-18, West Palm Beach, FL**

During hockey season you eat, sleep and breathe hockey and it is a great way to express yourself. I love the early morning practices when you can get up and go to the rink, and when you step on that ice it brings back childhood memories of skating on the pond behind our house, but yet it also reminds you what your out here to do, and that's to play this sport that you love. I love when your getting ready for a big game and you are so excited that you hands won't stop shaking and then you run through the chute and your heart is racing so fast that you think it's going to explode, and then you step on the ice and everything is gone. It becomes something that is second nature.

**Kayla, age 15-18, Anoka, MM**

I like how people know me because of my sport. It helps me to feel like I've accomplished something that others struggle with.

**Nikki, age 15-18, Springfield, MO**

The thing I like about my sport is that hockey is a skill that some people can master if they put in their time, dedication, and love for the sport. I basically really think that most of my life is pretty much based on hockey. I've played it since I was seven or eight years old. The one thing I remember telling myself was that hockey would make me a good person, and it has through the hard work and dedication of people before me to help mold me into the person I am today.

**Hillary, age 15-18, Elk River, MN**

I like my sports because of the team bonding that happens before, during and after the season. It is wonderful to be on a team of 18 girls and bond as a family and become closer to one another. I know that they are always there for me on and off the ice/playing field. I also like my sports because when I work hard, it might be hard while I am doing the sprints or killers but in the games it pays off. It feels good when I work for so long and hard for something and then achieve it.

**Nicole, age 15-18, Maplewood, MN**

There are a lot of goals. I see them and work on reaching them.

**Jacque, age 15-18, Springfield, MO**

I love hockey mostly because it is a very competitive, challenging and physical sport. Just when you think you have mastered one thing about the game you find out that you can add on to it and make it even better. I also like it because not that many girls play it and when you say you are a girl hockey player people think that it is very cool.

**Danielle, age 15-18, unknown**

You get to travel and earn money.

**Jeff, age 19+, Springfield, MO**

I like that it's a tough sport and I like seeing the self improvement.

**John, age 19+, Springfield, MO**

Can't go anywhere but up!

**Michelle, age 19+, Springfield, MO**

By looking back on myself as a 13 year old starting the first sport I have ever done, I realize that I have obtained so much from sports, physically, mentally, and emotionally. Through sports I have obtained self confidence, the ability to focus and becoming more goal oriented. This also has crossed over from sport to other areas in my life that will benefit me when I retire from competing. Being an athlete gives you not only skills for being in the gym, but also being outside of the gym. Without sports, I would not be the person that I am.

**Resident athlete, Colorado Springs Olympic Training Center**

I like that fact that, if maybe only for a moment, it feels like an escape from reality. When we are doing dismounts off the high bar or tumbling on the floor, it feels like we are flying! Though I am 26, I feel like I am six years old all over again and I don't ever want to lose that feeling or sense of joy.

**Resident athlete, Colorado Springs Olympic Training Center**

I love cycling because it give me a lot of freedom to make my schedule the way I want it and it takes me out to new places that I have never been, whether it is immediately around where I live or the remote corners of the world.

**Resident athlete, Colorado Springs Olympic Training Center**

I love the teamwork in volleyball, the friendships I've gained, the healthy lifestyle it allows me to have and the opportunity to travel.

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