

# Life Lessons

Hi, my name is Chase Stewart and I compete in swimming and in wrestling. I've heard many consider these some of the hardest sports to compete in. With challenges there are lessons learned. Through these sports I have learned and become such a talented athlete and have grown as a person. The life lessons that stand out the most are resilience, adaptability, and self accountability.

How I've learned resilience through swimming. Swimming is generally difficult because it can get boring. Swimming for hours just looking down at the bottom of a pool for hours, but that's not exactly what builds resilience. Building resilience in swimming came through walking out into the cold wet winter days then to go swim outside every single day for months. Getting in the water is hard, being in the water is hard, and even practicing and training for the sport is hard. That is what built my resilience in swimming. Wrestling built my resilience by being mentally challenging. The desire to win, to dominate someone by nothing more raw then points or holding a person back to the mat. When you wrestle you get beat up, hurt, and put into uncomfortable positions. To get out of them you have to fight, find openings, and have near perfect technique to come out on top. That is resilience.

Adaptability is the ability to change and find a way of success. How I've been able to adapt to all kinds of situations in sports has proved its weight in gold. While swimming the biggest challenge to adapt is the weather. The weather plays a huge role in how fast you and the competition are going to be that day. I've been able to be fast in all weather and stay consistent when it's blistering hot, or freezing cold, I will find a way to be fast no matter what. In wrestling I've learned to adapt to any situation that could present itself within a match. When you step onto the mat anything can happen. You can play and prepare for the match and your opponent has done the same thing. Adapting is wrestling, reacting, defending, and capitalizing on the mistake of your opponent can be the difference of getting your hand raised or not. To be

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able to change the game plan and do something that works is typically how matches go. To win you must adapt, that is how wrestling has to my adaptability.

The only two sports I've competed in while in high school are individual sports. Swimming it's just you versus you. Wrestling is you versus that other person. When you start losing all your teammates can do is cheer. They can't take over mid race/match and help you. It's just you. A thing that really shows in these individual sports is the amount of work you put in. Only you can do those laps in swimming, and only you can get the runs. If you mess around during practice it shows. During competition, it shows self accountability to the people that put in the hard work versus the people that didn't. I held myself accountable, even when practice was hard, cold, and when I was tired. I put on that suit or laced my shoes and got to work. That is how I learned self accountability.

To conclude, the life lessons in swimming and wrestling have taught me some valuable lessons for life. These sports have helped me become resilient, adaptable, and a self accountable person. These lessons have impacts on my everyday life and have proved to be invaluable skills that I hope to improve to help me become the best version of me I can be.