

## Honoring the Game Scholarship Essay

Four years ago I walked into a hot gym; I had on rib pads, shoulder pads, elbow pads, gloves, and a helmet – and I thought, “What have I gotten myself into?” I walked into that gym knowing one other player on the team, and she was my twin sister; I walked into that gym knowing that I would be one of only four girls on the team, and I walked into that gym knowing almost nothing about lacrosse. I was terrified.

That first practice, however, has since taught me something that I have tried to continue on living ever since, and it was not how to play the game of lacrosse. Instead I was taught how to “honor the game.” We began that first practice, not by running, stretching, throwing or catching, but with a team meeting. I remember being huddled in a group and asked what I thought honoring the game meant. I think I said “huh?” I had never heard that phrase with a sports team before; let’s win or lets play competitively were more familiar phrases. I soon learned what honoring the game was and was impressed. We were told that by showing commitment to the team, respecting everyone, showing sportsmanship and trying our best was how we could honor the game of lacrosse. We were told that it would be from those ideals we would learn to play as a team and learn the game of lacrosse.

Four years later, I am still an active part of the Charger’s lacrosse program and the high school lacrosse program through those organizations I am still reminded of the importance of honoring the game at each practice I coach, officiate, watch, or do stats for. I have found that honoring the game is more than just a lacrosse philosophy; it is a philosophy for living your life. Through my four years at Del Val I have tried to honor the game every day. I have done my best and have challenged myself physically and