

## Personal Relationship with Sports

I grew up playing many sports, including soccer, tennis, and lacrosse. I do believe that being a part of a team sport has shaped me into who I am today physically and mentally. What got me into these sports originated from sports media. I would watch athletes on TV or any forms of news where I got inspired to try out the sport.

Specifically for tennis, I remember watching Maria Sharapova on TV and thinking about how I wanted to just like her. Social media in itself also motivated me. Not even having to do with famous people, people that I knew my age would post about their soccer and lacrosse tournaments and I got to see how fun it was to be on a team sport and play a sport that is enjoyable.

For lacrosse, I didn't try it until late high school because I wasn't exposed to it before. But, because I saw through social media that so many people I knew enjoyed it, I figured I would try it myself.

Soccer on TV was a big one too. Our coach would make us go home and watch the US women's soccer team on TV because he believed that watching them would help us with our skills and seeing how good they are at it. Through all of these examples, the media has definitely shaped my relationship with sports in all different ways, yet still gives the same relationship outcome. My favorite sport was probably tennis, because it was a team sport but independent at the same time.