

Grace Plummer

Rotary Club

04/08/2024

### Sports Involvement Essay

I am a varsity athlete in sports at both Sultan and Monroe high school. Through the sports of soccer, gymnastics and track, I have found my style of leadership, built compassion and learned to work hard for the things that I want to achieve. I have earned a 4-year letter in gymnastics through Monroe high school, a 3-year letter in soccer and 2-year varsity letter in track and field (coming on 3). During my freshman year of gymnastics, a teammate suggested that I try soccer and track and field. To do so, I quit my team gymnastics program to join the soccer team in the fall, and the track team in the spring season. Being pushed outside of my comfort zone in sports encouraged me to run for the Associative Student Body (ASB) Junior class representative, National Honors Society (NHS) chapter vice president and the HOSA, future health professionals chapter vice president, elected to all three positions for upcoming year as a junior. Joining and excelling in sports furthered my involvement in my school's leadership opportunities.

In ASB, I worked with a team to plan Homecoming and Prom as a school social event and a class fundraiser, alongside passing funds for school events and extracurricular events. In NHS, we worked to create chapter goals and fundraise by spirit sunglasses to our student body. In HOSA, I lead efforts to plan and host community service events and fundraisers. We also have a state team who excel in state and national level healthcare-specific competitions, in which I have earned my spot in the past 3 years. Not only has HOSA opened my leadership opportunity in my school, but it also fostered a passion for healthcare, which is what I plan to pursue in my future

education. Within that, the sports I have participated in drove me to a career path of sports medicine and nutrition, in hopes to be a team physician for a professional sports team. In my time as a HOSA chapter officer, our chapter created a partnership with Bloodwork's Northwest to host school wide and community blood drives to help with the national blood shortage that hospitals and emergency care facilities are facing.

Sports have not only encouraged me to be a leader in clubs, but also within sports. This past fall season, I was voted by my team and coaches to lead the team as captain. I also earned an honorable mention all-conference award. To follow such a season, in my winter season of gymnastics, I was voted by my coaches and teammates to be this previous season's captains. Into my current season of track, I have earned two varsity letters, coming on three, an all-conference award for the 4x 200-meter relay my junior year, and was named a co-captain this current year by my coaches.

To conclude, the high school sports that I joined pushed me outside of my comfort zone and challenged me to grow as a leader and as a compassionate future health professional. I learned what it means to be dedicated to the process of achieving high level accomplishments, and how that translates into every aspect of life. I also learned that being a good leader means leading through actions and attitude. Being willing to work hard and encourage others as well as yourself uplifts people and sets a standard for the team. The growth that I encountered due to sports encouraged me to become a leader in a variety of extracurricular activities and each of my sports.