

## **This I Believe**

Having a motivation during times, when there is a global pandemic going on and when you shouldn't really leave the house, is in my opinion extremely important. Many people really have problems keeping their goals in front of their eyes, or they struggle with mental health problems. Therefore, I think that a thing you think about during all the downs one may experience, is essential. The motivation could be a family member, a sport, a hobby, or something completely different. For me, this is my favorite sport: volleyball.

Many people might ask themselves right now: what is motivating about playing volleyball? Well, of course not everyone thinks that it is a great sport, but I do for several reasons. Probably the biggest one of them, is the feeling of a team, working together towards a GOAL, where we get the best out of everyone specifically and we all give 110 percent. Of course, some people might not like others from their team, but at least during the important games and matches, we all work together and help one another where we can. Undoubtedly, the feeling after winning an extremely pulsating and stretching match is just the best. When all the team members are just happy that we won and forget about not liking each other or fighting, I think these moments are beautiful. Maybe also because all the hard work that you put into working out ways to win and giving your best, finally pays off. In addition to that, even the exhaustion after a good training is a satisfying feeling, because after all, you are exhausted because you tried your best.

Before the whole situation with Corona started, I was playing in a small club in the village I live in. I soon realized (after playing for roughly half a year) that I had a talent in this sport, probably inherited from my father, who used to play volleyball as well. But if I wanted to really improve my game and get better at the sport, I needed to switch teams. To prepare for that, during the summer holidays I went to a volleyball camp where we trained for 8 hours a day. After this camp, I was sure that I wanted to play more professionally. Then the new schoolyear started, as did the lockdown and the new COVID-19 restrictions. There was way too little time to find a good club to play at, so that is why right now, I am not registered in any club. Now obviously I will immediately start looking for one when the restrictions

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allow it, but that might take a while.

So, what is extremely important right now, is to stay active and do as much sport as I can, because otherwise when I start playing again, I won't be in shape and might not get into a good club. Consequently, I work out at a minimum 2-3 times a week and practice playing with my brother and dad as often as possible. Also, I really need to start looking online for teams that I might want to look more into. There are not too many that I can reach easily from where I live right now, so there are not so many options.

Summing everything up, volleyball is my biggest motivation during these hard times, because so many aspects of it make me feel good and like I have achieved something. It probably also leads me through all the negatives, because it still reminds me of the good times, I had while playing and of the times, where we were still able to meet friends and go out whenever we wanted.