



**ONE TIME I WAS
HAVING AN OFF-WEEK.**

One time I was having an off-week. My coach noticed something was wrong and reached out, asking if I was ok. I kinda just told him I was stressed with school and friends. He then told me that sometimes life gets hard but you have to keep with it to see where it will take you. I now follow that advice and stay positive and try to experience life in the best way I can. This has made a big impact on me and how I face challenges in my life.

—Gorham Middle High School