

Determined

I think Ben's most admirable trait is his determination. I met Ben through water polo. He plays on the high school team and I'm on the middle school team but we practice together. Ben is trying to get on the Junior Olympic water polo team and it seems there is nothing that can stop him.

Practice starts at 4:30. No one ever gets there at 4:30. Everyone gets there at about 3:30. From 3:30 to 4:30 we play frisbee, listen to music, or just talk. Ben is the first one to get there, but he's not relaxing. He runs the track before practice only coming back only to refill his water bottle. To me, running an hour before working hard during practice is real determination.

Nobody likes extra swim sets, even Ben. He is so motivated to get onto the team he asked the coaches if they'd open up the pool at 4:00. Swimming for an extra thirty minutes would mean canceling the running. Nope. Ben runs for 30 minutes, swims for 30 minutes and then works hard for a two-hour water polo practice.

Well that's all a high schooler can do in one day if you throw in homework, and sleeping? Woahh again. When I go to the YMCA

to pick up my little brother, I sometimes see Ben working out. Some times I wonder, does, he ever stop?

With determination like Ben's, I believe any person has the aptitude to achieve any goal they may have. I hope I'll have that determination when I'm in high school.