

American football, a notorious game being viewed as "extremely-violent" and "brainless" by people who don't understand the true beauty of the sport. Football is a game of complex strategy, and players need to be clear-headed, calm, and brave at the same time regardless of what position you play. For a physical contact sport like American football, helmets, ankle guards, wrist guards, shoulder pads and safety cups are needed. The game should be played on a hundred yard long grass field with "endzones" and steel "kicking-goal bars" on each side. The main purpose of the game is to simply take the ball into the endzone and score a "touch down" when you are on the offensive team, or to try to block the opposing team from scoring a touch down when you are on the

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defensive team. Most players have one distinctive roll in the game. For example, the "quarterback" is the main offensive unit of the team whose job is to pass the football to a "wide receiver" or safely hand the ball to a "running back". The strategies are mostly made by the coaches on the side.

I started playing football really late compared to my former teammates. I didn't know a thing about the sport but decided to try out for quarterback, not knowing that quarterback is the most difficult position to play. A good quarterback needs to be quick, wide-visioned, and calm because the strategies were all conducted by him on the field. As a rookie, I was often yelled and insulted because of my bad hand-eye coordination and bad passing decisions. I was devastated at first and even gave up for a while. However, Coach Nelson, one of the most important mentors in my life, encouraged me to persist and endure all the pain and humiliation I was going through. Eventually, I did make through all the hardships and became a starter on my team, I even won "rookie of the year" in our league! I tried this sport out of curiosity, but this sport repaid me with courage, integrity, and tranquility to the soul. Even though I recently retired from American football, it will always remain my favorite sport, and my guidance through adversity.