



# “Competition Is not about Winning”

## R. S., Grade 6

My sister once said, “Look in the mirror. That’s your competition.” Competition is a good thing because it teaches people to work in a team, to be persistent and to enjoy themselves. Competition requires you to work in a team because you give each other ideas or help each other out. Competition also teaches you to be persistent, like working hard even though you fail and not stopping till the end. When you compete, make sure to enjoy yourself because you can have fun even though you are losing, and you can spend time with friends. So, make sure you are having fun, be persistent and enjoy yourself!

To begin with, competition would not be successful without teamwork. Teamwork is when you help each other out and give each other ideas. For example, when Adam was in a soccer game, he never passed the ball to any of his teammates. Adam wanted the ball all to himself, so he could be the star player. Imagine if he passed the ball to his teammates. If he used the help of his teammates, they could score even more points and all his teammates, including himself, would be champions. Also, when Nathan was learning a front tuck from his coach and teammates, he did not want help from anyone. Nathan wanted to learn it all by himself. What if he accepted his teammates' advice? What if he got help? If Nathan had taken the advice, he would have learned quicker. In addition, when Steve was planning a strategy with his basketball teammates, he wanted them to follow his ideas only. He thought the other teammates' ideas would not work and they would lose. Suppose he gave the other suggestions a chance. If he used his teammates' ideas, they could have put all of them together to make an even stronger strategy and maybe even win! So, competition teaches you to work in a team in order to get better results and learn more things.

Next, besides working as a team, competition teaches you to be persistent so that you can do your best even if you are let down by something. Persistence means working hard and not stopping till the end. When Zain fell while running in a race, he got up but he never finished the race. Zain did not continue because he thought he was going to fall again and not win the race. Let us presume he got up and finished the race. What would have happened? If he got up and was persistent, he still could have won. Also, when Zarah was learning the butterfly stroke for a swimming competition, Zarah thought she was never going to be fast enough, so she never went to her training sessions. Zarah accepted she was going to fail before even trying. What if she had gone to her training sessions and worked hard? If she went to her training sessions, Zarah could have mastered the butterfly stroke and won the competition. Also, when Alex forgot something on his floor gymnastics routine, he stopped and walked off the floor. Alex did not want to make another mistake, that's why he walked off. Let us imagine he kept going. If he kept going, he could have finished his routine and still could have gotten a good score. Therefore, it is important to finish what you started and have the persistence to be able to complete your responsibilities. In other words, competition is good for you because you can learn persistence.



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Lastly, competition can also teach you to enjoy yourself so you can have fun in any race. Enjoying yourself means to be happy and to spend time with friends. When Julia was running and racing for first, she saw everybody else crossing the finish line and she thought, “Everyone finished. The prize doesn’t matter now.” Then, Julia stopped and walked sadly off the track because she thought that her coach was going to be mad at her. Picture Julia continuing and never having that thought. If she kept going, she still could have had fun even if she did not finish first. Furthermore, when Ryan was in a volleyball competition with his team, they were losing so Ryan thought, “There is no way we can win now.” and he ran off the court. Suppose he had faith that they were going to win, and he just enjoyed being with his friends. If he had stayed, they still could have won and had fun. On the other hand, when Jon was playing hockey, he tried shooting the puck at the goalie to score and missed. He knew that he was not good at hockey, but he still had fun because he got an opportunity to shoot. Therefore, competition is not about winning, instead it is about having fun.

It is clear to see, learning to work in a team, being persistent, and enjoying yourself are all part of a competition. Even though you might not win all the time, competition teaches people to be better. As a result, instead of being angry or mad that you lost or you are losing, be happy that you did your best and there are other times you might win. So the next time you are in a competition, don’t think you are losing, just keep going because many people have said, “Competition is not about winning, it is about having fun and doing your best.”