

Sport's Director,

My name is Anthony Houk at the start of last year I passed all classes. However, after swim was over my mother was having money problems. She was getting angry with our financial situation. I felt like it was my fault. That is when I started thinking about it during class. Due to the family stress my grades began going down in all classes. I eventually started cutting my arms. I even dragged my left arm on a sharp wall that gave me friction burns. I have a scar now it is surrounded by some of the cuts that scared me as well. It is a reminder of what I did and what happened to me. I can't do that again because it didn't just hurt me, it hurt my family, and other people who care about me. I know now how I handled the family stress was wrong. I should have asked for help instead of punishing myself both physically and in my academics. Swimming really helps me stay focused and feeling better. I am asking that you allow me to participate in sports— thank you for your consideration in this matter

Sincerely,

Anthony Houk

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