

Swim Team Will Be Good For Me

I have been swimming for a few years. Last year I had to stop swimming because I had some weight loss issues so I was really looking forward to being on swim team this year. I've always loved to swim, it's my passion. My grades have not been the best all of high school.

If you just look at my grades you would probably just think I'm lazy or don't care about school which is not true at all. My mom was sick with ovarian cancer for 6 years which was stressful for me and gave me anxiety. I first started out at West Linn High School. Freshman year is I was having very bad anxiety which made my grades drop. I didn't have anxiety before high school but the new big school and the academics were overwhelming and my anxiety spiked up. I was trying to stay in class as much as possible but it was hard. My anxiety carried over to my sophomore year. That's when my mom was very sick and in the hospital a lot. She passed away October 18th 2013. I managed to stay in school and keep pretty good attendance but my grades dropped again. Later that year I transferred to Clackamas Academy of Industrial Sciences. For a while my anxiety was better. I thought I was doing pretty well in school. Junior year I was taking a lot of classes that I really wasn't interested in at all. Cais is a really good school if you like industrial science but if you don't, then you're stuck in classes you don't like. Because I wasn't interested in the subject I wasn't making good grades. I still tried of course but my grades did not make it look like I was trying. I transferred to OCHS this year and I like this school the best so far. But this year I've been pretty stressed out again. Two family friends died and that impacted me more than I thought it would. It brought anxiety and emotions from the past.

So right now my grades are not good. I'm really trying to bring them up. They are pretty close to being passing grades. I really think being on swim team again will help me and make me do better in school. Exercising is very good stress relief.