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This Years Superheros

This year has been great yet tough; many people have supported and guided me through it. Two people that I am especially grateful for this year are my mom and my swim coach. Whether I am struggling with schoolwork or nervous about an upcoming swim meet, I know one of them will be there to help me and make sure I feel great about myself.

Earlier this year, I had eye surgery and was out of school and swim practice for some time. During that time, I specifically remember two things: One, my swim coach kept asking my mom when I would be back at practice and that he hoped it would be soon; And two, my mom taught me everything I missed in school so I wouldn't be behind. When I went back to school, I was ahead and aced all my midterms. When I went back to swim, my coach spent extra time with me and made sure I caught up with the group and didn't fall behind. My coach worked with me so much that the meet I had that week was probably my best meet of the year. I dropped in all my times—which is really good—and I qualified for a special swim meet.

My mom has helped me massively with schoolwork this year. From writing prompts to studying for hard social studies tests, she has always made time to help out my brother and I. I wouldn't be where I am today without my mother's help, and I am extremely grateful for her. Every day, she makes my lunch, drives me to school and swim practice, and makes sure I'm up to date with all my things. My mom is like a superhero, making sure she's always there for my brother and me and still manages to make time for herself and her well-being. She is always in a good mood, making me happy when I'm glum. Even if she isn't in a good mood, she doesn't show her negative emotions to me, but rather she acts as perfect as can be. I admire this about her because if I had to deal with my stubborn self while also in a bad mood, I would probably break.

My coach is the most devoted person I know. He's 25 and just finished college, yet he still puts a lot of work and energy into each of his swimmers. He's my only coach and has trained me to be a motivated athlete. While he is a very tough coach and isn't always the nicest, he has pushed me throughout the years to be the best swimmer I could possibly be. I just recently fractured my foot and wasn't able to kick it. However, Coach Abe made sure he found something for me to do so I wouldn't lose my skills. I just went to a swim meet this weekend after coming back from an injury, and I dropped a lot in each of my races. For example, in 200 IM (which is swimming two laps of each stroke nonstop) I went from 2.56 minutes to 2.47 minutes. That's 9 whole seconds! I know I wouldn't have been able to achieve this without my coach's help. Coach Abe is like a superhero because of the way he manages all his swimmers. He makes sure everyone is doing well and everyone is on top of their game.

I've chosen this year's superheroes because of one thing, which was help. I've received help from many people, including friends and teachers. However, nothing compares to the help I've gotten from my mom and my coach. They've pushed me throughout the year and have changed me for the better.