

第三名

THE MOST

應三乙

林欣諭

During the life of senior high school, a Frisbee team brought me the most unforgettable experience including friendship, joyfulness, game rules, and cooperation. Although it was hard for me to play frisbee well, I had a lot of fun and wonderful experience in this frisbee team.

Many frisbee games are held in Taiwan every year. When I was in the first year of senior high school, one of my classmates, Wendy, invited me to attend the frisbee team. Since then, Wendy and I have got along well with each other. With the coming of the competition, my teammates and I practiced hard every twice a week after school. Even if the school day was off, we still kept practicing at the playground. Although we felt exhausted, we never gave up. I believed that if we practiced as hard as possible, we would improve our skills. As the proverb said, "No pains, no gains."

Speaking of the first time in the frisbee competition, I was so nervous. For one thing, I was not familiar with the game rules and skills. For another, unluckily, we confronted with a strong competitor at the first and second games. Perhaps due to the deficiency of stamina and skills, we lost the chances of attacking and failed to defend successfully. At last, we lost the first and second game. However, we won at the third game because of the coach's encourage. Finally, we won the fourth place in this competition. After the game, all of our teammates were disappointed. Nevertheless, I thought everyone in our team had become closer because of cooperation. Besides, it could be found that the effort didn't mean to be equally paid. On the other hand, working hard toward the target gave me a sense of achievement and fulfillment.

After the first experience of frisbee competition, playing frisbee has become my favorite leisure activity. I usually play it with my classmates during the physical education class. Playing frisbee can not only reduce my pressure but also make me become healthier. The memory of the first time frisbee competition will always keep in my mind. It is the most unforgettable incident of my high school life.