

Success

“Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable,” (Wooden 3) but success doesn't come over night. It all began freshman year with intense, 102 degrees, dry mouth summer workouts consisting of muscle tearing weight lifts and excruciating, “hell week” conditioning. This became a never ending cycle throughout the seasons of my high school career. Being one that has completed all the training preparations, I've learned that it's not always about the hard work accomplished at practice or in the classroom on your teacher's time. What makes me a 3.77 GPA student athlete is the desire to improve outside of the classroom and the football field. Whether I'm running sprints after practice to increase my endurance, or staying up an extra hour until I feel I am prepared enough to succeed on tomorrow's test, I understand that if I'm not getting better as a person, then I'm getting worse.

Whether I'm playing football, basketball, or running track, the strength of our team is not determined by one person, but by the levels of commitment and competition of all. To climb the pyramid of success, teammates must have trust in one another, that he or she can, and will get the job done, so everyone can play fundamentally sound and with cohesiveness. To bring out the best in one another, teammates must compete every day, in practice and in games. One of the most amazing experiences in my life came through playing football. My senior class of 2009 is the only Johansen Viking football team to outright win the Modesto Metro Conference. We've achieved something that seventeen classes before us couldn't achieve. I've grown and learned to embrace opportunities because this could be the last year I ever step on a football field again; no game is guaranteed. I can only make sure that I'm giving my all, day in and day out, because I can't fool myself when I look in the mirror. It's peace of mind, knowing that my teammates and I succeeded where all those before us have failed.

Together we go to war. Together we shed blood, sweat, and tears. Together we have one heart beat. On Friday nights it's all business; our paycheck for a grind out week's worth of practice. As we walk out to our battlefield, dressed in purple and black, we mentally prepare ourselves for the task ahead of us. I look to my left and then my right, and confirm that I have their back, as they do mine. From the opening kickoff, down to the last second of the forty-eight minute run off, we are at war. It all starts up front; the linemen, trench warfare specialists are where our offense begins. They engage the enemy and create holes and lanes that allow our

backfield to gain yardage. The quarterback, the commander of the squad, directs our cadence and delivers the ball either by a throw or a handoff. I'm in the backfield, the legs of our offense, and also a potential threat due to the work of the offensive of the line. Together we outscore opponents by an average of twenty points a game. Together we average over three hundred rushing yards per game. Together we succeed, but without one another, we fail.

Defensively, we're tough as nails. We each compliment each other to bring out strong points in one another. Our defensive line, the blockade, clogs holes and prevents the enemy from crossing the war trench. The platoon consisting of two linebackers and two defensive ends, are heavy hitting soldiers that halt spilling enemies in their tracks. The final part of the defense is the air patrol, including two safeties and two cornerbacks. As part of the air patrol, my job is to lock down receivers and make key tackles on outside runs. Together we go to war. Together we shed blood, sweat, and tears. Together we have one heart beat.

Life will definitely throw its twists and turns at you, but how do you react? Do you hang your head and wait for devastating moments to pass, or do you rise above adversity and become the heart of the lion? I'm most definitely the heart of the lion. I create my future, my future doesn't create me. So for as long as I'm in control, I'm going to improve my life every day by becoming a better me. Academics are the soul of me. Although I am a student athlete, I am a student before I am an athlete. I rely on my education, not my athletic talents to lead me to success. I am currently ranked sixth out of my four hundred and fifty-two senior classmen. I'm not one to boast about my accomplishments, but I have worked diligently and hard to overcome stressful school obstacles to earn the grade I was given. As God guides me through adversity and allows me to pursue through hardships, I've learned to never be satisfied. Tomorrow isn't guaranteed, so I must live life to the fullest and continue to grow as a human being. Perfection is a goal that can never be reached, but it must always be the objective.

By,

Deven Cannon

Class of 2009