



THE POWER OF HIGH SCHOOL SPORTS AND ITS ABILITY TO POSITIVELY SHAPE A YOUNG PERSONS LIFE

Angus Reid

Today's world offers our youth endless outlets to give their attention to. But how many of those outlets are truly helping shape our youth into mature adults? It is our responsibility to arm our youth with the necessary skills and confidence required to not just navigate but ideally excel in the world today. High School Sports still offers one of the greatest environments to accomplish this essential task.

Angus Reid is a product of such an environment. A high school drifter that lacked direction and any belief in himself was completely transformed as a person after being invited by a high school coach to come out for the football team.

This is a story of how high school sports molded so much more than a capable athlete. It gave Angus the skills and modelling of those skills to take the sports coaching and transfer it to everything else in his life.

High School sports is so much more than winning game and building memories. It can and needs to still be a viable outlet for our youth to learn about themselves, and how best to become a person that is ready to compete and win the most important game of all - Life.

