

Endurance in Life and Sport - by Jamie, November 2025

Sports play a big role in my life. I do all types of sports and enjoy trying new ones whenever I can.

My favourite sport is tennis, which I have been playing from a young age. I have volunteered at events at my tennis club and have had opportunities to work in tennis camps, which I appreciate.

When I help coach, I believe in teaching the value of endurance. Endurance is the idea of having physical and mental strength, not only in sport but also in everyday life.

My study passage is by Viktor Frankl. He said, "If you can find your why, you can bear any how." Viktor Frankl was born in March 1905 and died in 1997. He was a survivor of the Holocaust and a psychiatrist. He later wrote the book *Man's Search for Meaning*, which described his experiences in multiple concentration camps.

I have chosen my study passage to be about endurance because it connects to my journey of being a tennis coach and the lessons I have learned playing tennis throughout my life.