Intro paragraph

Hook--My first boss told me that he hired me because I was a wrestler, he could tell by the way I carried myself and by the way I shook his hand. Background info--*There is currently an argument going on in the United States…* about the nature of competitive sports. Some say that competitive sports are detrimental to young people because it takes away from time normally spent with family doing family activities. Others believe certain lessons in life can be taught and understood through competitive sports. Claim--Competitive sports are beneficial for young people Reason Number 1 (BP1)because they teach young adults the advantages of being healthy Reason number 2(BP2)--and eating right as well as teaching them valuable life lessons on leadership and accountability.

**FIRST BODY PARAGRAPH**

Topic sentence-- *The first reason why* competitive sports are good for kids is that they teach healthy lifestyles both in fitness and in diet.

Quote set up (who why where—the more the better)--Jordan Burroughs, national wrestling champion from Nebraska and Olympic gold medalist said in an interview with the Cornhusker Weekly

Quote-- that, “Because of wrestling, I know how to properly eat. I have been managing my weight since I was a very young wrestler in middle school. I know what foods to eat and what foods actually hurt me. Because I compete in wrestling, the diet for the rest of my life is established and I am so grateful for that.”

Analysis (usually half, if not more, of the paragraph)--These words from Mr. Burroughs drive home my claim that competitive sports teach a healthy lifestyle and diet. Wrestling is as competitive as a sport as they come and one of the foundations of this sport is health. In the quote, Burroughs mentions that through wrestling, he is aware of foods that actually *hurt* him. In wrestling, the amount of physical demand is tremendous. Being aware of how foods affect your performance is essential to being successful—when I ate this, I felt like that… but when I ate this, I felt like that… Believe me from experience, before a wrestling match, the last thing you want to do is eat McDonalds or fast food. You feel weighted down and sluggish. However, after eating fruits and vegetables, you feel energized and efficient. The unfortunate truth is that in America there is a major problem with obesity. Thousands of people, including youth, are severely overweight. Many eat foods that are bad for them and instead of preparing healthy meals, eat foods that cause them to gain weight and prevent maximum performance. Consequently, their quality of life is lowered and in many cases, shortened. In reality, many of these unhealthy eating habits are a result of simply not knowing how to eat right. Many young people are never taught how to eat right and just eat what is easy and what tastes good. Learning a healthy, balanced diet at a young age can lead to a healthy habits for an entire life and allow a person to live life to its fullest and competitive sports are one of the best ways to teach this important, potentially lifesaving lesson. This is probably why Burroughs says he is grateful to have learned this early in his life. **Concluding phrase/thought:** And so, if everyone learned this lesson, the world would be a happier, healthier place.

**EVERYTHING YOU NEED TO HAVE FOR BODY PARAGPRAHS**

**Topic Sentence**— The second reason why comp sports are….

**Quote Set up (who, Why, Where)**— Bill, this guy, in this article said…

**Quote—** said, “\_\_\_\_\_\_\_\_\_”

**(Transition into)Analysis—** This is important because…..

**Summarizing transition (“in conclusion”) let your readers know that the paragraph is ending. Concluding thought—** in conclusion….. if we don’t change, this will happen…..

**How to set up a quote**

Quote #1: “In the wrong environment, certain animals can show severe signs of stress that often times leads to hearts attacks.”

Who said it (name): PETA

Why are they credible? They are the largest animal rights organization in the world; more than 6.5 million supporters and members

Where was this written? On their website, in an article, “Pets in the classroom”

**Now, put it all together…..**

**In an article called “Pets In The Classroom,” PETA, The largest animal rights organization in the world, states that, “In the wrong environment, certain animals can show severe signs of stress that often times leads to hearts attacks.”**

**What if, in one of my paragraphs, for my evidence section, I want to use personal/anecdotal evidence? Here is an example for “Pets in the Classroom”:**

Topic sentence: The second reason why pets should not be allowed in the classroom is that some students in the class may be allergic to them.

Quote set up/Quote/analysis (anecdotal): Personally, I have experienced this first hand and can attest to how damaging a pet in the classroom can be. Set up (Just in case someone wanted to check my story they would have some way to try):While attending Skyridge Middle School, during my 7th grade year in Mr. John Constien’s class, we had a class hamster. The hamster was named Grizzly and the cage was right next to my desk. The cage smelled of urine and for weeks I would go home with headaches. I thought it might have been from lack of sleep or just a bug going around until finally I had to see a doctor. After talking with my doctor, it was determined that I had an allergy. My parents told my teacher and I was moved away from the cage, but the headaches stayed. For months I hated going to class, I would feel terrible for the entire day after that class and it was always difficult for me to play sports or focus on schoolwork. **Analysis :** Students need to be at their best during class. Distractions like animals in the classroom take away from what the actual point of school is—learning…. The scene is all too common, a teacher teaching and a kid misses a major concept because of a distraction. This miss can lead to a spiral effect that can cause a student to fall behind in a major way and future concepts may be confusing or harder to learn. There are already plenty of distractions in a classroom: other students, computers, phones, sounds, and other scenes that to add another in the form of a cute animal seems absurd.Use another piece of evidence if possible: Daniel Schmidt, Biology teacher at West Morlan High School in Virginia, said in an interview with KGPW news station, “ the amount of distractions students these days carry with them around school, in class, and throughout their lives, it’s hard to believe they can focus on anything for a prolonged period of time—especially cell structure!” Schmidt paints a picture of everyday life for students these days and its true, the amount of stimulation students have on adaily basis is tremendously higher than most generations. The last thing they need is another distraction from what they are at school to do.

**Rebuttal (other side of the argument) Paragraph**

**Transition:** With all this being said, there is in fact another side to this argument.

**Counterclaim and reason: Some people will actually argue that competitive sports are detrimental to young people. My competitors will claim that sports take away from quality time spent with family.**

**Explanation of counterclaim reason:** Competitive sports do require a certain level of time commitment and my competitors are concerned with the fact that most of these sports take place after school, during the only time most families can all be together since most parents work until 5 or 6PM. 5 and 6PM are also the most common practice times for sports.

**Quote set up:**  In an article found in ESPN’s the magazine, sports writer Colin Cowherd

**Quote:** writes, “that the time required for youth sports has raised tremendously in the last 10 years. You used to be able to come home and have dinner together as a family on a daily basis.”

**Rebuttal with evidence (show us how the counterclaim reason is limited—show us evidence its limited and explain how the evidence weakens the counterclaim):** Where my competitors are mistaken is that they do not acknowledge or probably have never experienced the quality time families spend together at and during these competitive sports events. They may be right that the typical “dinner time” is lost around the table but that time is often replaced with family time spent in grand stands, on soccer fields, in wrestling rooms , and in car rides to and from these practices. I know from firsthand experience that for my family, when I was growing up, that the most memorable, quality family time was spent cheering my siblings on or my family cheering me on when I competed. Then, after the competition, whether I won or lost, my family was there for support and even though the dinner we had on most of days wasn’t at the “table” as Cowherd mentioned, but rather together, sometimes in the back of our car or in a gymnasium somewhere. **Concluding thought—**IN conclusion, know for us, we would gladly sacrifice “dinner table” time for time spent together at competitive sports events.

Concluding Paragraph:

**Transitional phrase, restate claim:** With all this being said, it should be clear that competitive sports are beneficial for kids.

**Reminders of points 1 and 2**: Olympic gold medalists Jordan Burroughs reminded us of all the health benefits competitive sports offer while successful stock broker Steven Johnson gives credit to competitive sports for his legendary work ethic.

**Reminder of the other side**: And while some say competitive sports take away from quality family time, the closer one looks and the more families they talk to—they will see that they were wrong. They will see the value and unique family time gained only through competitive sports.

**Call to action:** Children need to stay involved in competitive sports and adults should encourage them to start at a young age.