

Savannah Gomes

Physical Education: Team Sports

The unit I enjoyed most this semester was rock climbing. After the first time we went, I realized how much I missed exercising. The next day I was sore, but it didn't deter me from trying again. There was one set of walls that were supposed to be very easy. At first, I was afraid that even though they were celebrated as the easiest I wouldn't be able to get to the top. Nonetheless, I tried and succeeded—and it was easy! This instilled in me a new confidence and I went on to try walls that presented more of a challenge. Overall, I think I expanded my horizons by trying this newfangled way of exercise. I'll be more willing to try new things in the future.

I feel as though the basketball unit was the hardest for me to grasp. The confidence I gained through rock climbing wasn't yet a part of me. I was just not the type to take a chance at throwing the ball to the basket with the possibility that I would miss. I had hardly ever played before, so it was to be expected, but I didn't want to humiliate myself. It wasn't a matter of whether I was physically fit enough for it—I was exercising more when we were doing basketball than when we were doing rock climbing—because when it was taken to the root of the problem, I was anxious and I had purposely tried to avoid basketball in the past.

Throughout the video titled “The Ascent of Alex Honnold,” I was on the edge of my seat, waiting for Alex to fall off of his free solo route. Climbing without ropes on the huge and nearly impossible routes that he does is dangerous! He reminds me of Chris McCandless, but on a more toned down level because he looks saner. After watching this, I was less afraid to climb but still had doubt in myself. If anything, this intensified my fear of bouldering; I stuck to the auto-belays because I wouldn't fall hard onto mats with the rope helping guide me gently down.