

Name

Engl 101-

Formal Sentence Outline: Essay 2

[All lines here should be complete sentences]

### Meeting the Mental Challenge in Sports (Swimming?)

- I. My mantra, "If it is to be, it's up to me," introduces my internal conflict during a swimming event: the mental challenge sports require athletes to face.
  - A. I'll describe the moment before my 200 individual medley begins.
    1. I'm a high school sophomore.
    2. In my head I chant my mantra: "If it is to be, it's up to me."
    3. The heat before mine is announced, the girls step up to the block, and I realize I'm next.
  - B. I flash back to coach Ed, who yells my mantra.
  - C. I walk up to the block to get ready for my heat as my nerves about competing kick in.
    1. I'm nervous and anxious, and feel some self-doubt. I see my big opponent on my left and my friend Kara on my right and my mother in the stands. I clap my hands three times as per tradition.
    2. I position myself as the buzzer sounds, and I launch into the water.
- II. The race challenges me physically but even more mentally.
  - A. The butterfly—two laps
    1. ?? Include description—show readers
    2. ??
  - B. The backstroke—two laps
- III. My time during swim camp challenged me physically and mentally, especially since I didn't make the team to swim the English Channel.
  - A. Grueling schedule
  - B. Challenged me physically but also mentally—Could I do this?
    1. What I learned from not making the team
    2. What I learned was crucial to my success as a competitive swimmer
- IV. Although I am near physical exhaustion, I keep going forward remembering my mantra since winning depends on me.
  - A. The breast stroke—two laps—my mantra
  - B. The freestyle—two laps—include description—show readers
- V. I win the race and set a PR because I was able to meet the mental challenge sports create.
  - A. Feeling of accomplishment, overcoming my personal obstacles
  - B. Thesis: I won the race with a personal best time because I was able to overcome self-doubt, physical pain, and exhaustion by staying focused and determined, by having the will to keep going when my body wanted to stop. I didn't feel the need to share this Kara because it was a personal achievement that I earned.
  - C. In sports, the mental challenge of sports often makes the difference between success and failure, both for teams and individual athletes.