

Anything is Possible
Alex Smith
St. Agnes School

I believe that making someone happy, helping someone, and volunteering is very important in every community. I have a lot of experience with volunteering and helping people in and out of my community. I volunteer to help run the Special Olympics for swimming every year. I started volunteering for this program when I was only 10 years old. The Special Olympics for swimming allows disabled children and adults to compete and have fun in swimming events. They are entered in their age group and the event they want to swim in. I enjoy watching them put all their effort into their event and I love how excited they are when they win their heat. Their faces light up with joy and it warms my heart. This act of kindness of volunteering is very special to me because I am a competitive swimmer and enjoy helping disabled children and adults in the sport they also enjoy doing. I also enjoy how friendly they are and I love to talk to them before and after their races. They are always smiling and put their heart into it. This is a wonderful program all people should volunteer for.

There are also many other Special Olympic programs. There are sports from basketball to bowling that disabled children can get involved in but also anyone can get involved in volunteering to help run these programs. The Special Olympics helps build up confidence in the disabled and gives them the courage to succeed and participate in the sports they enjoy. I love volunteering for this wonderful program that does so much for the children and adults who participate in it.

When I volunteer for the Special Olympics for swimming I work many different stations of the swim meet. The first year I volunteered I was given the opportunity to actually talk and meet the swimmers. I was able to hold them by the hand and walk them individually to their assigned lanes. At first some of the swimmers were nervous and a little scared but I was given the chance to help them and talk to them before their races. It made me proud when I would cheer up someone who was nervous about swimming his or her race. I also got to know some of the swimmers and their families. The next time I volunteered I timed the lanes and kept track of the time they went for that race. I enjoyed doing this as well because I was able to congratulate them after their race. It felt so good when I would give them a high five and say, "great swim," after they would finish. It lit me up inside to see them beam with pride after finishing a race. This program allows disabled children and adults to feel proud and happy about sports they are good at. It also gives them courage to always believe in themselves.

I think that everyone is given a chance to volunteer or help his or her community in some way. There are so many charities, programs, or even local projects for you to get involved in. Volunteering for the Special Olympics, especially, but also all of the programs I have volunteered in have made me a better person and enable me to feel good about myself and to also know in my heart and mind I have helped someone in need. Everyone should volunteer or help in some way. Any act of kindness can make the world a better place.