

Sabrina Kinzley

Most Memorable Teacher/Mentor

I am nominating my high school lacrosse coach, Floyd Samons, for Most Memorable Mentor because I have never known someone who is more inspiring, encouraging, and dedicated. Floyd was a volunteer coach for my club lacrosse team, and he not only showed us his love of lacrosse but his love of life. He always told us to do what we love and give 100% when we did it. He said if we were not giving 100% then it wasn't worth doing. That was how we worked at practice. We gave everything we had every day. We worked hard and learned the game, but even more importantly we learned about ourselves and what we are each capable of.

Floyd always told us that if we put our mind toward something we could do it. He then let us prove it by putting us through rigorous two-hour practices in Arizona's 90-degree heat, and then lining us up afterward for sprints. As we stood on the line each evening, he would tell us that if we put our mind to it, we could accomplish these sprints. There were times when I doubted him. There were times when I was so tired I tried to think of any reason not to get back on that line. If I had told him I couldn't do it or that I wasn't feeling well, he would have let me stop; but how could I stop when other girls went on? How could I stop when Floyd believed in me? That was when I knew he was right. No matter how tired I was or how worn out, I always finished those sprints.

At the time I thought those sprints were there to get us in shape. Now I know they were for much more than that. I have never felt more accomplished than after finishing sprints at the end of practice. Through those sprints, Floyd showed me that



I had more inside of me than I gave myself credit for. He showed me that no matter how hard something is, I can do it if I just keep going. Like the sprints, the things that are the most important in life do not come easily. The things I have worked the hardest for are the things I am the most proud of.

I am now a senior at Baylor University, getting ready to graduate and go to nursing school. I have continued to push myself since high school and have found myself often thinking back to Floyd's sprints as I study for yet another exam or start another rigorous semester. I keep my future goals in sight and I remind myself that this is worth doing, so I give 100%. Floyd showed me that I am capable of great things, and thanks to Floyd Samons, I will accomplish those great things. I have put my mind to it.