

## My Inspiration

By Abby Beech

“Work going up, rest coming down”

Over and over he tells us,

“Work going up, rest coming down”

Coach Thompson doesn't care if you can't be the best

He wants you to be your best

And no matter your age, gender, or race

He'll help you achieve that

“If you can't lead, get out the way”

When I joined track,

I couldn't imagine leading

Shy and slow

I was nervous to try

In one year

Everything's changed

He's been coaching for over 30 years

He always told me I could do good

But I didn't believe it at first

I'm going to high school next year

Leaving my track team behind

I don't know

What it will be like

But if I've learned anything from track,  
It's that your only boundaries  
are the ones you create yourself  
And I want to thank Coach Thompson  
For helping us overcome them