

Take a Break

Heart pounding and sweat dripping down her face, Carmen dribbled the basketball toward the hoop. She could hear her team running up behind her as she stopped, took the shot—and missed. Carmen groaned.

Coach blew her whistle. “It’s okay, Carmen. It’s only practice.” she said. “Let’s take a break, everyone. Get some water.”

The others headed for the benches, but Carmen stayed on the court. She took a few more practice shots, missing each one.

“Carmen,” Coach called. “Did you hear me? It’s break time!”

Carmen wiped the sweat from her forehead. “I don’t need a break, Coach. I need to practice.”

“Everyone needs a break, Carmen,” Coach said. “Even the best athletes need to rest. It gives your body a chance to recover. If you don’t rest, you’ll burn out—or worse, you’ll hurt yourself.”

“I hadn’t thought about that,” Carmen said. “Okay. I’ll get some water.”

