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# MY PERSONAL MICHIGAN HERO

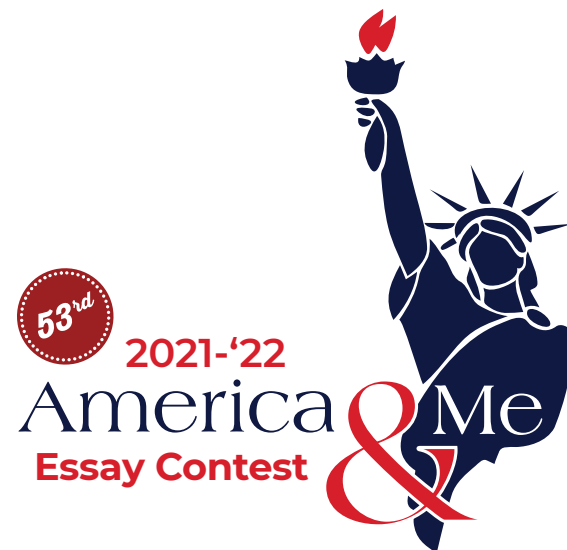
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My personal Michigan hero is my football coach. Coach MacLean gave up three hours of his day every day to help us improve at football. He left early from work most days just so the football team could have practice. He sacrificed his time every day to go to practice. He also does not get paid for being the coach. After practice, he sacrificed even more of his time to watch the film of our previous game and give us tips on how to get better.

Football practice allowed me to get my mind off the pandemic and focus on something that I love. Those few hours every day at football changed my day for the better when I went home and started my homework. Not only did he give the team tips about football, but he also gave us tips about life. One of those tips was to always be built for others (BFO). Being built for others means that you put others before yourself, and you should always take the opportunity to help someone when you have the chance. He had BFO put on all the team shirts to remind us to be kinder to people. He always says to do at least one kind thing throughout your busy day. He tells the team stories of built for others; things he has seen in his life. This inspires us to help other people. At the end of practice, he always tells the team to help out your parents. He created a parents' weekend during halftime of one of the games during the season. During halftime, the parents get honored in the middle of the field, and the players each give their parents a rose. Coach MacLean bought the roses with his own money.

At the end of the season, he takes the team to a nursing home to visit the elderly people. We couldn't do it this year because of the pandemic, but at the end of each practice we pray for them as a team. At the end of practice, he tells us to always help out the elderly when you get a chance. He tells the team if you serve others, you will be happier in life. At practice, he teaches us football, but he also teaches the team character. Before games, the team would go to mass in the morning and pray. He would

tell us to pray to do our best, and not to pray to win. At the beginning of the season, Coach MacLean would wake up early to attend our morning practices which would cause him to miss work. Then, in the afternoon, he would come back to our evening practices which would go to nine P.M. At the end of the season, Coach MacLean would schedule games during his work hours if it was the only game time he could get. He would miss work to go to those. He would also schedule games really far away just so we could get a game in every weekend. That is why Coach MacLean is my Michigan hero.



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