

Basketball brings more than weight-losing.



Basketball brings you more.

Want to achieve weight-losing in your basketball ways? When falling in love with basketball, it seems basketball brings more than weight-losing. What's more, taking part in the teamwork definitely brings benefits.

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His last basketball match was undoubtedly great. No one likes failure, especially successive ones. While for Sun, it's no doubt that he has become a legend in Journalism Institution history not because his amazing performance and leadership in the team, but also the unbelievable "self-changing" in his

last 4 years college life.

At April 4th, [this year's School Basketball Championship](#) started with many people's craziness and enthusiasm. Journalism, last year's champion, showed great passion and competence in their first match against team Universal Culture Communication in a big margin. Sun Xuning, captain of Journalism, scored 21 points in this match, surely the highest and best performance above all, which was definitely usual compared with last year.

Things went steep after first match. Everyone had not imagined the situation changing so sharply that it gave no more time for them to scrutinize whether they had lost something.

It surely belongs to the absence of Sun, though his teammates had dedicated their whole personal power to attain the victory of the later 2 matches which sadly turned out to be lost in a row. Sun is in grade 4 and have to pre-find a job which meant he had no time and energy to lead the basketball team and play with his great teammates again. However, Sun made the decision, coming back to school and play the first match for his team.

"I merely go outside for anything before college. When I'm in grade 1, I nearly weighed 100 kg, a typical big fat guy. I decided to change immediately, or I would have no chance, no time and no passion when I go into higher grades", said Sun. "He has no other hobbies except basketball, so, with no hesitation, he just take a ball and go directly to courts and play until after dusk", teammate Tao Guilong said. "We're all proud of him seeing him successfully lost weight and changed to be a 80 kg ,pretty strong guy!" said scoring guard Zhu Yanchao.

"If we believe in what we do, then there's no big deal to be afraid about", said Tang Xiaobo, vice-captain of Journalism team, when asked about the prospect in this year's School Cup

basketball game.

“Actually we are still competitive even without Sun”, center-forward Cheng Yi showed a big confidence facing the absence of the one who used to lead them to win the final champion last year.

On the other side, Sun has a more different opinion, “I don’t think it’s the most important to win a certain championship or to show people that we are always the NO.1 team and unbeatable, in my view, playing basketball brings more than victory and failure, and personally speaking, more than losing weight to 80 kg . Communicating and working with a couple of interesting guys shows me what basketball, even sports, means to us modern college folks.”