**Introduction: Hooks**

**1. Dialogue** “ One minute and you’re up!” The words came from my head wrestling coach, whose voice was like a gunshot in my ears. That day, he yelled for one reason. The one reason that had everyone in the wrestling world stomachs’ turnover and do a flip off the high dive. The one reason that anyone had ever taken a sport seriously. The one reason that was able to destroy your pride, or make the leader of the pack in just six minutes or less. This one reason, was varsity wrestle-offs.

“Monster!”

I groaned with annoyance at the shrill cry of my mom.“What?!” I called back.

“Go get dressed and get ready to go!”

“Why?” I moaned in exasperation as I march to my room like a soldier marching into battle.

“Because, I told you to. Besides don’t you want to go to your sister's cheer practice?”

“Not really,” I muttered to myself as I slide into my room and toss my book onto my bed. The day we first met, I thought nothing could go wrong.

**2. Description of the setting or a character**  
 My bare heels stamp against the hot pavement of the street. The air is palpable and leaves sweat sitting on my forehead. My mother is holding my tiny hand in hers as we make our way up the street on a blazing summer afternoon, our feet tracing the path we use just about every other day. We reach the doorway, open it, and instantly the smell of cigarettes and cat litter fill my nose and lungs, making it hard to easily inhale. Warm welcomes and the two bright smiles of Jeff and Lisa make my heart smile, and suddenly breathing doesn’t matter anymore. This was family.

**3. Highlight the lesson learned** Children always think that when they make a best friend, this friend will stay with them forever, hence the title they came up with. Best friends forever, this is not only a title but a promise between the two children. However, things can get in the way of this childhood dream of having a best friend. Sometimes it’s a mutual conclusion that the promise is over, maybe it was a extremely vicious fight, but we never imagine we will lose our so called best friend to something as hideous as popularity.

My mother would always tell me that family comes before friends. Whenever she would tell me this, I would think lightly of it; sometimes not even paying attention. Most teenagers these days don’t even think about family. All they care about is going out with friends and having a good time. They don’t realize what they are truly missing. I’ve been one of those careless teenagers, I went out with friends having a good time and not caring about anything, that is, until I got home one day and woke up the next morning to realize I made a big mistake.

**4. Include important background information** When I was six, I started playing golf. I was absolutely dreadful.The ball seemed to disappear off the tee right before I swung and somehow made its way back.. Lucky for me, a golf course was planted right next to my house, so I could just walk up to the nearest hole to practice. By my eleventh birthday, I was practicing with the high school golf team and scoring in the low 90’s. My parents thought I was some prodigy, so they enrolled me in a tri state golf tournament, including participants from Wyoming, Colorado, and Nebraska.

**5. Quote from a famous person, book, movie**  Make sure to explain how the quote connects to the story you’re writing about.

**6. Jump into the story right before the climax** Write a few sentences from the middle, most interesting part of the story, but don’t give away the ending! Then, start your next paragraph at the beginning of the story. This catches the reader’s attention.