**UC ESSAY 3**

**What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?**

Competitive swimming is nowhere near leisure,

But it’s to my liking as rivals feed my hunger.

No matter how hard the drill, this is my “Eye of the Tiger,”

This rhyme may be too forceful, but it makes me train that much harder.

Aye… the backstroke is what I evoke now,

For this is the style that could take me the fast mile.

Aye… it is my backstroke that makes all my rivals bow,

It is the only style that could make me widely smile.

The rap/rhyme above is the shortest way I could express myself about swimming: an indispensable part of me. The competition, the rush, the hurdles; I love every bit of it.

Ever since I was small, I would constantly indulge myself in outdoor activities – particularly those that are water-related. Be it in a beach in Bali or a water park, my arms and legs would automatically paddle out of joy, unafraid to sink below deep waters. Swimming has simply been blissful for me, up to a point where I took the initiative to attend rigorous lessons in primary school.

Backed by my parents’ eyes for potential, they upgraded the intensity of my training as I began to specialize in backstrokes. Unfortunately, swimming is an underappreciated sport in Indonesia, limiting the available facilities and resources. Yet I always manage to convert that missing hole into a burning desire to hopefully change that one day.

Several documentaries, race recordings, and human anatomy analyses later, I realized that swimming is not fully correlated with the physical act of gracing the waters. Physical conditioning is key – an aspect I carefully unlocked through synthesizing scientific articles, yoga and cardio-related YouTube channels, as well as the proven track record of people around me.

In 2017, I participated in the national championship – breaking my personal best record and winning third best – earning me a place in the national team. Yet it is not only representing Indonesia at the world stage that made me proud, swimming has also helped me develop a spirit of excellence I use to approach other areas in my life.