**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 training, this is my “Eye of the Tiger,”

This rhyme may be too forcing, 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.

I am what people say the “reserved” type. The rap/rhyme above is the shortest way I could express myself about swimming: an indispensable part of me. The competition, the rush, and the hurdles I love every bit of it.

First off, I enjoy outdoors especially beaches, water parks, and Bali. Basically anywhere with water-related activities. My arms and legs automatically paddles (with joy not from fear of sinking) whenever I dipped into bodies of water. So, I begged my parents for swimming lessons in grade school.

As I got better a couple years later, I desire for more. What began as pure bliss from swimming thrice a week got an upgrade to the “Need for Speed.” Private lessons wasn’t enough. I glanced upon swim teams competing with each other and said, “I want THAT!!” surprising my parents and instructor with my uncharacteristically burning desire to compete.

Backstroke happens to be my specialty. I kept honing my techniques until I reached my limit. Unfortunately, swimming is an underappreciated sport in Indonesia and, thus, facilities are limited. It was frustrating, but I always refer to forceful rap/rhyme to lift my spirits.

I continue to seek ways to break my limit. Several documentaries, race recordings, google searches, and human anatomy readings later, I realized that swimming doesn’t always got to do with swimming. Physical Conditioning is Key: scientific articles, fitness Youtube channels, weight-training, yoga, and cardio.

Marking my decade of perfecting my backstroke, building muscle mass, stretching my joints for flexibility, and “Insanity” style cardio, my long-awaited chance is near. In 2017, I participated in the national championship, broke my personal best record, and won third best earning me a place in the national team.

Little does one know what’s in store in life. Swimming has not only made me proud of representing Indonesia in the world stage, but it also pushed me to always strive for the best despite adversities. Resilience, pushing my limits, little baby steps, and think outside the box. “When there’s a will there’s a way.”