**Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.**

Turnovers piled as the opposite gained significant momentum, propelling to a 12-3 run with 3 minutes left on the clock. We called our last timeout but that is when all hell broke loose. Sarcastic jabs were thrown but it quickly escalated to roars and staredowns.

It has been a month since I inevitably left the football club for basketball. I have always been uncomfortable with change. I believed stability is like a functioning airbag, cushioning you from the axiomatic road-pits one will face in life. Nevertheless, the tussle surprised me as it contradicts the fluid practice sessions we’ve had.

Breaking up the fight was futile. I glanced at my coach, hoping he would initiate a solution yet he too was at a loss for words. And that is when I realized the absence of a key component in any team. A captain, who endures the ups and downs alongside the team. An individual who empathizes when the game goes astray but still stands upright, setting the standard for their teammates. A captain, who listens and encourages was nowhere to be found. What could the coach do if he was not one of the 5 on the court?

My ride back home was not stung by our bitter defeat but rather an extensive reflection of my role within the squad. It did not escape me that my participation so far has only been borderline satisfactory. It dawned upon me that my lingering attachment to the once active football club was shackling my potential in basketball.

Alas, realization does not constitute progress. The journey to ascend past the pothole of a substitute and garner the trust and respect from my fellow teammates was grinding. Weekends equate to arduous training and family dinners meant scoldings for my frequent occurrence of injuries. Nevertheless, a euphoric sense of accomplishment flooded me when the basketball tournament hosted by our school was held. Not only was I part of the starting 5, but all teammates were looking in my direction for the pre-game pep talk.

It has been nearly 18 months since I last shared a court with my teammates. It is easy to say more memories than lessons have been made since then. Nevertheless, when life rockets crossroads towards me, I now appreciate the opportunities that can be embraced from change.