

Playing volleyball has taught me many lifelong lessons. I will bring those lessons with me as I continue my athletic and academic journey into college.

One valuable lesson I have learned after playing 10 years of volleyball is the importance of trusting myself, my teammates, and my coaches. During this past season, I was returning from a significant injury, ACL and MCL surgery. This was very challenging, mentally, and it forced me to lean on my peers for support and guidance. Usually, I try to be very independent, so this was a difficult task for me at first. Learning to rely on my teammates made a huge impact on my season and my life outside of volleyball.

Another meaningful lesson I gained is maintaining a strong work ethic. My injury forced me to stay consistent in rehabilitation for months, even when it felt like I wasn't making any progress. Making and achieving incremental goals helped me so I didn't get overwhelmed by the big picture.

Playing volleyball and coming back from injuries helped me learn not to take things for granted and to maintain a positive attitude. Being away from the sport I love for months reinforced how important it is to enjoy every moment, even the difficult ones and to take nothing for granted.

Playing volleyball, along with working and going to school, forced me to develop good time management skills, which will be very useful in college and as I move into a career. There were many times I had to do homework while riding the bus home from a game. I made changes to my work schedule and classes to be able to fulfill all three responsibilities.

Playing volleyball throughout my life has also taught me discipline, which is a very practical skill that will be needed as I go through life. Playing volleyball taught me how to handle daily practices, show up on time, and make routines for myself. Learning these lessons and skills early on in life will help me as I move through college and my life, because I already have gained these skills from playing volleyball, whereas others will have to learn them later on.

Through my volleyball career, I have learned the importance of communication and how to manage my emotions. As a captain of my team, I have learned how to manage my emotions on the court and stay positive for my team.

Before I tore my ACL, MCL, and meniscus playing volleyball, I was planning on going to school for education. After going through surgery and overcoming many obstacles in physical therapy, my perspective changed. I now want to pursue a degree in the medical field, as I was inspired by physical therapists and being in the atmosphere of clinics. The healthcare workers that pushed and challenged me inspired me to want to help others in that way. I believe that I would not be where I am, or the person I am today without getting pushed through my injury and having the support I needed. Therefore, my sport and injury have changed my perspective on health care and have helped me choose my career path.

I believe I deserve a scholarship because I plan to use all the life lessons I have learned on and off the volleyball court to help others. A scholarship would help me afford college so I can gain education and continue to play the sport I love.