

# Omar Abuasba

Essay - (500-750 words) - Explain a situation where you had to overcome an adversity.

When entering high school, I decided to try something new, so I joined the Track and Field Team. My first day of practice introduced me to something I knew I would love, and it would be one of the most painful yet rewarding experiences.

My first practice showed me how truly out of shape I was, when I could barely finish the half mile jog. I knew I wanted to stick with it, so regardless of how rough practice was going to be, I'd try my hardest. For the next seven months, I would spend hours and hours practicing in the morning, after school, and every other opportunity I had. Two months after I began practicing, I had the opportunity to have my first race at the "Faith Not Fear" festival, which ended with a crushing defeat, where I finished 2 seconds behind the rest of my heat, in dead last. However, I held my head high after this race, because I knew I'm still new to running and there was still time to improve before the season began, right? I worked even harder through the next 2 months, but to no avail, as every race finished the same way. The scene was all too common to me, finishing in last, with my name at the bottom of the results list.

While this adversity was painful, I didn't let it torment me, but rather, I held it on a pedestal, as a source of motivation and courage. So it finally arrived, the first day of my sophomore preseason. I entered this preseason with a different mentality, the kind that made me realize that the results I wanted to see had to be earned, not given. As that practice progressed, I'll never forget when an upperclassman walked up to me and said "Omar, it's only day one, why are you running so hard?". It was there where I had a flashback to my past experiences, and how I would always come last. This motivation carried me through the preseason, as I was always one of the first to practice, and one of the last to leave, walking out with my coach as he locked the gates. However, this preseason didn't go picture-perfect. I worked through 3 separate injuries, including a torn hip flexor.

Despite this, I still worked through physical therapy when my therapist encouraged me to sign up for a race, just to see how I would perform as I was almost back at 100%. I took my opportunity and told my coach to enroll me in the 100-meter dash.

"Runners on your mark ... Get set ... Go!". With the race off, the scene began to form, as I was falling behind. I was hesitant to go all out, as my physical therapist had warned me of reinjury. It was then when I zoned out, and my body kicked itself to full speed. 13.7 seconds later, I had finished the race in first place. Those 13 seconds had completely changed my view on life, and how I should approach it.

This adversity had completely altered my life. I reworked my schedule to allow for as much practice as possible. I experienced the lowest of lows, but also the highest of highs. This adversity taught me that I can work towards anything I desire, and with enough hard work, dedication, and courage, anything is possible. My work ethic as a result of this situation is heavily bolstered, as I dedicate as much time as possible to my goals, with proof that hard work can carry me to success.

I intend to use this situation in life in a variety of ways. It has motivated me to work harder in all aspects of my life. I practice as much as possible for my upcoming senior season and have high hopes to hit a varsity time in either the 100m or 200m dash. However, I plan to use it as a source of motivation not only for myself, but my teammates and peers. If I can motivate those around me to work their hardest, as a team, we will all perform better.

This adversity has altered my life in a way I never expected when I first began, but I am grateful for the experience and how it has changed my approach to life.