

What Being Tall Means to Me

Written By: Morgan Gemmell

Being tall has always been one of the first things people notice about me. As a young woman now at 6' 2", I've stood out for most of my life, and growing up, that wasn't always easy. When I was younger, being taller than my friends and classmates made me feel awkward and self-conscious. I was always the tallest in school photos, in classrooms, and on teams, and it felt like my height defined me before people got the chance to know who I really was.

There were lots of moments and times when I wished I could blend in more. I wanted to be able to shop at stores instead of online and share clothes with my best friends. Comments about my height, even when they were meant to be kind, reminded me that I was different from other girls my age. Those moments, while hard to hear and do at the time, have helped me grow more confident and comfortable being tall, even when I stand out. As I got older, I realized that being tall is simply part of who I am and not something I need to apologize for or try to make myself small.

Playing volleyball significantly changed the way I saw myself. As I became more competitive, I began to understand that my height was not a weakness but an advantage. Being tall helped me perform better on the volleyball court by being able to play balls above the net and contributing to my team's success. Beyond the physical benefits, volleyball helped me feel more confident and comfortable in my own body. It taught me that my height had value and purpose. I was also able to make friends with other female volleyball players that were over 6 feet tall and I felt like I finally found people who understood me and who I could finally share clothes and shoes with!

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Being tall also comes with responsibility, especially in sports. Because I stood out, I felt pressure to work harder and set a positive example for others. Through this pressure, I learned that leadership is not just about strong performance, but also about attitude, effort, and consistency. Whether it was staying positive during challenging games or supporting my teammates, I learned how important it is to lead by example.

As I prepare to play Varsity Women's Volleyball at Humber College in the fall, my height represents how much I've grown, both physically and personally. It reminds me of the challenges I've faced and the confidence I've built along the way. Being tall has taught me it's okay to take up space, trust myself, and embrace what makes me different instead of trying to change it.

Today, being tall represents self acceptance and pride. It has taught me that my differences are strengths and that I do not need to fit into a certain mold to succeed. As I continue to grow as a student athlete, I hope to inspire other young, tall girls who may struggle with feeling out of place or uncomfortable standing out.

Being tall has shaped who I am and how I approach challenges. It has taught me resilience, confidence, and determination, qualities that I will carry with me as I continue my academic and athletic journey.