Rotimi F. J. Esiso

What Being Tall Means to Me

Standing at 6’5”, being tall has shaped my life in ways I never fully understood until I got older. It is one of the first things people notice about me, and it has influenced my confidence, leadership, and athletic success. Being tall is not just a physical trait. It has helped shape who I am and how I carry myself every day.

Basketball was where my height made the biggest difference. From the moment I stepped on the court, I had an advantage. I could grab rebounds over other players, block shots, and change the game defensively. My presence alone forced opponents to adjust how they played. My ability to dominate in the paint helped me consistently average a double-double, scoring and rebounding at a high level. I was able to finish plays above the rim and dunk, which became a major part of my game. Being tall also helped me become my school’s all-time kill leader, a record that reflects years of hard work, consistency, and leadership on the court.

In volleyball, my height helped me at the net, allowing me to block and attack more effectively. Even in track, my long legs helped me clear hurdles more efficiently and cover more ground with each stride. My height played a role in helping me qualify for states, an accomplishment that showed how my physical advantages, combined with discipline and training, could help me compete at a high level. Being tall gave me opportunities to succeed in sports that I might not have had otherwise.

My height also helped me grow into a leader. People naturally look at taller individuals as leaders, and I noticed teammates often looked to me during important moments. At first, I did not understand why, but over time, I realized they expected me to set the tone. Being tall made me more visible, which pushed me to work harder and be someone my teammates could rely on. It helped me develop confidence, communication skills, and responsibility. People physically and figuratively look up to you, and that comes with expectations.

However, being tall was not always easy. Growing so quickly caused severe pain in my knees and lower back, especially while playing basketball. There were times when the pain made it difficult to practice or compete at my best. These challenges tested my mental toughness. I had to learn how to take care of my body, push through discomfort, and stay

disciplined. These experiences taught me resilience and showed me that advantages often come with challenges.

Being tall also affects my daily life outside of sports. People often ask me how tall I am, and while it can get repetitive, it reminds me that my height is something people admire. I have learned to accept that attention and use it as motivation to carry myself with confidence. Being tall has helped me become more comfortable standing out instead of trying to blend in.

Most importantly, being tall taught me that physical traits alone do not determine success. My height opened doors, but it was my effort, mindset, and work ethic that allowed me to take advantage of those opportunities. Being tall helped me develop confidence, leadership, and resilience. It gave me opportunities to grow both as an athlete and as a person. I cannot imagine my life any other way, and I am grateful for the lessons my height has taught me.