What Being Tall Means to Me – Noah Royer

Being tall has always been one of the first things people notice about me. Whether I'm walking into a classroom, stepping onto a basketball court, or meeting new people, my height stands out. At first, I didn't think much about it, but as I've grown older, I've realized how much being tall has shaped my experiences, my confidence, and my responsibilities. Being tall has given me advantages, presented challenges, and helped form the person I am becoming.

One of the biggest ways my height impacts my life is through sports. I play basketball, football, and I throw discus for my school's track and field team, and my height plays a major role in all three. In basketball, being tall gives me an advantage when rebounding, defending, and finishing around the rim. It allows me to compete at a higher level and pushes me to improve my skills so I can make the most of what I've been given. In football, my height helps me see the field better, catch contested passes, and be a physical presence. In track, my long arms help me to put more torque on the disc which causes it to fly further. Sports have taught me discipline, teamwork, leadership, and perseverance, and my height has opened doors for opportunities I might not have had otherwise.

Beyond sports, being tall also helps me in everyday life and in my work. I co-own a detailing business with a friend, and my height and strength allow me to handle physically demanding tasks more efficiently. Whether I'm cleaning large trucks, reaching high areas, or moving equipment, being tall helps me work faster and more effectively. Running a business has taught me responsibility, time management, and commitment, and my height plays a role in how I carry myself professionally. People often expect maturity and leadership from someone who is tall, and that expectation pushes me to be dependable and hardworking.

However, being tall also comes with challenges. One of the biggest struggles is simply feeling uncomfortable in spaces that aren't built for taller people. School desks, car rides, and especially bathtubs can feel cramped. Finding clothes that fit properly, especially pants and shoes, is frustrating and time-consuming. These everyday inconveniences may seem small, but they add up and can become discouraging.

There is also pressure that comes with being tall. People often assume that because I am tall, I should automatically be great at sports or take on leadership roles. While I enjoy competition and responsibility, these expectations can feel overwhelming. Sometimes I want to be recognized for my work ethic, character, and effort rather than just my height. Being tall can bring attention, comments, and jokes, which can make me feel uncomfortable at times as well. However, being tall has taught me important life lessons. It has helped me develop confidence, resilience, and humility. I have learned how to stand out without letting it define me and how to handle expectations with maturity. My height reminds me that everyone is given different strengths, and it is our responsibility to use them wisely.

In the end, being tall means embracing both the advantages and the struggles. It has shaped my experiences in sports, work, and everyday life, helping me grow into a more confident and responsible person. I've learned to appreciate what makes me different and to use it to push myself toward my goals. Being tall is just one part of who I am, but it has played a meaningful role in shaping the person I am becoming.