

## **What Being Tall Means to Me.**

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Being tall means when I walk into the room I get noticed. I'm no 'Victor Wembanyama' in terms of stature, but in a sea of people below 6ft my height means I'm regarded differently. My characteristics will automatically be the catalyst for my first impression; an impression of athletic capability, leadership, and confidence.

That height is associated with these characteristics is a product of the achievements of tall people throughout history. From Athletics to Business, tall people are shown to perform better on average. If you look at CEO's or successful entertainers, you will see that a majority are 'tall'. In a lot of fields height itself can provide an advantage.

Because of this, being tall means, you have an expectation. You are often told you should be playing basketball and are assumed to be athletic. You are looked up to by other people and assumed to be confident. There is a perspective of you formed based on your height.

When I was younger, I didn't like these expectations because I was shy. I was worried that if I was assertive or vulnerable people would change their opinion of me.

Sometimes I struggled to apply myself because I believed my height was enough. In elementary school I didn't play any sports because I was afraid of not being good. In a way I was letting my height hold me back.

When I started playing sports in high school It helped grow my confidence mentally, to match up with my large body. In track and field, I was naturally fast, and in rock climbing I could reach higher than anyone else. In both sports I was proud that I could contribute to my team winning meets. Many of my climbing and running inspirations are tall(Adam Ondra and Grant Hollaway to name a few), but height is not conclusive to being a great athlete. Being tall means, you have the opportunity as well as the responsibility to work hard and become great.

As a tall person you also have the responsibility to use your attributes positively.

Because of my height I was viewed as more mature than many of my friends, so I was able to work sooner, even though this was probably not true. My experiences being insecure as a kid, made me want to work with kids, so I got jobs as camp counselors, and instructors. One job, as an instructor for a youth track camp, showed me how I could use my own experiences to build confidence in children. I was also able to use leadership to connect with my peers. I started a Music Club at my school and brought together many different people to connect over our favorite bands and albums. Being tall gave me the motivation to live up to expectations and become a leader.

The traits that I believe come with being tall have always been exemplified by my dad(6'4). At his workplace he is constantly leading transportation projects and helping to design a better city. At home he is cooking, leading family excursions, or building something. These traits of leadership, helpfulness, and bringing people together are what the character of a tall person should contain. Overall being tall means a responsibility to others and to yourself. When people view me a certain way or ask me to grab something I believe it is a compliment and a challenge to become the best version of myself. This is not exclusive to tall people; we should all use others' attention to improve and become confident in ourselves.