

*Prompt 2: The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?*

Succeeding in many stressful competitions and fearsome results, I had finally made it to the end of the dance season. After all the competitions were complete, I thought I could take a break. To conclude the suspenseful year, the recital had instantly approached. The recital cuts the difficulty of competition in half. Every week in June we practice everyday. It was late Thursday night and I was eager to go home, as my teacher repeatedly said "again." Halfway through the next attempt I leap highest in the air to the fullest ability. on the way back down, SNAP.

Coming to the end of practice I pulled two ligaments in my ankle and the remaining time I had to sit out. I was caught up in the frustration of knowing that this was going to be a setback. I really wasn't opposed to the idea of not dancing on Saturday. I took the next day very easy to rest up for the recital. I proceeded to dance the whole thing but was in a ton of pain.

At first, my ankle did not trouble me and I thought it was a tiny sprain. A couple weeks had passed with irritation and impatiences getting around. The doctor had explained that it was more than a sprain. I had torn two ligaments and had an ankle brace for four aggregating months. The hesitation of going to see a doctor got me three months of physical therapy. While I was going to physical therapy there was no dance for a while.

Summer classes are a very important part of dance to strengthen your technique and build muscle. All summer I was absent from class and the start of the start of the season. During the summer time we spend lots of time learning new choreography. It

was very difficult learning multiple things when I went back to dance. I was lacking lots of strength when I went back, so I had a tough time getting it back.

Once I was completely healed from my injury there was no second guessing going back to dance. Overall, I was able to get back in the groove after many long months. After this set back from dance, I pushed and tried my hardest to get back to normal. This taught me how to build back up my strength fast and become a stronger dancer.