**1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time. (349 words.)**

For the past two years, I have worked on the sidelines of games for a neighboring school’s football team after leaving my school’s sports medicine program. Our resources are lavish: we have thousands of dollars’ worth of machinery, bursting cupboards, and a multi-personnel staff along with 40 trained students. When you enter the neighboring school’s training room, however, you see barren cupboards, an ice machine, and two tables for their entire athletic program. The staff consists of a single doctor.

When I was asked by the doctor if I wanted to help out for one game so I could see the action from the sidelines, I gladly said yes. I got more hands-on experience with taping and assessing player injuries than I had gotten before, and have greatly improved my medical skills and knowledge of biology.

Although I received flak and push back from members of my own school, it never made me question what I was doing. I was called a traitor and someone who had betrayed my own school, sometimes jokingly, more often not, from students at school and members of the CHS team.

When confronted by our athletic director I was told to “show some home spirit for once and actually work one of our games.” I explained to him why I was working, the state of the neighboring school’s sports medicine program, and that there is plenty of support at my own school. He told me the other school’s funding issues were their own problem and I didn’t have to fix it.

I love my school and am grateful for the community it provides, but I didn’t understand how they couldn’t see someone else needed help and it could start with one person, regardless of school association.

At first I was hurt by the comments and didn’t have the courage to respond to them, but realized I valued working with the team much more than what others at my school thought of me. I have furthered my understanding of the importance of dedication, spirit across the board, and putting effort where it is needed most.