WHAT CAN WE LEARN FROM OUR OLYMPIC ATHLETES?

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The year 2021 was a blessing to the Philippines in the sports sector of the country. This is the very first time that the country received its gold medal in the Olympic games. This was through the efforts of our Filipino athlete Hidilyn Diaz. She was the national candidate for the Tokyo Olympics 2020-2021 under the weight lifting female category. But her road to gold was not that easy.

For several years, Hidilyn had the chance to play in the Olympic games from a losing streak to finally a golden medal in a span of many years. This is a result of hard work, perseverance and dedication. It is not a result out of a whim or through over night chance which others might think. She has dedicated her life to training having the aim of snatching the gold medal given the opportunity and the fate was in her favor.

On the other hand, we also have Carlos Yulo. A formidable contender which all Filipinos were expecting to also bag a gold medal in the Tokyo Olympic 2020-2021 Games. Sadly, Yulo was not able to meet the expectations of the Filipino people.

Prior to the Olympic Games, Hidilyn was considered by the people as the underdog and Yulo was hailed to be the person that will end the Filipino yearn for a gold medal. Ironically, what happened was a compete turn around. Yulo lost and Hidilyn brought home the gold.

The Filipinos can learn so much from this historical event. One of which is that we can never really under estimate other people’ capabilities. Driven by commitment, along side with negative experiences, Hidilyn used these to fule her desire push herself beyond her limits and surpassed them eventually. This is one behavior that people can and must
emulate. Negative experience may seem to weigh us down. In the case of Hidilyn, she used that weight to train and lift not just the heavy weights of the equipment she uses but also the heavy weight in her heart. She succeeded her critiques and showed them a person is capable of emerging triumphant amidst speculations and loss of confidence.

As for Carlos, his experience in the Olympic games has just begun. There will be a lot more chances to come his way. This loss could discourage him even demoralize him if he proves to be weak of personality. But even after such unfortunate fate the Filipino people still lauds him and are still looking forward for his come back performance in the next seasons. Just like Hidilyn, Carlos may use this experience to motivate himself and never give up in reaching the ultimate goal of bringing another gold to the Philippines.

References:

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