Angela Au (6 Hope)

**My Most Unforgettable Experience**

Winning a medal is my most unforgettable experience. It happened last year on my school Sports Day. I was only ten years old and studying in J5. That day was really an enjoyable day!

I remember I joined a ball-throwing competition. After I joined it, my dad and I went to a reservoir where my family and I run at occasionally. First, my dad and I stretched our arms and legs. Then, my dad showed me how to throw the ball. He found a rock on the ground. He then ran and jumped and threw the rock really far! My dad told me to do exactly what he did. The first time I threw it, the rock didn’t fly far but the second time I tried, it flew much farther.

From that day my dad and I went there every day to practice for the competition. I sometimes felt discouraged when I threw the rock badly. However, my dad would encourage me and tell me what I did wrong. He also helped me fix my mistakes. Little by little, I improved a lot!

On the day of the competition, I felt very nervous. ‘What if I lose?’ I thought, but my dad told me to relax and take a deep breath. It would help my throwing if I was calm. When I got there, I waited till the speaker announced the start of the competition. When the speaker called, they told me I was the last one to throw the ball. I watched as others threw the ball. I couldn’t help feeling nervous. When it was my turn, I heard my dad cheering for me. Hearing my dad’s cheer gave me confidence. I remembered all the tips my dad gave me. Remembering his instructions, I threw the ball. I watched anxiously as the ball sailed through the sky. With a thump, the ball landed in front of everyone else’s ball! My dad and my classmates cheered loudly. I felt proud of myself when the award presenter gave me a gold medal. When I got home, my family was extremely proud of me. Everyone was happy about my success.

After that experience, I have always remembered that ‘practice makes perfect’. If you work hard, you can achieve your goal.