Get to Know You

Matthew Frers

My name is Matthew Frers. I am 15 years’ old, half Chinese and half white. Some things I enjoy are baseball, music, mixed martial arts, and working out. The reason I like [baseball](https://www.youtube.com/watch?v=QxZqTWBWXI4) so much is because it’s a very relaxed sport. I am an extremely energetic person and I am by no means calm, however, baseball allows me to relax and calm down which is something I definitely really enjoy. It is also a big plus that I am actually a somewhat decent player. Where I struggle with hitting, I make it up with my pitching and defensive capabilities. Since I have a strong arm, I am able to pitch fast, as well as make some tough plays where a long throw is involved. Though I may not be the best on the team, I will always be the one trying his maximum to do the best he can. Some people find baseball extremely plain and dull, but I see it as a game of mental toughness and how many times you can mess up but bounce right back to become better than before and that’s why I enjoy it so much.

I always love to listen to [music](https://www.youtube.com/watch?v=LbcfAlGuqVE) because of the way it makes me feel. I could listen to a completely depressing song at any time I want and feel somber and dreary, but I could do the same with an extremely upbeat and uplifting song and feel on top of the world. I listen primarily to rap music or alternative music as they are my 2 favorite genres. I enjoy the intensity of rap music and the lyrical depth that it brings to the table, but I equally enjoy how relaxed alternative music is and how over the moon it can make me feel. Rap is usually a very aggressive and in-your-face type of music, perfect for when I work out and when I’m trying to hype myself up. I listen to alternative music when I want to swim in my own sorrow or when I’m sad.

Finally, I love to workout. I don’t really have a specific reason on why I enjoy working out, but rather a bunch of things all at once. I really enjoy how it feels for my muscles to be sore for whatever reason, and I also like the endorphins that I experience after I am done working out. It doesn’t hurt that I can become healthier through doing so as well as improve the way that I look at the same time, as well. [Mixed martial arts](https://www.youtube.com/watch?v=B_idDXPuNhI) can also play a role in working out since it is a good way to do so and it’s something I enjoy to watch as well as practice myself.