

# Initially Sneered, This UPNVJ Student Made Her Dream Come True by Winning a Bronze Medal in the 2021 PON XX Papua Flying Sport as the Youngest Participant

Monday, 11 October 2021 11:16 WIB



**HumasUPNVJ** - Who would have thought that many UPN Veteran Jakarta students would become outstanding athletes. Of the many, one of them is Adelya, a UPNVJ Law Faculty student class of 2019, apart from being a diligent student in the academic field, she is also a professional athlete who has won a Bronze Medal in the gliding sport at the XX Papua National Sports Week 2021.

PON XX 2021 will be held in Papua, for the Flying Layang sports *venue* it will be held in Timika to be precise at Mozes Kilangin Airport. In her *online* interview with the PR team (11/21), Adelya explained many things related to the sports that she participated in, "Not only flying gliding, *aerosport* sports such as hang gliding, *aeromodelling*, parachuting, and others are also held in Timika. because it has a large enough area to land. However, athletes who are in Timika cannot take part in the opening in Jayapura, because several sports have been competed before the opening. The Flying Kite itself was followed by seven contingents, each of which had its own plane. Our plane is called a *Glider*, that is, a plane without an engine. In the gliding sport, the numbers contested for juniors are *Precision Dual Seater Mix Double* and *Duration Dual Seater Mix Double*, while for seniors are *Precision Landing Dual / Single Seater* Male and Female *Duration Flight Dual / Single Seater*. However, due to uncertain weather conditions and relatively low clouds, the second round was canceled to catch up on time. The match starts at 05.00 - 17.30 WIT, but if there is a commercial flight schedule and it is raining then the match is postponed". Explained Adelya in detail

Adelya also shared many stories about how she became interested in gliding, "Actually, I had experienced a failure in gliding which really hit me *hard*. After that, I received a lot of insults which at that time motivated me to prove that the hard work while I was practicing would pay off. My initial goal was just to prove my ability, that I can and can and want to make DKI Jakarta and my parents proud. During practice sometimes I break my focus, which makes me sometimes inconsistent. After that, many people closest to me and coaches gave me advice and reminded me of my dreams so that I can get back up. Thank God, at the XX Papua PON, Allah allowed me to compete in Papua representing DKI Jakarta, this is an extraordinary opportunity to prove my abilities in the *senior* numbers. It can be said that I was the youngest participant out of 7 contingents and 65 participants, my seniors were 30-60 years old. And in the end I was able to get through all the insults and obstacles, and managed to bring bronze to DKI Jakarta," he said

"One year before competing, namely in December 2019, my team and I did training at *Lake Keepit*, Australia to train mentally and physically. There we were trained by instructors from Australia for two weeks. After that, they did exercises every Saturday - Sunday at *Suryadarma Kalijati Air Force Base*, Subang for seven months and learned more about the weather and cloud formation. Apart from that, he was directed by nutritionists and the medical team for three months before departure, to ensure a healthy and strong body condition while competing in Papua. In addition to re-reading the theory taught about flying procedures and *radio telephone* every week. Apart from that, I also completed college assignments and other activities beforehand so that when competing I would only focus on one responsibility, namely PON XX Papua 2021," said Adelya

"I am grateful to join Flying Kite surrounded by reliable seniors, when I just entered in 2015, I was only invited to fly to see the view from above. After that, I felt calm when I was in the clouds, I was happy to be able to touch the clouds, I was grateful to be surrounded by smart people who made me want to learn and find out anything and shaped myself into a person who believed in my own abilities, taught me to focus on one point and ignore other people's bad talk. Previously, I thought that my toughest opponents were seniors from other contingents, but I found the answer in this Flying Kite that my toughest opponent is myself. Where we have to calm ourselves when we want to fly or compete, and also control ourselves to be alert in any emergency during flight. What is needed is calm, trained to remain calm but swiftly what to do if things don't want to happen. Besides that, sometimes I am confused about whether I should prioritize flying or education. Where both are responsibilities that I chose from the start, I have to fight for myself to study and also have to fight for DKI Jakarta. But Alhamdulillah, since junior high school, the school and university have understood and even supported me if I asked for a dispensation to settle the flying problem. Even though sometimes it feels messy out of control, but in the end everything is done one by one. I believe that all is a path for me from Allah, I am able to go through. These are all ways to lead me to maturity as well as happiness. Apart from that, because our practice site has moved to Subang, where every Friday-Sunday we have to go out of town for practice and Monday-Friday we still attend lectures. We feel that training time is limited and we are also not given the opportunity to *test flight* to get to know the terrain at Mozes Kilangin Airport for competing athletes. But Alhamdulillah, we were given the opportunity to meet with Mr. Anies Baswedan to ask for the field not to be far away for the training and to have our own hangar for DKI Jakarta aircraft," he continued.

"My hope is that I can be more mature in dealing with any situation and believe in my own abilities. In addition, they want to develop the sport of gliding so that teenagers are interested in joining as gliding athletes and raising the name of the Portela Jaya club and DKI Jakarta. The point is, giving birth to quality youth. In addition to getting better results, bringing home as many medals as possible for DKI Jakarta. I hope Flying Layang can develop again and uphold sportsmanship in sports. Message for other friends, everyone has been given their own portion. The point is, every child is special, has different abilities. Don't give up and be low self-esteem if you see other people one step ahead, instead we have to make it a spirit so we can be in the same position or even more. Your toughest enemy is yourself, you have to understand yourself. What is blocking you, you must fight and get out of your comfort zone. I often feel defeat, therefore I keep trying and practicing so I don't fall back in a losing position. Because losing is not good, let alone losing against yourself. You have to be optimistic and also enthusiastic, if you haven't won now, get

up again, everything needs a process, believe me if you manage to win, you will remember the process of failure that you went through and cry happy that you can bring yourself to the point you want, "he concluded hopefully. .

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Export tanggal : Wednesday, 03 June 2026 Pukul 02:43:39 WIB.

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