

New Mexico Activities Association Student-Athlete Spotlight

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Martinez sees the Positives about Music

By Tyler Dunkel, NMAA Sports Information Director

Tesa Martinez, a senior at Capitan High School, sings because she loves it. She sings because it makes her feel good and hopes that one day she can bring that feeling to others as a music teacher.

Martinez has been involved with the music program at Capitan since she was a seventh grader and the 2017 State Choir Contest was her twelfth and final competition of her high school career. She said that music has been a positive influence on her life.

"I found that I have a larger passion for music than I did sports. Music has been a positive influence on my life, much more than sports have."

She grew up around music but credits her older sister for pushing her to get involved in the school music program.

"I was raised around music my entire life. On my mom's side of the family, almost everyone plays some type of instrument or sings. I also sang in church quite a bit growing up as well. I think my older sister, though, really got me involved in music at school. She was in choir as well. Her senior year was my first year in choir."

Martinez knows that singing in front of your peers can be a nerve-racking experience because, unlike a team sport, it's just you and your voice. However, she encourages everyone who is thinking about trying out for the choir to give it a shot and enjoy the experience.

"I've known a few people who were nervous about trying choir because singing is more personal and it is just your own voice coming out. You don't really have a team there to back you up. I think they just need to try it. Put yourself out there. You never know until you try and if it is not for you, try something else. At least, in the end, you can say you gave it a shot."

In addition to singing, Martinez is also involved at church and works four days a week at the local movie theater in Ruidoso. She says it is hard to find time for much more than that but thinks staying organized helps her stay on track.

"I think the main factor in time management is being organized. Plan out your week and stick to the plan. It has helped me alleviate a lot of potential stress in my life."

After graduation in May, Martinez will attend Eastern New Mexico University and study music. She also plans to go to cosmetology school following college, saying that she wants to help people feel good about themselves on the inside and out.

"After graduation, I'm going to attend Eastern New Mexico



University and study music education. The music education program takes about five years and I hope to be a music teacher someday. After that, I will go to cosmetology school."

She continued by saying, "When I tell people my plans, I get some weird looks because music and cosmetology are so opposite of each other, but to me, it is all making people feel good about themselves. Music has done so much for me as a person on the inside, so I want to help people feel beautiful on the inside and on the outside."