

Overcoming an Injury by Benjamin Farkas

Hello, my name is Garrett Smith and I'll be telling you a story about how I injured my right knee while playing baseball. It all started when my teammates and I are preparing for a big game. We were on the Detroit Tigers and facing off against our rival the New York Yankees. We have faced them ten times in our season so far. We have won five times and they have won five times. So, this game determines who the overall champion in the American league.

Everything was great until it was my turn to turn the bases during warmups. I started off strong but right when I rounded second base my knee started to get in some pain, but I didn't think it was a big deal so I kept on going and got ready for the game. It was now the bottom of the 5th inning and we were up 3-2. It was my turn to hit and I absolutely crushed it right up the middle. As I'm running down to first, my coach senses that something is wrong with my knee so he calls a time out and asks, "What's the matter Garrett?"

So what he did was he called in a pinch runner to fill my spot. He also says to not play anymore but I quickly said "no" before he does anything else. I told myself that I was going to play the game out no matter what. As the inning ends, I hobble over to the bench and immediately start stretching. I had looked up on YouTube different ways to stretch your knee out and every single tip and trick I could find I used to the best I could. After all that stretching, I felt a little better so I grabbed the closed knee brace and just threw it on and imagined that my knee was perfectly fine.

Here we are at the bottom of the 9th and we are all tied up 5-5. Coach put a new catcher in my old position and put me out in left field, which I was fine with as long as I was playing baseball. There are two on and two out and their number four hitter is up. So the coach told everyone to back up, which we did. The hitter skyrocketed the ball, which headed right for left center, so I ran as fast as humanly possible and made an outstanding diving catch to end the inning still tied up. The entire stadium went bonkers that I could barely hear. We ended up winning the game 10-9 thanks to my crazy catch lifting our team. By the end of the day I totally forgot about my knee issue. So there was my story of overcoming the problem of my knee.