

Living in Florida does not bring many snowstorms, but a winter event that shaped my life was breaking my collarbone last December. I never thought that breaking my collarbone would become the reason that I look at my life differently, but it did. I would describe myself as a very active, athletic, and upbeat person. I have been doing jiu jitsu and other sports since before I was two. I do jiu jitsu, wrestling, flag football, soccer, and lacrosse and I love those sports very much. Even when I am not doing sports competitively I am playing them outside with my identical twin brother.

When I broke my collar bone I thought that it was the end of the world. I was out of doing sports for almost 4 months! I was sad because I couldn't do what I love to do every day, all day. For me, not being able to be active is like a bee without stripes, it is not right. Missing out on my sports made me feel sad and lonely watching my friends train and compete while I had to just sit on the sidelines. One of the hardest things was missing the whole lacrosse season. It was hard to not be able to do lacrosse while watching my friends do it. I could also not do jiu jitsu or wrestling. This changed my daily life because I do jiu jitsu 6 days a week, sometimes two or three times a day, and I do wrestling to help my jiu jitsu.

Before I broke my collar bone I would sometimes complain about having to go to jiu jitsu or other practices. I used to think that I could just show up to my sports and not really care if I gave it my all. It was more about fun than trying to get better. But now, I take every chance that I get to get better at a sport. I leave it all on the mat, the field, or the training room floor. Now, I still have fun but I am much more serious about getting better. Breaking my collar bone really opened up my eyes to how much I love, value, and appreciate jiu jitsu, lacrosse, and being active. Going forward, I will focus on getting the most out of every training session because improving my skills is the name of the game.