

Ice

by Jacquelynn L.

Liv just found out that she made the school ice skating team! She was so excited. On her first day of practice, she began to skate – and immediately twisted her ankle! She headed to what she thought was a way off the ice, until she realized it was just a wall. Her ankle in great pain, she slid all the way back to the bench area and put her foot up on a chair. Another skater brought her some ice, and she iced her aching ankle, which was now swollen and red. A friend’s mom brought her home, and Liv asked her mom for an ice pack.

“Mom, when is the first ice skating competition?” asked Liv.

“Five days. With that ankle, I don’t know...”

Liv’s mom seemed worried. Liv was sad. She knew she would have to tell the coach that there was nothing she could do about it. No skating until the ankle was better.

Liv continued to ice the ankle. She knew there would be another competition. She would just have to be patient – and wait for the next one, when she could skate at her best.