

Hello, my name is Callie Trenton

Last school year I was dealing with a terrible concussion. I was playing in a scrimmage with my club team on June 10<sup>th</sup> 2014 and was going up against a player and she switched the ball and it was a hard fast ball to the head it knocked me out and I couldn't remember the date nor where I was I was sent to the hospital and they said I didn't have a concussion I just had whiplash, but my mom and I knew I had a concussion because of my symptoms. I was having headaches all day every day, dizzy all the time, tired all the time, and I couldn't remember anything someone was telling me. The doctors said I could go back in a month and I went back and played in a tournament and was having bad migraines and I headed the ball a couple times and gave myself multiple concussions. So I went to my real doctor and they told me that I'm done until ALL my symptoms are fully gone. The main reason my brain wasn't healing was because the hospital didn't tell me the steps to recovery because they didn't think I had a concussion and I have never had a head injury so I had no clue on how to treat it. My doctor said the first 2 weeks is the most important I wasn't supposed to go to school no light no TV. I was supposed to be doing nothing at all but I didn't know that so I was doing the complete opposite I went to school for the last two days of school I was outside and I was watching TV and I was on my phone. So my brain wasn't able to heal. So that summer I wasn't doing anything I was trying to heal no matter what I was doing it just wasn't getting better so I was constantly going into the doctors and going to different people and I was getting nothing positive back my brain wasn't running right I wasn't able to think things through. I started gaining weight and becoming very lazy and hopeless I missed playing the sport I've played all my life and that I enjoy playing. Then around the corner came school my head wasn't getting any better it felt like it was just getting worse. It was hard to focus in class. Classrooms were way too loud for me the lights gave me terrible migraines taking in all the information from my teacher wasn't easy I couldn't remember anything the teachers were saying I would try to write it down but I couldn't remember what they had said. Tests were very hard for me. I tried letting the school know several times how bad I was struggling and they told me the same thing every time to just let my teachers know but I was 1 student out of 30 kids in a class room there wasn't much they could do I was supposed to be put in a program but it never happened. Along with my concussion came other problems in my life I became very depressed and overwhelmed and I was going through lots of changes. I was trying very hard to keep it together and I tried my hardest in my classes but it wasn't working my teachers felt like I was just slacking and I tried letting them know that I was struggling and I would try to ask my teachers for extra help in class and it just wasn't working. I went from being C's and above student and always on honor roll to all F's. I got to the point where I felt like I was bugging my teachers when I would ask for help so I just stopped asking and I struggled with everything. I started to not want to go to school anymore and so I was missing lots of school and became very behind. During all of this I was still having migraines all day long, but I'm doing a lot better now I'm ready to make this school year

a whole different year I made it onto the varsity soccer team and I would love to be able to play this season. Soccer means a lot to me I've been playing at a high level my whole life. I really plan on going somewhere with soccer and my schooling. I'm going to be making up all the classes I failed last year this year in credit recovery and I'm not going to fail any of my classes this year and I'm going to try my hardest to get A's and B's so I can get my GPA back up to where it needs to be and I plan to keep that going for the next two years of HighSchool too and in college.