

July 1, 2008 my dad, my brother, and I were in a really bad car accident. Logan walked away with a minor bruise to his shoulder, my dad shattered every bone in his leg from the knee down and due to other complications, passed away and I sustained a severe traumatic brain injury. You have heard Skye's story, you may have even heard Logan's story, but you have never heard my story. This is because I do not remember anything as I can only go by what has been told to me. I will say though that night, that accident, and that TBI literally changed my life physically, mentally, as well as emotionally.

In mid-August 2009 PST held an event just for the team called "Midnight Swim". For a small fee that helped cover the cost of the lights and the lifeguards you could come to a fun practice at midnight plus they provided drinks and pizza. Years later I found out that the name had changed to "Midnight Swim for Caleb". All the money collected, plus a matching booster club donation, went to help my family while I was in the hospital. When I found this out, I knew I wanted to be a part of this swim team.

Following the accident, I spent many days in a coma. When I came out, I had to learn how to do everything again. I was an 8-year old baby. While I was in rehab,

the only thing that helped to stimulate my brain was being in the outdoor rehab pool.

Fast forward to 2010, I realized I was only allowed to swim. I got cleared and was filled with joy to get in the pool and be with PST. However, it was very hard re-learning the skills and staying focused. All the coaches were very patient with me, but the kids were not, so I quit. I was bullied for a number of reasons and had little to no friends. I got cleared to dive again but being in my situation and the pressure of going to the bottom of the pool made it difficult for me to continue so I had to stop diving.

Realizing swimming was the only sport I could do, I decided to go all out. I then used swimming as speech, occupational and physical therapy each time I was at practice. Swimming helped me develop my muscles again, develop coordination, helped slow down my hand tremors (which I still have) and helped strengthen my foot so that it does not go off to the side when I walk. This used to be an issue post car accident affects. With a TBI like mine, re-learning can be difficult because my brain now does not work like it did before the accident. Therefore, swimming also has helped me think differently, concentrate and gain the ability to multi-task.

Since that dreadful incident in July, I have gotten my driver's license, I have a job which allows me to help my family with bills, I graduated high school and I

have been accepted to college where I will be swimming. All of which my parents were told would never happen.

I say all this happened because of the discipline, time management skills, hard work, and perseverance I learned from all the coaches and swimmers as a member of the Plantation Swim Team.