

# Injury serve as motivation to come back faster and stronger

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REPORTER

Some people think that having an injury is the worst thing that can happen when you are an athlete, but that is not necessarily true. Athletes like junior cross country runner Ethan Hoeft, use that injury to get stronger and healthier to compete in their sport after rehabilitation.

"I got a stress fracture in my shin and I got it about one week before the season started and I was out for three and a half weeks."

Injured athletes go through a process called rehabilitation to get injured muscles or bones back to its origin strength.

Rehabilitation is used to get athletes, ready to participate in their sports again, both physically and mentally. Athletes and trainers work together to find workouts in the weight room and other

physical activities to restore the injury.

Hoeft went through the beginning and middle stage of rehab during the first three weeks of being injured.

"I cross trained on the bikes and elliptical and did full workouts for those three weeks," Hoeft said.

Hoeft's injury and not being able to run in some races had an effect on the cross country team.

"It was hard not being able to have him run but we just tried to work around it and get him healthy and let him focus on getting ready for the season. We were excited for him to come back when he came back," cross country coach Kris McAlloon said.

When most athletes are injured, they have to sit out of the normal practices, but each day they increase what they do that is similar to the teams practice in their rehabilitation.

Hoeft went through the last part of his rehabilitation by starting to run in meets with his cross country team. Hoeft said on Sept. 30th. "I've ran in two meets so far this season."

"He is doing good, he's back from the injury so we are trying to get him running and into races and get him back to full strength for our upcoming races," McAlloon said.

Hoeft ran a 16:27 at the Flashrock Invitational. Hoeft still has a special workout to help his stress fracture as he races, "I do two days of cross training a week and I will brace myself into shape for the rest of the season."

Athletes have to adjust to their injury so they try to work with their trainers and coaches to get the injury healthy again. "The coaches and the trainers here, they were a big help."



**THE FINAL STRETCH (ABOVE):** Junior Ethan Hoeft sprints his way in to wrap up a meet. **LEADING THE WAY (BOTTOM LEFT):** Ethan Hoeft leads the pack against Southport and Zionsville.

**ON THE FLOOR (BOTTOM RIGHT):** Ethan Hoeft gets a workout in during weight training.

*scott dean/courtesy photo*

