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Winter 12-11-2021

How COVID Affected my High School and College Experience

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Recommended Citation

Christian, Jacob, "How COVID Affected my High School and College Experience" (2021). *Narratives on the Coronavirus's Effect on Collin College Students*. 1.

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Professor Sawyer

Composition 1

11/11/21

How COVID Affected my High School and College Experience

I first heard about the new virus in December of 2019 when I was about to head to school. My mom watched the news and started telling me about the latest virus called COVID-19. It would impact everybody way sooner than anybody would have ever thought, with many people losing their jobs and many other essential things. COVID led to schools going virtual and all the sports getting canceled for the year, which caused eligibility for college students to regain. This was making it hard to get athletic scholarships to schools. COVID made my parents worried they would lose their jobs, which my dad eventually did, but my mom didn't. My mom ended up having to work from home a lot, and my dad found a job later that month at a place closer to home. COVID would impact me and many other people trying to play sports in college way more than we ever thought it would. COVID would affect everybody in the world. It even affected people who didn't have jobs but were trying to get into a college either for education or athletics; COVID ended up ruining many people's dreams.

It was the beginning of my junior year baseball season when COVID hit. It felt like I was figuring everything out. While we were at practice, we heard that COVID shut down the baseball season and canceled the school year. When we listened to the news, all our seniors started to tear because they realized they wouldn't have a senior night. Some of them would never play another game again. I told my mom that the season was canceled when I got home then she said to me that the world was going into lockdown. The first couple weeks of the lockdown, I didn't do much until I realized that I needed to get better if I wanted to find somewhere to play next year. I had never really worked out alone before; I would always do it with friends or for athletics at school. It was a change for the better because I got

way better over the lockdown. I did as much as I could when everything was closed; I would lift every day with dumbbells sitting outside my bedroom door, so every morning, I would go and start working out. I would also do some throwing drills at our neighborhood park, where there was a metal backstop that I would throw into. I took lessons at My Batter's Box, which was in the next town over; I had been going there since I was ten, so when it opened back up, I would take lessons two times a week, but gyms were still closed, so I still lifted at my house every day. Eventually, the summer team I played for started hosting practices at their indoor facility, which had a weight room and a mound to pitch off and multiple cages to hit. As a result, I started going there three times a week while also going to lessons twice a week, which got me ready for my senior year. That whole year I couldn't go to any camps or do anything for scouts to notice me except for pitch good when I got put into games. With the COVID restrictions for scouts, many of them wouldn't even show up because their schools wouldn't let them, so it was hard for me to put myself out there. I ended up doing good that summer but still didn't get any interest from any coaches.

Going into my high school senior year baseball season, there was a lot on my mind, my dad lost his job because of COVID, and my mom could only work from home. I didn't know where I was going to college next year. I hoped I would contribute a lot to our success in my senior season, even though we had way better players than me. It started well in our first two scrimmages. I only allowed one run, which mainly came off walks which still haunts me to this day. When it got to the tournaments that we played, our coach told me that I would primarily be a reliever which I didn't mind. In our first tournament game, I came in during the second inning against our rival school. I shut them out, going four innings and one out, which gave me the confidence to go into the second tournament. The next tournament was interesting because I was sent to warm up in the first three games when I finally got to go in and get only one out until the game was over. That ended up being the last out I got in high school because when I got back in the dugout after that inning, my arm was in the most pain I have ever felt. It

felt like my arm needed to pop, but every time I tried extending it, it felt like pins and needles where it was just a massive amount of pain. Everyone I talked to said it was just from overuse, and I would be able to pitch in two weeks or so. But they were all wrong because when I couldn't extend my arm all the way, it was something worse. I waited around a month or two because it was so hard to find a physical therapy place close to where I lived when most of them were shut down due to COVID. Finally, I went to a physical therapy place about ten minutes from my house. When I got there, he checked me out, he said it was bicep tendonitis, and he told me to get an x-ray. I started going to physical therapy three times a week for two to three months; after that, I would be going once a week. When I finished my physical therapy, I had to go through a throwing program that lasted a month. After I finished that, I had to take pitching lessons at that same place which ended up helping me and made me throw with no pain.

When it was time for summer baseball to start, I was on a strict pitch count, and my arm was about fifty percent healthy. It began to get better as the summer went along, and I started throwing harder and getting a better command of every pitch that I threw. When one day, I went to go into my weekly pitching lesson. At the end of it, my coach suggested that I look at a post-grad where you play against college teams, but you don't lose a year of eligibility, and you can still take classes. He told me that I might not find a college that I wanted to go to because my arm wasn't fully healed at the time, and I was very inconsistent. By the end of the summer and closing into the start of the fall season rapidly approaching, I had a decision to make. It ended up being to go to the post-grad program for a year and then find an actual college to go to next year. The post-grad I would go to end up combining with a different one in Dallas, so the only difference now is I must drive about an hour every day, but I still think I made the right decision.

The moral of the story is that anything you put your mind can to accomplish and work hard at everything if you want to achieve everything you want. COVID ended up being a nightmare for many

people, but many people also used COVID as an excuse not to work out and relax for about a year. Year.

COVID was bad for everybody, but it has also given a lot of people second and even third chances.

COVID ended up impacting everybody you can think of, whether that be people working in offices or high school kids trying to get into the college they want to go to; COVID ended up making and ruining many people's dreams. COVID ended up making my dreams to play college baseball harder, but I still figured out a way to do it.