

Injury Spurns Growth for Senior Softballer

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Photo Courtesy: Abbey Sells

Senior Abbey Sells struggled with an injury that set her back and affected her softball playing time this past season. She will be graduating in a couple weeks and attending the University of Cincinnati this fall along with some of her friends. She plans to major in health sciences on a pre-physicians assistant track.

"I chose Cincinnati because of the campus and the medical programs they offer," says Sells. "The medical programs make it really easy to find internship and job opportunities since the medical campus is connected to one of the top children's hospitals in the U.S."

One thing she is most excited for is attending Cincinnati with her friends from Liberty. This is something she looks forward to because she will have people she knows since college can be intimidating, especially as a freshman.

"Many of my friends are attending

UC," Sells said. "This is really important to me because I know I will always have people there that I know and can hangout with."

Sells has been an amazing academic student as well as a great softball teammate. Making varsity her junior year has led her to making so many great friends. Junior captain, Brooke Aberle, has been playing with Sells for the past two years.

"Abbey is the best teammate you could ask for," says Aberle. "She is very supporting, kind, and never fails to make you laugh."

Not only did Sells benefit from softball by making friends, but it has also taught her lessons about herself and life.

Softball has helped me grow as a person tremendously," Sells said. "It's helped me become a more selfless person by making me realize that it's important to support a team as a whole instead of only wanting to see yourself succeed."

Sells entered her senior year ready to enjoy her last year on the field with some of her best friends, but instead her injury has set her back. Sells tore her rotator cuff and was out for weeks at a time.

"After getting injured and not being able to play, I realized I could still help the team through my attitude and energy," Sells said. "Sometimes that is more important than skill."

These lessons through the last four years has helped her prepare for college. She has gone through many mental battles allowing her to grow from them.

"The Liberty softball program has helped me prepare for college by teaching me how to be more mentally tough and handle failure," said Sells. "Through the program I have learned that mental toughness can lead to success both in sports and life."

Not only has Liberty Softball helped her succeed and enjoy



Picture of Sells on deck to bat against Upper Arlington. Liberty won 4-0. "I'm so appreciative of my coaches who have helped me grow in the sport and as a person," Sells said. "My teammates have also been so supportive."

Picture of Sells getting the sign from her third base coach against Big Walnut. "Hitting has always been my favorite because that's what I'm best at," Sells said. "I love the feeling when you know you had a good hit when the ball hits the bat." Liberty won 17-0.

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this time, but so has Liberty High School courses. Sells appreciates all the programs Liberty has offered to her to help her get to where she wants to be today and in the future.

"Liberty is special to me because it is a place that I have made many new friends," Sells said. "Liberty offers many extracurriculars and social events that have helped me meet many new people and help me enjoy my high school experience."

Through these past four years Sells has learned to never take anything for granted. She has made sure to live in the moment during highschool after realizing how

quickly time passes.

"Make sure you know what you are working towards whether it be college or your future career," Sells said. "Also remember to still enjoy moments with your friends and don't let school overrule your social life."

Sells also believes in putting yourself first and making it a priority to have fun. If you aren't then stop because high school is supposed to be one of the funnest times in your life.

"I would tell underclassmen to have fun because the time goes by so fast. Also highschool sports

and coaches can sometimes make athletes lose their love for the sport," Sells said. "If you make having fun one of your goals for each season, it will remind you to not let your sport take over your mental health."

Sells' parents have been her biggest role models and supporters through her high school journey.

"My parents are always pushing me to be my best in both school and sports," Sells said. "They are also understanding of me when I am stressed or not performing well. They have always supported me no matter what."