

1B Lee Ho Wai Jeff_Diary

Monday, 3rd May

Sunny

An unlucky day

How would you feel if you missed a precious opportunity since you got hurt? What would you do?

Today, I represented my school to participate in a badminton competition. I was looking forward to this competition. This morning, I arrived at the sports centre and started to do some warm-up exercise. Suddenly, I lost my balance and fell down. I twisted my arm and screamed loudly as I felt the great pain in my hand. My teammates accompanied me to the medical room. The first-aid team diagnosed my injury at once. Oh, my goodness! I felt like it was the end of the world. They told me that I couldn't play badminton since I had hurt my right hand. I burst out crying and felt blue. I missed a precious opportunity to represent my team to join the competition for the first time. My coach was very understanding, and he comforted me. At last, I was cheered up. Instead of grumbling, I started to encourage my team. However, my team didn't win this time. I felt upset and a bit guilty.

What a bad day for me! I will keep on practising hard for the next competition after recovery. I must be more careful when playing badminton. Poor me!