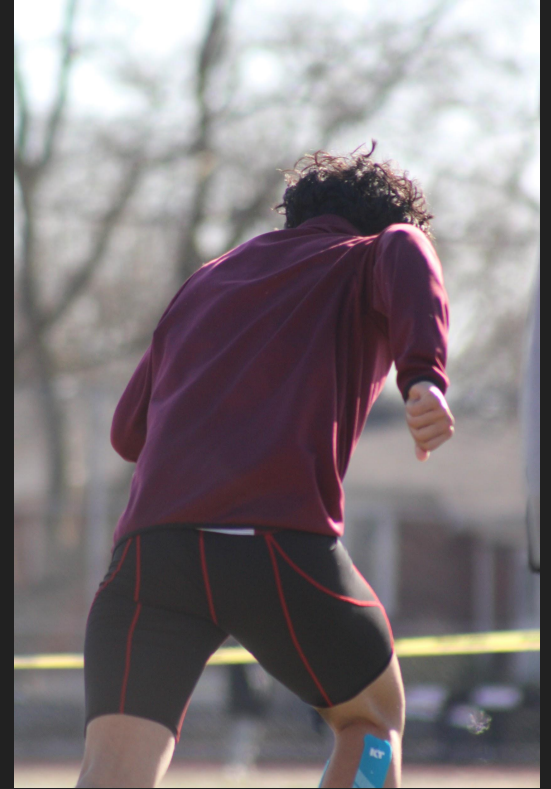




Photo Essay
Manuel Sacasa Moran



Introduction

A story that I like to tell a lot and is very important to me is the one where I had to deal with an injury that impacted my life when it came to being a part of my sport. It all took place during my junior year of high school where in my cross country season which was the fall sport, was when I broke my fibula and had to miss out on my indoor season which is the winter sport, I didn't come back until my outdoor season which is the spring sport. It was such an impact because at the beginning of the year I was starting to stand out from everyone else in my team and actually hitting good times to the point where I started to be considered one of the best in the team but then I got my injury and I felt scared that I was going to fall off from what I was starting to build because it took me 2 years to finally get recognized and all I can do is sit and watch my teammates keep on improving while I just sat. I almost came to a point where I wasn't coming back because I wanted to give up. Thankfully I had people to support me and I came back recovered and gave it all I had and sooner or later I was at the top again by the end of the school year.

Starting to get good at running

Photographer: Haris Jafri

Location: Van Cortland Park

Date: October 21, 2023

Caption: Me holding up the trophy won at borough championships.





Falling causing Injury

Photographer: Sean Pokorny
Location: Denton, Texas
causing my injury

Date: Speptmeber 01, 2016
caption: me falling in a middle of a race

Recovering from injury

Photographer: Manuel Sacasa Moran

Location: Home

Date: December 27, 2023

Caption: having a brace on which was in the middle of my recovery for 3 months





First few jogging races

Photographer: Jordan Dale

Location: Icahn Stadium

Date: April 07, 2024

Caption: running my first race back into training which was only a jog to get a feel of it

Finally Recovered

Photographer: Gabriella LaRosa

Location: Wagner Highschool

Date: May 18, 2024

Caption: medaling at a meet where I cam
in 3rd place for the 800 meter race



Reflection

I picked the first picture because it shows how I was becoming great in the middle of my cross country season and how I looked so happy and proud of myself for starting to become something great. I picked the second picture because I didn't have a photo of how I fell in the middle of a race so I looked one up of somebody falling in a cross country race which was a good representation in my opinion and it was the truth with how I injured myself. The brace picture was chosen because it what I had to wear in recover, I had a boot at first but I didn't have any photos of me wearing it so I went with his one, the 4th picture was a photo from me taking it calm in my first race coming back outdoor season. The last photo was chosen because you can see how I was finally as happy as I was in the first because I finally felt proud of myself again for not giving up and coming to the top again. The photo in the cover page is just one of my favorite photos of myself at the starting line right before the race starts showing how I am prepared and ready for what is going to come and I believe it shows how confident and ready I am.

Work cited

- 1) Huebsch, Tim. "VIDEO: Runners Get Huge Mid-Race Air into Cross-Country Mud Pit - Canadian Running Magazine." Canadian Running Magazine, 2 Sept. 2016, runningmagazine.ca/video/video-runners-get-huge-mid-race-air-into-cross-country-mud-pit/. Accessed 21 Oct. 2025.
- 2) Jafri, Haris "Starting To Get Good At Running" 21, oct 2023
- 3) Dale, Jordan "First few jogging races" 07, Apr 2024
- 4) LaRosa Gabriella "Finally recovered" 18, May 2024
- 5) Sacasa Moran, Manuel "Recovering from injury" 27 dec 2023