

As I sprinted across the court to save the ball, a sharp pain shot through my ankle. I had just suffered my first serious sports injury—a torn ligament that sidelined me for months. The grueling journey through physical therapy taught me more than just patience; it opened my eyes to the intricate relationship between the human body, movement, and recovery. Physical therapy wasn't just about restoring motion but also restoring hope. This pivotal experience, coupled with years as a three-sport athlete, ignited my passion for sports medicine and kinesiology.

As an aspiring sports medicine professional, I am passionate about addressing the overlooked narratives of athletes of color in healthcare. Growing up in the diverse community of Queens shaped my understanding of how cultural and social dimensions influence health outcomes. I hope to pursue an undergraduate degree with a focus on the cultural, biological, and social dimensions of health, which will allow me to uncover how societal biases and cultural frameworks shape medical outcomes. I plan to use this foundation to address disparities in sports medicine, particularly for underrepresented athletes whose voices are often overlooked.

Through my internship with Future Physicians, I mentor underrepresented students, connecting them with opportunities in healthcare. Witnessing the barriers they face has solidified my dedication to addressing health disparities in underserved communities. I am particularly interested in exploring how social frameworks intersect with sports medicine to create solutions that make injury prevention and recovery accessible to all.

Additionally, my work with the Girl Scouts, organizing initiatives for underserved communities, has sparked my interest in global healthcare. In college, I hope to research improving access to physical therapy, injury prevention, and recovery for athletes in low-income areas worldwide.

As a team captain and athlete who plays volleyball, basketball, and flag football, I've experienced firsthand the joy sports bring and the physical demands they require. In a Critical Health Issues course, I learned about the disparities in healthcare for marginalized communities. As a minority athlete, it hit close to home—I had seen firsthand how access to resources wasn't always a level playing field. These experiences urged me to combine my passion for sports medicine with my commitment to social justice. Whether through research, mentorship, or advocacy, I aim to make healthcare more inclusive and accessible.

Just as my recovery from a sports injury taught me the power of resilience, I hope to channel these lessons into my studies and future career. With access to the vast resources the Joe David Sports Memorial Scholarship provides and my commitment to making a difference, on a field or court is the ideal place for me to grow as a scholar, leader, and changemaker—helping others get back on their feet, just as I once did.