

ANTONY AND MATHIEU



ANTONY, RÉDA AND SOPHY ATTEND A FIGURE SKATING PRACTICE



THEY ARE SO GOOD!

AND SO BEAUTIFUL!



OUCH!!!



IS IT YOUR ANKLE AGAIN MATHIEU?

YES... TRYCIA, OUCH! I THOUGHT IT WAS BETTER.



HOW? DID YOU HURT IT BEFORE? WHEN DID YOU DO THIS?

CRUNCH!

TWO WEEKS AGO, BUT I CAN'T STOP! I'M AFRAID TO MISS THE NEXT COMPETITION



IT'S A VERY IMPORTANT COMPETITION!

YEAH, MAYBE I COULD TRY ANYWAY...



IF YOU WANT MY ADVICE, TAKE THE TIME TO TAKE CARE OF YOURSELF!

YES, BUT THIS COMPETITION COUNTS A LOT FOR OUR PLACE IN THE QUEBEC TEAM!

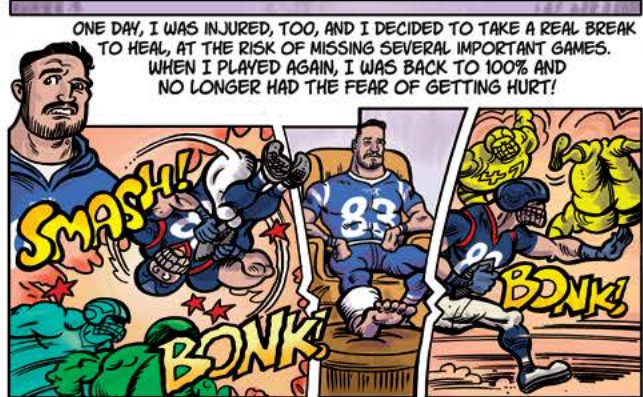


IT'S HARD, I KNOW, BUT WHAT HAPPENS IF YOUR INJURY GETS WORSE?

WELL... I MIGHT MISS THE REST OF THE SEASON?



EXACTLY! AND THEN, GOODBYE TO YOUR PLACE IN THE TEAM.



ONE DAY, I WAS INJURED, TOO, AND I DECIDED TO TAKE A REAL BREAK TO HEAL, AT THE RISK OF MISSING SEVERAL IMPORTANT GAMES. WHEN I PLAYED AGAIN, I WAS BACK TO 100% AND NO LONGER HAD THE FEAR OF GETTING HURT!



SMASH! BONK! BONK!

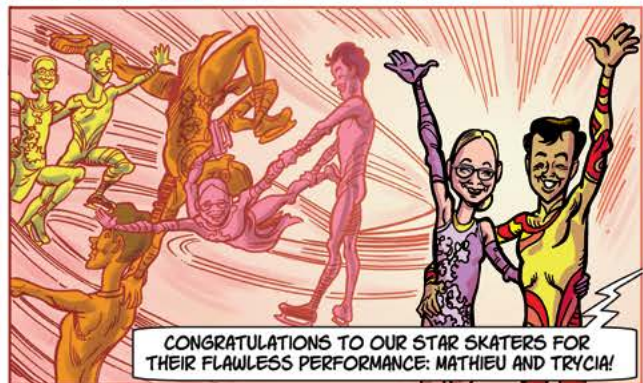


A FEW MONTHS LATER
THANK YOU FOR COMING ANTONY.



I MISSED TWO COMPETITIONS BUT I CAME BACK IN GREAT SHAPE AND MOST OF ALL...SUPER MOTIVATED!

WE EVEN MANAGED TO DO SOME TRICKS THAT WE HAD TROUBLE DOING BEFORE!



CONGRATULATIONS TO OUR STAR SKATERS FOR THEIR FLAWLESS PERFORMANCE: MATHIEU AND TRYCIA!



ANY INJURY WE DON'T TAKE CARE OF CAN HAVE A BIG IMPACT. LIKE SLOWING DOWN OUR PROGRESSOR LIMITING OUR CHANCES OF REACHING OUR DREAMS. WE OFTEN WANT TO GET BACK INTO THE GAME AS SOON AS POSSIBLE. BUT IT'S ALWAYS BETTER TO TAKE THE TIME TO TAKE CARE OF YOURSELF SO YOU CAN COME BACK IN TOP SHAPE. NO MATTER WHAT OTHER PEOPLE THINK.

