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SPORTS

The Falcon Cry

No pain, no gain

Coaches stress safety as media reports of head injuries rise

Rebecca Ply
Editor

It seems like every day another football injury is splashed across the newspaper headlines and seen on TV. In fact, parents aren't always willing to let their children play football anymore because of concussions and other injuries.

"My parents don't really support me because they fear for my safety," seventh grader Hang Tung said.

Players' parents aren't the only ones who fear for their safety. To prevent injuries, eighth grade football coach Juan Molina has taught the athletes how to stay safe while tackling. He said many of them have been taught bad form.

"The main thing is keeping your head out of a tackle,"

he said. "When you dip your head, that's when the injuries and concussions start happening."

According to a study by the National Sports Safety Organization (www.nssusa.org), players who play on artificial turf fields are more prone to muscle trauma, turf burn and turf toe (a metatarsophalangeal joint sprain.) In fact, Hang has gotten an injury on a turf field.

"The worst injury I have ever gotten was a scrape on my knee from an artificial turf field. It took up my whole knee," he said.

Although a scrape on a knee is not the worst injury an athlete could get while playing football, others are not as fortunate.

"I fractured my pinkie because I caught a ball wrong

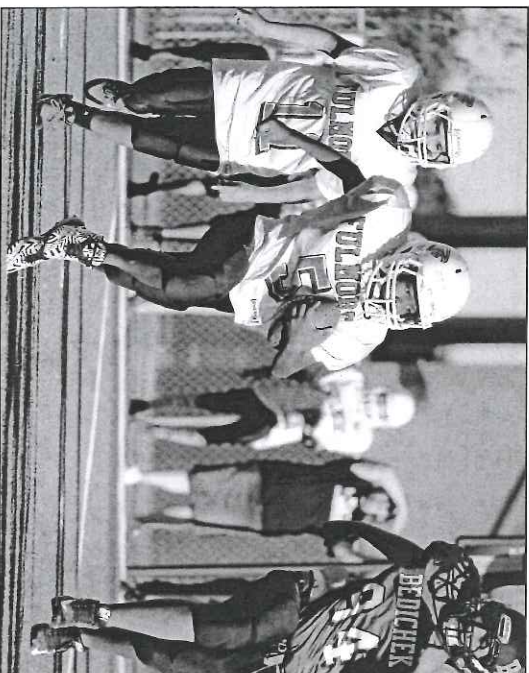


Photo by Morgan Sanders
During the seventh grade playoffs against Bedichek, Albert Slaughter ran down the field with the ball. The game was played at Tony Burger stadium on Oct. 26, 2015. "Our football team was kind of like a family to me," Slaughter said.

during a practice in September," eighth grader Gabriel Ward said. "But I could still play.

Teamwork is an important

Order on the court

Athletes and coaches share love of the game, competition

Isabella Orta
Reporter

Got it! The seventh and eighth grade volleyball teams had a successful season, with the eighth grade

team winning the District Championship.

Eighth grade coach Cecilia Hasdorff coached the eighth grade A Team and she said that for all their

strengths they also had their weaknesses.

"When we made mistakes we wouldn't let them defeat us," Hasdorff said. "Our greatest struggle was to let mistakes go, but once we were able to we were very successful."

Seventh grade coach Susan Stuart said that sports and volleyball are her passion. She said she knows the benefits of exercising, learning and playing a game you love. She said she was happy with the team's progress.

"The girls were incredibly supportive and positive with each other," Stuart said. "They would clap for each other in practice and were always very positive."

In addition to weekly games, both teams had to practice until 5:15 after

school. The girls usually went to 7/11 before the games to grab something to eat.

"I think the biggest reason for me trying out for volleyball was that there is such a special camaraderie that comes from being on a team," eighth grader Josie Shannon said. "We have become a lot closer than we were last year."

Stuart said that she enjoys sharing her love for volleyball and loves to pass it on to others.

She said that volleyball is not just a game, it is also helps students increase self-esteem, make new friends, have a group, and learn something new than can last your lifetime.

"I enjoy sharing that passion," she said.



Photo by: Rebecca Ply

In the middle of a volleyball game the seventh grade team huddles with Coach Stuart and gets water. Makayla Mason said "My favorite part about the volleyball season was that I got to know new people."