

# No pain, no gain

## Coaches stress safety as media reports of head injuries rise

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Editor

**I**t 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.nssousa.org](http://www.nssousa.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

part of organized sports, especially football.

"We mainly have to listen to the quarterback and do our part at the right time," Hang said

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