

Hello, Community!

If college sports programs would recruit one high school student-athlete coming out of a sports-related injury each year, or each season, not only would it help to change a young person's life in a positive manner, but it would also help to change a *sports culture*.

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"My first thoughts when I got injured were that my college aspirations were over. What I had dreamed of playing in college since I was in the eighth grade was gone. I was thinking I would never play basketball again, and if I did, would I be as good? The most important recruiting timeframe for high school basketball players is the summer before senior year, and I was injured. I was depressed and stayed home a lot for many months."

"When I knew I had torn my ACL in June after junior year and needed surgery, I called college coaches who had been recruiting me and told them about the injury. I could tell in their voices in their responses that they weren't going to want me anymore, except for one. I told this one that I will work my heart out for them, that I am so determined to make it, and that I will work so hard in rehab. The college coach there told me they would leave their full scholarship offer on the table. It felt amazing. I love the college, the team, the coach and the campus. While I wish the injury hadn't happened, maybe everything happens for a reason."

**~ Kayla Griffin, Senior, Girls Varsity Basketball, Moreau Catholic High School, Hayward, CA
(HAAL - Hayward Area Athletic League)**

Kayla signed a full scholarship offer in November 2008 of her senior year to play basketball for Cal Poly, San Luis Obispo, CA. She is majoring in kinesiology, plans on becoming a physical therapist and wants to help others.

Words of wisdom to her peers:

"Don't lose faith. Believe in yourself. You've got to work hard to get back to where you were before and be even better. Live by what doesn't kill you will make you stronger and learn to grow from it."

And to college coaches:

"Student-athletes who have been hurt value every chance they get to play sports, they don't take anything for granted and they will work hard for you!"

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"During a preseason football practice of my senior year I tore two ligaments in my ankle, and while I tried to play football a week later I ended up pinching my meniscus in my knee as well. I pretty much knew then that I couldn't play, but not playing killed me. I didn't want to sit out. Playing in the game meant everything to me. I couldn't just stand there on the sideline. I taped my ankle, wore my ankle brace, taped over that and wore my knee brace. I wanted to do something for my team but I couldn't do anything. I wanted to get better but I had to leave it. I felt hopeless. It was the worst feeling in the world."

"I had planned to go to college and play football. That was my dream. The college football opportunities became slim to none. Colleges don't want someone who is hurt or recovering from an injury. High school sports injuries are a dream killer. How something happens so fast and then it is done. It drained me. I tried to run for our track team a few months later but my ankle wasn't ready yet."

"I've decided for now to focus on my future career. I'm going to study Fire Science and plan to be a fireman and paramedic/EMT. When my ankle is healed I may try to play football for a related college campus. It's not over. I am hoping to play football."

~ Johnny Barbieri, Senior, Boys Varsity Football and Track, Castro Valley High School, CV, CA (HAAL - Hayward Area Athletic League)

Johnny is going to attend Las Positas Community College in Livermore, CA, and hopes to play football for fellow campus, Chabot Community College.

Words of wisdom to his peers:

"Never give up. You have to keep trying to get it better. You are worth it!"

And to college coaches:

"Give kids a chance who are coming out of an injury. They will work very hard for you!"

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Sports Injuries in high school can be devastating to student-athletes, but what is evident in interviews with a number of student-athletes who have experienced an injury or injuries is that these kids are determined, resilient, hard-working and passionate about the sports they play. They don't give up, and they are especially not going to give up in their sports passions at the age of 17 or 18. No way. Community can help by offering support, guidance and optimistic vision.

High school student-athletes who have experienced sports-related injuries should:

- + Keep their options open with regards to college choices.
- + Get a second or third opinion from the medical sector should a severe injury occur.
- + Insist on an MRI (not just an x-ray) should the belief be that a severe tissue injury has occurred.
- + Take corrective action to repair the injury asap after a medical evaluation has been done.
- + Participate in regular physical therapy treatment, which is often essential for successful rehabilitation.
- + Consider playing a second sport in high school so there is opportunity to prove physical health and provide athletic options.
- + Go to a college that WANTS you. You will know the difference by how they treat you.

Our Guest Article is by renowned physical fitness and rehabilitation expert, Dr. Don Chu. Don works with many student-athletes in the local HAAL community to help them safely rehabilitate from injury and get back on track physically healthy. Don, thank you for your selfless dedication, expertise and support. You make a difference in the lives of student-athletes and help those who aspire to play sports in college **Get There.**

Raising the bar for high school student-athletics and creating opportunities for student-athletes takes community.

Sincerely -

Jennifer Oliver
Founder
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About the Author -

Dr. Donald A. Chu is a nationally recognized specialist in Sports Medicine. He is a physical therapist, director and founder of Athercare Fitness and Rehabilitation, his private practice in Castro Valley, CA. He is a graduate of Stanford University where he received a degree in Physical Therapy and a PhD in education. He is a former member of the National Athletic Trainers Association Board of Directors and a member of the NATA Hall of Fame. In addition he is a past president of the National Strength and Conditioning Association (NSCA) and is currently a member of the NSCA Certification Commission. Don has and continues to work with many elite and Olympic level athletes in the areas of rehabilitation and performance enhancement. He has coached Olympic level track and field athletes in sprints and jumps for over three decades. These experiences served as the background for his best-selling book on improving speed and power, "Jumping into Plyometrics." He is the author of six books to date, and has written articles and given lectures on plyometrics and other topics in Sports Medicine throughout much of the U.S. and in many foreign countries over the past decade.

Don incorporates the latest technologies in treatments including Low Level Laser, Automatic Therapeutic Movement machines and Game Ready (devices available for modality interventions). In addition, TRX systems, Dartfish analysis and Force plate evaluations have all been added to compliment the solid foundation of plyometric drills, Olympic lifting and speed drills that Dr. Chu is famous for implementing.

Guest Article: Injuries in High School Sports – Dr. Don Chu

"The word "Epidemiology" refers to the study of the cause, frequency and incidence of injuries and illness. High School sports have been closely analyzed as well as Collegiate, Professional and Olympic sports. Injuries are a part of sports, in fact, they are basically a risk factor that everyone who participates accepts and deals with. We are never expecting an injury but when one does occur it may seem like a complete accident and take the athlete and their parents by complete surprise. This article will summarize some of the more common injuries that occur and what you can do to prevent, treat or seek help about."

"Practices provide most of the opportunity to get hurt while participating in sports. The "exposure time" is greater in practices than it is in games or contests. However, with the intensity and desire to compete at high levels, as well as occasional mismatches, there are plenty of chances to get hurt."

"When it comes to the prevention of injuries there are a multitude of factors to be considered. One way to look at these factors is to look at those that are most in the control of the athlete. The first is CONDITIONING! Sports demand and place a number of stresses on the human body that can be minimized if the athlete is in good physical condition. To be physically prepared for high school sports the athlete must be in the best physical condition they can be regardless of sport, age and gender. Getting in "shape" for a sport like football or basketball requires more than simply playing the sport. Athletes need to develop the muscles and prepare the ligaments and tendons to withstand all-out sprinting, quick stops and starts and change of direction. Not to mention taking a blow in contact sports like football, basketball, soccer, lacrosse, field hockey, water polo and wrestling. In special situations where physical education staff/faculty are in place at the school and have the background, many conditioning programs could be conducted for the benefit of the athletes. However, with so many schools depending on part-time coach situations, things have changed dramatically and not for the good. High school athletes deserve better and steps should be taken by parents to prepare their sons and daughters for competitive play in athletics. **Without adequate physical preparation athletes increase their chances and exposure to injury dramatically."**

"Many of the problems we see in ankles, shoulders, low backs, knees and thigh injuries are due to a lack of proper physical conditioning. How many steps does an athlete take when participating in a cross country practice, how many jumps occur during a game of volleyball, how many throws are involved in a baseball players practice before they injure themselves?"

"If you total all of the foot contacts (times your foot hits the ground) in cross country or volleyball and how many all out throws in baseball an athlete can perform you will find they are all due to the level of conditioning of the athlete as they begin their particular season. All human tissue is capable of withstanding only so much stress before it reaches a 'fail' point. Once the fail point is reached the tissue (ligament, tendon or muscle) is now injured."

"Again, the importance of preparation cannot be overlooked. With so many youth participating in year-round programs this is a factor which cannot go unattended. Running sprints, agility drills, strengthening the body and practicing skills related to your sport are not a form of punishment. They are an insurance plan against having to visit a medical facility for injury care and lost playing time."

"With the conditioning issue placed aside for a bit, accidents do happen. You run around and expose yourself to collisions, missteps and trips and falls, and at some point the odds are going to catch up and you will traumatize some sort of soft tissue. Injury studies have shown that the ankle is the most often injured joint. **Ligament injuries to the Ankle are the most commonly reported injury.** It is usually the ligaments on the outside (lateral side) of the ankle that are subject to injury. In fact, if you injure the outside of the ankle you are likely to have "sprained" the ligaments 80% of the time. If you injure the inside of the ankle you are more likely to have sustained a fracture of the bone on the inside of the ankle 80% of the time. So, an injury to the inside of the ankle is likely to require an x-ray to determine the true extent of the injury. Sprains come in various grades (I, II and III) and their seriousness rises as the number gets bigger because more damage is caused to the ligament. If there is swelling, tenderness and loss of function (ability to run, jump or even walk) the athlete should follow the following procedures:"

1. Compress the area (get an elastic wrap on as soon as possible).
2. Place cold over the joint area in the form of ice or even put the foot in a bucket of cold water for at least 20 minutes.
3. Elevate the joint way up in the air. The joint needs to be at least 45 degrees up in the air and keep it the air for a full 20-30 minutes.
4. When you are done with ice and elevation, compress the joint once again.
5. Repeat this process 2-3 times per day.
6. Weight bearing (getting back on the foot) is dependent on the reduction in pain, tenderness and swelling.
7. Rehabilitation in some form or another is a vital component of complete return to play.

"The **Anterior Cruciate Ligament (ACL) of the knee** is probably the most important injury for females. ACL injuries are epidemic in the female sports. The reasons have been largely tied to the fact that females use their hamstrings differently when participating in sports. There are studies that show a delay in the hamstring contraction with jumping and 'cutting' in the female athlete. This issue can be solved through training programs which teach proper jumping technique and more importantly, the mechanics of landing. So called plyometric training is very valuable in preventing ACL injuries which can run as much as ten thousand dollars for surgery and rehabilitation. This is an awful lot of money for an injury that is largely preventable. Football, soccer and basketball are the sports with the highest risk of injury to the ACL. Early diagnosis and getting into the hands of an experienced orthopedic specialist are a must if there is to be a playing career after this injury. Acute injuries to the knee are usually treated in the same manner as the ankle when it comes to acute injury."

"The **Shoulder** is a very complex joint and is subject to many different types of injuries. To start, many shoulder pains can be traced back to a lack of the athlete's ability to stabilize the shoulder blade (scapula). The shoulder blade can cause the shoulder to work very inefficiently when it is surrounded by weak musculature. Sports such as tennis, volleyball, softball and baseball are prime activities to create problems if this condition exists. It is always related to the number of repetitions taken before pain arises. A shoulder joint that is weak and has no support from the scapula will develop pain in short order, while one that is strong and has been properly prepared will be able to perform a lot more repetitions before it gets into trouble. Other common injuries to the shoulder include 'dislocations'. These are injuries in which the ligaments that hold the arm (humerus) in place with the shoulder blade (scapula) get torn so badly that the joint truly separates and cannot function due to the pain and loss of function."

"Football and wrestling are two sports where this injury occurs in fairly high numbers. This injury is going to result in some time in the emergency room or doctor's office to replace the joint. After it is replaced it will need to be rehabilitated and protected for the rest of the season if not longer. Wrestling, water polo and football see their share of this type of injury."

"Shoulder separations are an injury to the **Collar Bone** (clavicle) and its attachment to the scapula. They can be caused by falling on an outstretched arm in any sport and by being directly hit on the top of the shoulder. It is important in football that shoulder pads be properly fitted. In the majority of injuries of this type that we see at Athercare, the football pads are too small and incorrectly fitted. It is not uncommon to see a slight deformity in the shoulder that looks like a 'bump' at the end of the collar bone. The injury should be treated with ice and a medical consultation is necessary since the forms of treatment are varied with some physicians favoring surgery and some believing the joint is capable of healing adequately in the form of a severe sprain. You can count on being out of activity for 4-6 weeks, regardless."

"In conclusion, there are many different types of sports and each has a certain type of injury that is specific to it. Some are more devastating than others, however, most of the exposure to injury can be reduced by proper preparation for participation in sport, proper equipment fitting and teaching of proper technique. Unfortunately, today's educational institutions tend to shy away from full time staff/faculty so that off-season and pre-season conditioning programs are almost non-existent. With the rise of "Club Sports" and year-round programs injury exposure increases even more, and overuse and muscle fatigue are the biggest causes of injury. The most common approach to an acute injury such as an ankle sprain is R.I.C.E (Rest, Ice, Compression and Elevation). Recent evidence has shown that the most effective action is to place the injured joint in compression to provide the most immediate relief of swelling, then ice, then elevation (much higher than most people initially think) and finally rest, which the injury itself is going to impose."

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SportsHopes *updates:*

Tiny Scholarship Program -

The March 2009 Tiny Scholarship Program funded one SAT registration for a HAAL volleyball player; in April funded one summer make-up course for a HAAL track athlete; and in May funded one SAT Subject Test (two tests) for a HAAL football player. The program goal is to help provide nuts and bolts to HAAL high school student-athletes who are on the high school to college pathway and who have financial need. Thank you for your support.

SportsHopes plans to assist the funding of many more Tiny Scholarships by partnering with community and by fund-raising. If you can partner please email joliver@sportshopes.org The **Tiny Scholarship Program** funds NCAA registration, ACT/SAT registration/on-line training, college application fees and related nuts and bolts. Generally these fees are within the \$50-\$100 range each. HAAL high school student-athletes can request a Tiny Scholarship starting in the spring of their sophomore year of high school, or parents/guardians, coaches and high school administrators/counselors can recommend a recipient. **Email:** TinyScholarship@sportshopes.org

Also, in May 2009 SportsHopes assisted a community college football athlete entering his second and final year at cc to research and reach out to colleges and coaches at four-year institutions.

ACT/SAT Test Dates for Spring/Summer 2009 –

Juniors and Seniors, if you haven't tested yet now is the time to get registered for your first test so you can re-take the test if needed prior to end of December of your senior year. Some colleges also require two SAT Subject Tests and Writing Test.

SAT's - The next SAT registration is in early September for a test date in October.

SAT - <http://www.collegeboard.com/student/testing/sat/calenfess.html>

ACT's – The next ACT registration is in early August for a test date in September.

ACT - <http://www.actstudent.org/regist/currentdates.html>

NCAA –

Final Authorization Signature is required by seniors who plan on enrolling in a Division I or Division II college: <https://web1.ncaa.org/eligibilitycenter/common/>

Final Transcripts –

Seniors, be sure to have your high school send your final transcript to the college you plan on attending, as well as to the NCAA if applicable.

About SportsHopes –

It is a goal of SportsHopes to publish a monthly article that will "highlight" information to high school parents and guardians, student-athletes, superintendents, principals, athletic directors, coaches, teachers, administrators, businesses, city halls, local media and service organizations, that will help HAAL high school student-athletes who want to go to college and who want to play sports in college **Get There**.

SportsHopes is a volunteer org based in HAAL with the goal of applying for 501(c)3 status to best serve the HAAL student-athlete community. SportsHopes was founded by HAAL student-athlete parent, Jennifer Oliver, in the summer of 2008, when a profound need for educational information "knowledge" and support pertaining to the high school to college pathway for student-athletes was discovered. Oliver, a fourth-degree black belt in tae kwon do, taught martial arts to children and teens in the Hayward community for 13 years, served as president of a HAAL high school Athletic Boosters for two years, and has been an avid long distance runner for decades.

The Hayward Area Athletic League (HAAL) consists of nine northern California high schools in the greater S.F. East Bay Area:

Arroyo, Castro Valley, Hayward, Mt. Eden, San Leandro, San Lorenzo, Tennyson, Bishop O'Dowd Catholic and Moreau Catholic.

If you would like to be removed from future SportsHopes publishing's please email:
goodbye@sportshopes.org