

Hard Hits

Concussions seem to hit hard and often

With the football season in post-season, there seems to have been a lot of football players suffering from concussions this season. At last count there have been at least ten football players with concussions in this season.

Why are football players seeing an increase in concussions? Are the players playing too rough or are the referees just not doing their job and catching everything they should be?

Are more kids starting to get concussions?

Athletic trainer Kristine Ensign said there are going to be some years with more concussions than others. This could partly be the case with this type of injury this year.

It is possible that this year is not any worse than previous years, but that as coaches and players become more aware of the signs, they may be taking it more seriously.

Most of the football players got their concussions by helmet to helmet contact. With these concussions, most of the individuals felt dizzy, had extremely bad headaches and some could not see correctly. Since having the concussion, some players said they have seen some long-term affects, the main one being random, extreme headaches. Almost all of the players got their concussions while playing in a game.

So what is the reason the football players are all getting concussions?

Ensign, said she does not think the athletes are being too rough or that referees are not catching everything.

"Using proper techniques and having good strength is the main way to lessen the risk of receiving a concussion," said Ensign.

When the football players show signs of a concussion, Ensign has to test the players with an ImPACT test.

"To test them I have to check their signs and symptoms, check their balance, and then check their cognitive functions, or their ability to think and remember," said Ensign.

After Ensign assesses the player, then they are given an ImPACT test.

The ImPACT test compares to a baseline



test the players have to take before the season. ImPACT gives scores on memory, motor speed and reaction time, but is not used to diagnose concussions. ImPACT helps to show when an athlete's brain is healed and ready to return to participation.

Is the ImPACT test accurate? Research has shown ImPACT is a reliable test when assessing cognitive function of a player's brain. Although ImPACT is reliable, it is important that athletes are under the care of a physician so they know if other tests are needed.

So are players being unsafe?

Ensign said the players are not doing anything different, but people are starting to recognize and understand the affects and problems of concussions.

Player's are given a test called ImPACT that is very reliable and is not designed to diagnose, but to help show any cognitive problems with the person's brain. A lot of athletes are getting concussions this year. Could this number be reduced? According to Ensign it can.

By Bailey Rankin

Photo Illustration Jerica Goodpaster

FEATURED

Senior Chelsea Shupe



What position do you play?

Outside hitter.

How often do you practice?

Everyday.

Who is the team's biggest rival?

Whoever we are going to play in sectional.

How many matches have you won?

21.

How much money do you use in a year for volleyball?

A lot.

What team gives you the most challenge?

We play a lot of tough teams.

How many years have you played?

Eight years.

Photos by Breanna Daugherty

By Cohen Bostock

THE SHOT

1.



Photo by Breanna Daugherty

2.



Photo by Tiffany Judd

3.



Photo by Breanna Daugherty

4.



Photo by Breanna Daugherty

SPORTS RECAP

Football:

To date the Varsity football record is 8-2 and the team just advanced into the second round of Sectional defeating Clarksville. Tonight they face Monrovia. The JV team finished their season 8-0.

Volleyball:

The Varsity team finished their season with a record of 24-9 after losing in the first round of Sectional to the Providence Pioneers. The JV team finished their season at 19-2.

Cross Country:

The Varsity team record is 9-65 for the boys and the girls finished at 72-41 with sophomore Kelsey Smith advancing to Semi-State at Brown County and placed 121st. She did not move on to the State finals.

Tennis:

The boys season ended after getting defeated in the first round of Sectional. The team ended their season as a team with no wins.

By Kennedy Nelson

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