

Sports world works to limit concussions

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Contributing writer

Late in the third quarter of Super Bowl XLIX, Seattle Seahawks defensive end Cliff Avril got a concussion after he and New England Patriots cornerback Brandon Bolden's helmets crashed into one another.

The NFL spotter, watching in a booth high above the field, alerted the team physicians to check out for possible concussions. Ohlone's athletic trainer, Jeff Roberts, was that guy.

"It was a once in a lifetime thing," Roberts said. "My job doesn't change if I'm at the Super Bowl or at the Raider game, just a bigger stage."

The American College of Sports Medicine defines a concussion as an injury where force causes the brain to move within the skull. Any sport can cause a concussion, including baseball, basketball, hockey and football.

Concussions have always been a concern in the sports world. One Southwest Athletic Trainer's Association article says female high school soccer players have a 40 percent higher concussion rate than males, and female high school basketball players have a 240 percent higher concussion rate than males.

"A concussion is a con-



TAM DUONG JR. / MONITOR FILE PHOTO

Maryland players converge on a California School for the Deaf player in a game two years ago in Fremont.

cussion, doesn't matter what sport," Roberts said.

According to the website for Head Case, a company aiming to increase safety in sports, concussions increased from 1.9 million in 2002 to 3.8 million in 2012.

The highest rate of concussions in sports is high school football, with 47 percent. People know about concussions among professional and collegiate athletes, but it starts as early as youth and high school players.

The rise of head injuries

and concussions in youth and high school sports is at an all time high.

"I played football all four years of high school," said Mike Cason-Barnes, who got a concussion while playing the last game of his senior year at West High School in Tracy. The play leading up to his hit was called a screen pass and his responsibility was to be the lead blocker on the offensive line. "I remember getting hit but nothing afterwards."

According to the Mayo

Clinic, symptoms of a concussion include memory loss, wanting to vomit, ringing ears, dizziness, delayed response to a question, and amnesia from the event.

"My ears started ringing; I had a vague memory of what I remembered," Cason-Barnes said.

To help prevent more head injuries and concussions from happening in youth and high school sports, protocols and laws have been set up.

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Fresno ends Ohlone's baseball season

ALBERT REBOSURA
Sports editor

The Ohlone baseball team's promising season came to an end after losing the series 2-1 to the second-seeded Fresno City College.

It was Fresno's dominating pitching that the Renegades couldn't overcome in the two losses. Fresno pitcher Connor Brogdon allowed one run on three hits with seven strikeouts in their 7-2 win in Game One.

Brogdon improved his record to 10-0 with a 1.79 ERA and 82 strikeouts – sixth most in the state. Ohlone's Pablo Artero and Josh Roman had the lone RBIs for the Renegades in the loss.

In Game Two, Ohlone squeaked out a 4-3 come-from-behind victory. Fresno was up 3-2 until the eighth inning, when Justin Chase scored Brock Pradere, tying the game for Ohlone.

Max Diaz would reach base on an error in the 10th inning, scoring Josh Sprugasci and clinching the Game Two victory. Ohlone pitcher Elias Bedolla threw a whopping 10 innings for the complete game victory, tying up the series 1-1.

Game Three was reminiscent of Game One – Fresno's



LAURA GONSALVES / MONITOR

Head Coach Mark Curran, left, argues with the home plate umpire last month against Gavilan. pitching was dominant and the score was 7-2 in their favor. This time, Fresno pitcher Jorge Alvarado silenced Ohlone's offense, allowing two runs in seven innings to clinch the series and crush Ohlone's playoff hopes.

Ohlone finished the season with a 29-12 record. The 2010 champions have 19 returning players and 14 moving on.

Among the players leaving are Pradere, who led the team with 33 steals; and Bedolla, who pitched a team-high 86 innings with a 2.93 ERA and a 7-2 record.

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ALBERT REBOSURA

Game over

Seems like it was just yesterday when I was sitting in Ohlone's newsroom hoping to be the sports writer, and here I am writing my last column.

Luckily, I didn't have to plead or fight to become the sports editor – there was no one else who was interested.

Since then, I've been responsible for filling two pages every week this school year.

And that included this column.

I'd like to thank all of you who take the time to read my often weird takes on sports – or this newspaper. I'm pretty sure that more than half the students here don't know that it exists.

I've grown so much as a writer and editor this year. You have all been forced to watch - and read - me like something right out of The Truman Show.

Just like the Truman Show, this must end. So this fall – man this was very tough – I've decided to take my talents up north and join the Humboldt State Lumberjacks.

I would like to thank LeBron James for helping me with that decision.

As a parting gift, I'd like to share my special sports rules and jokes.

My first rule pertains to baseball: players can't weigh more than their batting average.

This rule requires players such as Pablo Sandoval and Prince Fielder to have a batting average above .300.

The next rule is to respond to every sports conversation with the Alabama Crimson Tide's saying: "Roll Tide."

Roll tide is just another way of agreeing with someone or spicing conversations about the Sharks always losing in the playoffs. "You know what? They had a great season. Roll Tide."

My last and the most important rule: "ball don't lie." The ball never lies.

I didn't make this rule, it's a basketball phrase when a referee calls a bad foul and the player shooting free throws misses the shot.

Ball don't lie is simply a cool, much nicer way to say, "That's karma, bitch."

Those are my rules and this is the end. I'm turning in my jersey knowing that I left it all on the field.

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