

## CONCUSSIONS ON THE RISE

A recent event, like the tragic death of actress, Natasha Richardson, from a seemingly minor concussion has brought a crucial issue into media spotlight. The trauma of hitting your head can have dire consequences, including bleeding and swelling of the brain. In some instances, these injuries aren't immediately apparent because the patient may initially be lucid and without serious symptoms. While Natasha Richardson's case may be rare, more attention to such incidents is necessary to evade such devastating consequences.

Researchers provide that while concussions are on the rise among young athletes in the United States, girls may run a higher risk of suffering concussions than their male counterparts engaging in the same sports. Concussions result from a blow to the head that causes the brain to slam against the inner wall of the skull. Bleeding or tearing of the nerve fibers causes symptoms such as headaches, dizziness, confusion, loss of consciousness and amnesia. A National Collegiate Athletic Association study reported that concussion rates were higher in women than in men in soccer (27 percent higher), basketball (66 percent higher), and ice hockey (80 percent higher). Roughly 1.4 women soccer players out of 1,000 get a concussion, compared to 1.1 college men out of 1,000. research with 2.7 injuries out of 1,000 athletes compared to 2.3.

◇ Contd. On pg 2...

### INSIDE THIS ISSUE

**Page 2** > Concussions Article contd., and Leadership Workshops

**Page 3** > Leadership Thoughts & Trivia

**Page 4** > Spotlight on Swimming, Upcoming Competitions

**Page 5** > Dates to Remember, Comparative Analysis



## CONGRATULATIONS ON GOING TO NATIONALS!

>Field Hockey

>Wrestling

>Women's Volleyball

>Trap and Skeet

>Men's Volleyball

>Synchronized Skating

>Figure Skating

>Men's Ice Hockey

>Tennis

>Women's Rugby

**(AND GOOD LUCK TO THOSE ON THEIR WAY)**

## Concussions Contd...

Female ice hockey players get injured more than male football players, according to the research with 2.7 injuries out of 1,000 athletes compared to 2.3.

There are both physiological and socio-cultural explanations for differences in concussion rates between males and females, including different styles of play, muscle strengths and cultural norms. Increasing numbers of competitive female athletes may be one explanation. Differences in the game itself may be another reason for the difference. Researchers have also found that boys and girls playing the same sport sustained concussions from playing different positions. In soccer, boys suffered concussions while goaltending, whereas girls tended to sustain concussions while defending. In basketball, more boys sustained concussions while rebounding and chasing loose balls, whereas more girls got concussions from defending and ball handling. Differences in training may also be a factor. For example, in ice hockey, men are allowed to body check opponents whereas women are not. As a result, men practice checking in scrimmages and become accustomed to that style of play, whereas women may be less prepared.

To further protect young athletes from serious injury, researchers recommend educational programs, improved protective equipment and better enforcement of rules. Additionally, we need to make sure athletes, coaches and parents are aware that concussions are a serious injury. Education on the signs and symptoms of such injuries are imperative and should be widely disseminated.

## LEADERSHIP WORKSHOPS

### Webpublishing Workshop with Ms. Ginny Redmond

Feel like your individual club page needs a little pizzazz??? Come learn about creating an eye catching webpage! All skill levels welcome.

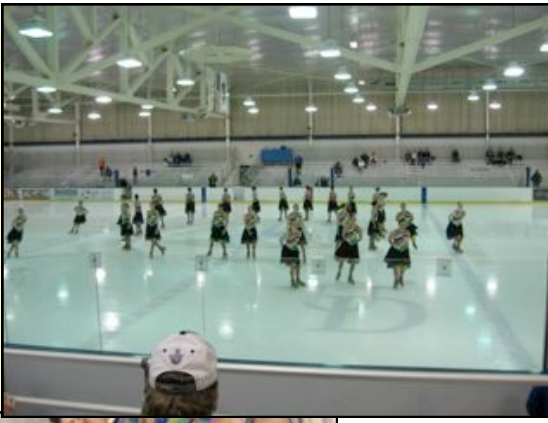
>>**April 23, 2009, 6-7:30pm, CSB Computer Lab**

\*Must pre-register for this workshop by Tuesday, April 21<sup>st</sup> with number of club members attending to Sport Clubs Graduate Assistant, Aubrie Belz at [abelz@udel.edu](mailto:abelz@udel.edu). Also, please include specific questions that you may have on features you would like to learn about incorporating onto your own pages. Additionally, those attending MUST GET PERMISSION to work on the webpage. Please contact Dr. Maryann Rapposelli at [chooch@udel.edu](mailto:chooch@udel.edu) with students' names and sport club.

**Open Forum/ End of the Year Celebration** Please come and share your feedback on the Sport Clubs Program. For graduating seniors, this will be the last time we may get to see you. Please join us at our culminating event of the year.

>>**May 6, 2009, 7-8:30pm, Willard Hall 319**

Men's Rugby coach, Bjorn Haglid, in collaboration with specialty rugby coach, Mr. Eamonn Hogam from Leister, England will offer a clinic on how to prevent collisions (or control the outcome when they do happen in the high contact sport of rugby) on Thursday, April 23<sup>rd</sup> for his team.



## Leadership Thoughts

A real leader faces the music, even when he doesn't like the tune. –Anonymous

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

–John Quincy Adams

Leaders aren't born they are made. And they are made just like anything else through hard work. And that's the price we'll have to pay to achieve that goal or any goal. –Vince Lombardi

The ultimate leaders develop followers who will surpass them. –Alan Mcginnis

The real leader has no need to lead– he is content to point the way. –Henry Miller

Our chief want is someone who will inspire us to be what we know we can be. –Ralph Waldo Emerson

A good leader is not a person who does things right, but find the right things to do.—Anthony Dadavaro

**Trivia!**

**What sport do the Wilmington Blue Rocks play?**

Look for the answer on the last page! :)

# Spotlight On Swimming

Only three years after it was established, the University of Delaware Swimming Club (UDSC) once again proved its success on the national stage. On the weekend of April 4-5, UDSC travelled to University of Miami, Ohio in Oxford Ohio for the American Swimming Association National Championships. After the first event was off the blocks, everyone in attendance knew that this would be the fastest national championship meet ever. UD's team did not get left behind. The Team was led by Senior, Andrew Zinn, who was the school's first ever national champion. He won the 50 yard freestyle with a commanding time of 20.83! He smashed the previous national record, which he set at the regional championships. He was also the top seeded finalist in the 25 yd freestyle (9.94), and the 100 yd freestyle (47.23.) Due to an unfortunate series of events, he was unable to compete in finals for those events. On the girls side, they were lead by Junior, Rebecca Lyon, who finished third in the 100 breaststroke (1:11.22), 25 breaststroke (15.32), and fourth in 50 breast (33.37). "We are one of the youngest teams on campus and I'm so proud of what we have accomplished in such little time" said Club President, Collin Francis. "When I helped start this club three years ago, I could never have imagined the national success we have had."



## Upcoming Competitions

**>April 25, Women's Lax @ Rullo Field,  
4PM**

**>April 25-26, Trap and Skeet @WTA  
Range**

**>April 25-26, Sailing @ Home**

**>April 26, Tennis @ 10 AM**

**>May 2, Baseball @ Bob Hannah  
Stadium, 12PM**



# Dates to Remember

>**Thursday, April 23rd** -

Webpublishing

Leadership Workshop

6-7:30pm in the Little Bob Computer Lab

>**Friday, May 1st** - Comparative Analysis Forms (to be completed by Treasurer) and Renewal Forms Due!

>**Wednesday, May 6th** - Open Forum

Leadership Workshop/ End of Year

Celebration! 7-8:30pm

Willard Hall 319

>**Friday, May 8th** - Sport Clubs Survey Due

>**Thursday May 14**– Leadership Awards Ceremony



## Comparative Analysis

Comparative Analysis has taken the place of what once was "Budget Synopsis." The Comparative Analysis is essentially a review of finances from the previous year, the current year, and a projection of the year to come. Filling this out can be made simple by using previous Treasurer's Budget Synopsis records. However, if such a record is not easily accessible, we are here to help!

The Comparative Analysis forms, in addition to the Annual End-of-Year Report, Equipment Inventory, Renewal Application and List of Officers is due by May 1st. \* Please Note: Do NOT fill out the Budget Synopsis Online Form! More information on the Comparative Analysis Forms and List of Officers Forms will be sent out from the Sport Clubs Office shortly.

Trivia Answer:

The  
Wilmington  
Blue Rocks  
play

**BASEBALL!**