



MomsInSA

# Athletes can take steps to ward off injuries

By Dr. Annette Zaharoff

**W**ITH the school year already under way, teen and tween athletes are engaging in rigorous workouts. Though football gets the bulk of attention, I'd like to focus a bit on the girl athletes preparing for volleyball, basketball, gymnastics, dance and cheerleading.

Cheerleading and dance are sports, as aptly demonstrated to any viewer of national college and high school cheerleading or dance competitions on cable sports networks. The high-flying cheerleaders may seem like the ones who are most prone to injury. In reality, however, the cheerleaders at the bottom of the pyramid — the base — are the ones most often at risk.

The people on the bottom of the pile, either boys or girls, carry a heavy load hoisting their squad mates up on their shoulders or tossing them into the air for a basket catch. If the person at the base doesn't have strong legs, she may find herself with upper-body (shoulder) injuries and neck and back pain. When you see the pyramid start to "wobble," everyone is at risk, especially at the base.

The base needs to have someone who is strong overall but has an especially strengthened core and legs. If not, the entire squad may suffer with ankle sprains or worse. Planking, yoga and Pilates are all excellent for strengthening the core.

Knee injuries are common in these sports, and girls are especially vulnerable. Each year, more than 20,000 U.S. high school girls suffer a serious, sports-related knee injury, according to the Institute for Sports Medicine. Girls are up to six times more likely to injure their anterior cruciate ligament than boys in similar sports.

Bad landings are the cause of most of these injuries, not contact or collisions. So girls volleyball and basketball trainers and coaches need to be acutely aware of precautions that can minimize injuries beyond simple road rash — scrapes and burns created by skidding on the gym floor.

One way to lessen the likelihood of knee injuries is to incorporate a neuromuscular training program, which may consist of 15 to 20 minutes warming up with stretching, balance, agility and plyo-

metric exercises. Studies have shown these types of exercises can greatly lessen the likelihood of lower-body injuries. Talk with your team trainer about developing a pre-workout regimen that's right for your sport.

Injuries will happen. The time you invest in recovery is important if you want to avoid a quick re-injury. For example, in basketball, twisted ankles are common, particularly if players fighting for a rebound come down and land on another player's foot. Too often, players try to get back on the floor before their ankle has completely healed. If the ligaments haven't tightened up enough, the player winds up back on the bench from re-injuring her ankle. That's why we always recommend complete rehab for players after these types of injuries.

The other mistake that can lead to injuries is a desire to jump from one sports season to the next with no break. Volleyball gives way to basketball, which gives way to softball and then track and field. Then there are the summer camps, and before you know it, the school year is about to start. For competitive gymnasts and skaters who train year-round, the need for time off is particularly important.

Young athletes need time for rest — mental and physical. Going at high speed all year is a formula for burnout and injury. Kids can get what we call "overuse injuries" from never taking a break. So train hard, train smart and consider taking time off as an important part of your post-season workout.

You can find Dr. Annette Zaharoff's blog, Dr. Z, on mySA.com.

## ONE AWESOME THING TO DO

### LES PETITS CHANTEURS

**St.** George Episcopal School, 6904 West Ave., hosts the 30-voice boys choir from Holy Trinity Cathedral's Music School in Port-au-Prince, Haiti. Donations at the performance will benefit the school's reconstruction project. The show is 9 a.m. Wednesday. Call 210-342-4263 for more information.

## THREE OTHER POSSIBILITIES

### 1 SAN ANTONIO YOUTH BARBERSHOP FESTIVAL

The third annual workshop for middle and high school students concludes with a performance by participants, the Alamo Metro Chorus, the Chordsmen, the Marcsmen, local quartets and high school groups. 6 p.m. Saturday at Roosevelt High School, 5110 Walzem Road, 210-732-8518 or 210-862-5746. Tickets cost \$10.

### 2 FLAMENCO FEST

Dance festival at the Cameo Theater, 1123 E. Commerce St., includes the premiere of Fandango's *Pasos y Pasiones*, a classical Spanish-guitar showcase, tapas and more flamenco performances. Admission costs \$10-\$50. Shows are at 7 p.m. Saturday and 2 p.m. Sunday. For more details call 210-212-5454.

### 3 SCHLITTERBAHN WATER PARK RESORT

It's the park's final weekend of the season. Attractions include the Tubenbach area, The Falls, Deluge Whirlpool River, Boogie Bay Hot Tub and Boogie Bay Kids' Area. Doors open at 10 a.m. Saturday and Sunday at Liberty and Common streets in New Braunfels, 830-625-2351. Daily admission costs \$43.99; seniors and ages 3-11, \$35.99. Prices do not include tax.



JENNIFER WHITNEY / STAFF

## MY KID GALLERY

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GRAMS

### FIRST DAY OF THIRD GRADE



JCJ

# Actor has had his share of life-altering moments

■ Adrian Pasdar says new show *The Lying Game* also deals with decisions and situations people encounter that change them

By LUAINE LEE

McCLATCHY-TRIBUNE

**BEVERLY HILLS, Calif.** — Actor Adrian Pasdar doesn't need to look for drama in his work — he's had plenty in his life. Watching his father save a life taught him priorities. A crippling accident jettisoned him into acting. And meeting his wife forced him to change his lifestyle.

The actor from such shows as *Heroes*, *Castle*, *Profit* and *Iron Man* is co-starring in ABC Family's *The Lying Game*, in which he plays a slightly mysterious friend of an adoptive family. Their daughter discovers she's an identical twin. While the twins plot to root out their birth mother, Pasdar's character knows more than he's willing to reveal.

"The show is about generations of consequences from not being 100 percent honest," he says.

"I'm at the point in my life where decisions I made as a young man are the ones I live with now. The decisions I'm making now are the ones my children are going to have to live with. That's what this show's about in many ways. There are many layers of complexity to the levels of deceit in the show. It does become a very complicated web of deceit and misperception in the show between the adults and the youth."

Pasdar's early decisions may be guiding him now, but when he was 14 he learned the value of life in an instant.

"I was with my father, and he's a cardiovascular thoracic surgeon. We were walking out of the hospital Sunday to go get some lunch, I was doing rounds with him. And as we were walking out, the paramedics came flying up and a fellow had a punctured lung. He was in church ... and he tripped as he was coming out of church, and he fell on the corner of the step and punctured his lung.

"Fluid was collecting in his lung and there was no time to bring him into the ER. My dad laid him out, cleared off the desk, ripped his shirt off, shaved his chest with a scalpel, cut a triangle in his skin, took the casing off a Bic pen and pushed it in there to relieve the pressure that was building up from the puncture in the lungs, it was filling with air. And as soon as it hit that pocket it went phewwwwww, like that, and this fluid and air, noise, blood went all over the room.

"I remember standing there watching the fluid and the air and I blacked out. I knew I blacked out, I lifted my eyes but I couldn't see anything. I was standing there but my body had shut down. But this guy's life had been saved. All I remember thinking was, 'We were going to have lunch. This guy was dead. Now he's not.' And my dad pulled down his sleeves, washed his hands, put his tie back on, and the guy's life was saved right in front of my eyes. I remember thinking, 'That's drama.'"

Another crisis arrived when he was a promising football player in college. "I had a car accident and woke up in traction and had road rash all over my back and my roommate was in the car with me. I had a broken neck and had been in a coma for a little bit, my legs were both broken, and I remember lying there, and I remember looking over at him. He woke up and saw me, and we started laughing because we were alive."

If his early life was any



ABC FAMILY

**DEFINING MOMENT:** Adrian Pasdar says his life changed after watching his father save a man's life.

indication, meeting his future wife was also filled with drama. Pasdar is married to Natalie Maines, lead singer for the Dixie Chicks. They have two children, 7 and 10.

"I'd come back from working in Paris and I was a best man in a wedding in Texas. She was a bridesmaid. My transmission dropped in Benson, Ariz. ... I was late and missed the rehearsal dinner because of my transmission. I finally showed up, the dust hadn't even settled on my back tires when I was putting on my shoes and bow-tie. I had a shot of tequila with the groom, pinned the boutonniere on him.

"He said, 'By the way, you're the end of the line of the groomsmen because you were late.' So I was last ... so when we left we were united. The first thing she said to me was,

'You're late.' She didn't even look at me. She just grabbed my arm and said, 'You were supposed to be here YESTERDAY.' I said, 'It's nice to meet you, too.'

"I looked down on her, and she was this little pixie dream of a woman, a little fireplug ... of a girl. So I fell in love with her. I knew I had to make a couple of phone calls. There was a girl I'd fallen in love with in Paris. I was about to go back and try to woo her and marry her, and I had to call and say I wasn't coming back. I was sort of angry at first," he pauses.

"You never see the end coming. It was the end of my bachelor days. I was kind of upset. I was on a roll. I was having a great time. My black book was worn out, and I was upset with Natalie. 'You cut me short,' I said to her. She didn't know what I was talking about."

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