

PHOTO ILLUSTRATION BY SARAH BUCHANAN AND NYRALEE CHHOTU



Tackling the heat

BY Mitchell Padilla

"It was a feeling that I hadn't felt before. I had chest pains and felt really dizzy," said Junior Michael Garrison, a victim of heat-related problems on the football field.

Every summer, thousands of high school athletes hit the gridiron in the blazing sun. In the past 10 years, there have been 25 heat-stroke related deaths in football alone. This is very unfortunate because this type of death in teens is preventable.

This year, Oakmont varsity player, Garrison, collapsed during practice while doing defensive back drills. After sitting down, he kept going in and out of consciousness.

"Every time I tried to move, a different muscle would cramp up," says Garrison. An ambulance was then quickly called and when they arrived, Garrison was cooled down with saline.

According to Todd Bruno M.D., the way to treat heat related problems is as follows: "The affected person's core body temperature must be quickly lowered by using ice packs, baths, fans or IV's containing fluids such as saline. In severe cases, cold irrigation could be used on the patient. This flows cold water through the bladder," says Bruno.

Unfortunately, not everybody is as lucky. On a hot day

in August of 2008, Max Gilpin, an offensive lineman at Pleasure Ridge Park High School in Kentucky, collapsed after doing "gassers." 12 times they had to run up and down the field without water in the 94 degree heat.

After Gilpin died in the hospital three days later from septic shock, multiple organ failure and heat-stroke, spectators reported hearing the coaches yelling at the players to keep going. The parents of Gilpin then filed charges toward coach, Jason Stinson, for reckless homicide. No coach wants their players to die of course but they are responsible in some ways for their players.

However, Garrison claims that in his case, the cause of his problem wasn't because he was lacking enough water but instead that he hadn't been eating well. "My potassium level was really low and I hadn't been drinking or eating right," says Garrison.

Oakmont varsity head coach Tim Moore also feels that the players and parents hold the most responsibility for handling the heat. He agrees with Garrison in that in most cases, it was due to players not eating and drinking right before practice.

"The coach's responsibility is to educate his players on proper nutrition and hydration techniques and it's the parent's and player's responsibility to make sure they eat well and stay hydrated throughout the day. If you're respon-

sible with what you put in your body then you should be able to get through practice," says Moore.

Heat-stroke has always been a problem for athletes in sports such as soccer too, but football has caused the most deaths. Since 1995, 33 football players have died from heat stroke.

"Heat stroke is a severe condition when the core body temperature exceeds 104 degrees. It's the most serious of heat-related illnesses above dehydration, heat cramps and heat exhaustion. Heat stroke causes problems such as delirium and more severe effects such as residual brain damage, which occurs in 20 percent of patients, if they aren't treated immediately. There is also the unfortunate possibility of death," says Bruno.

"Heat stroke is a condition that most commonly effects the elderly and obese, but can happen to anybody if they aren't adequately hydrated or getting enough nutrients throughout the day," says Bruno.

Dozens of football players have unfortunately died from heat related problems in just the last decade. To prevent these tragedies, players must take Bruno's advice by drinking plenty of water and eating healthy before they play.

"Your body is like a car, if you put bad gas in your car, it won't run very well. If you don't put the proper amount of fluids and nutrients in your body, it won't perform the way you want it too," says Moore.

COLLEGE FOOTBALL PREVIEW

{Florida is the unanimous #1 but USC and Texas are right on their heels}

BY Brandon Willis

The Florida State Gators are at the top of the AP ranking list, and are showing signs of having a successful season. They beat the CSU in week one and defeated troy in week two. They have plenty more talent on the field like Tibow, Spikes and Rainey returning. They are expected to star in a bowl game, possibly, with Notre Dame.

The number two Okalahoma Sooners are returning with their quarterback, Sam Bradford, who recently won the Heisman Trophy Award. However, don't forget his favorite tight end Jermaine Gresham. However, they aren't starting their season well with a loss to rank twenty Brigham Young University and a less impacting win against Idaho State.

Even though the Sooners have a loss to BYU, the Gators need to keep an eye out for the Sooners because they may have a chance to challenge them at a bowl game if both teams begin succeeding during the rest of the season.

However, unlike other teams, the season is harder for teams like Penn State, who took a big blow by losing All-Star players Derrick Williams, Jordan Norwood, Deon Butler and A.Q.

ShIPLEY. The Nittany Lions will have a more difficult season, but will surely get into a BCS bowl game. No matter what, the Ohio State vs. Penn State game will be a great sign to see how their season will end up.

The Georgia Bulldogs are going to have a more difficult season because of losing some of their big players like quarterback

Now with two wins under their belt, the Cal Bears are likely to maintain their number ten position on the charts.

Matt Stafford and Tailback Knowshon Moreno The University of Southern California lost quarterback Mark Sanchez, and players Clay Mathew, Rey Mauuluga and Brian Cushing, all of whom were major players on USC's team. They are going to have to work hard to have a successful season, but, with considering their history it is assured that they will have, at least, a decent season.

Now with two wins under their belt, The Cal Bears are likely to maintain their number ten position on the charts. Not to mention they have Jahvid Best, one

of greatest under mentioned players on the field. Best rushed 1,600 yards last season. Now with a win versus Maryland, the Bears are going to begin gaining momentum.

As the football season begins, people are already predicting match ups, blow outs and upsets like a SEC match up with Florida against Alabama. Also, many people are predicting that the Florida Gators will take the BCS Championship.

This season will be full of epic games, such as a potential Longhorns and Sooners match up. Other upcoming match ups to mark on your calendar are USC at Notre Dame, Ohio State at Penn State and Georgia at Florida.

