

The Cost of Competition

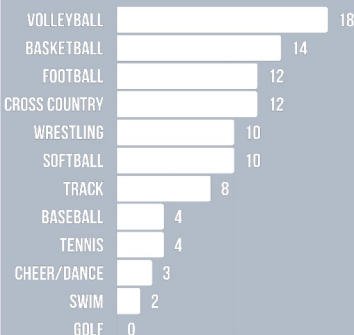
Adams Central Sports Risks and Recovery

67.6%

ROUGHLY 2/3 OF ATHLETES OBTAIN AN INJURY THAT KEEPS THEM OUT OF PRACTICE AND/OR GAMES



NUMBER OF INJURIES PER SPORT AT AC



WHAT TO DO IF YOU



GET INJURED (QUICK FIRST AID GUIDE)



1. R.I.C.E. (REST, ICE, COMPRESSSION, ELEVATION)
2. DON'T PLAY THROUGH PAIN
3. SEE A TRAINER OR DOCTOR IF IT WORSENS
4. GRADUAL RETURN TO ACTIVITY

WAYS TO PREVENT INJURIES



1. WARM UP PROPERLY
2. COOL DOWN AND STRETCH
3. BUILD STRENGTH AND CONDITIONING
4. USE PROPER TECHNIQUE
5. WEAR THE RIGHT GEAR
6. DON'T SKIP REST AND RECOVERY
7. STAY HYDRATED AND EAT WELL
8. KNOW YOUR LIMITS
9. CROSS-TRAIN
10. REPORT PAIN AND GET CHECKED EARLY

COMMON INJURIES AT AC

17.3%

ANKLE



12.2%

KNEE



12.2%

SHOULDER



8.2%

BRAIN



Kayden Sipp, Adams Central

Infographic-

I created my sports injury infographic to inform students at Adams Central about the number of student athletes who have had an injury that took them out of practices/games, the number of injuries per sport, what to do if you get injured, how to prevent injuries, and the most common injuries at Adams Central. The information on my infographic came from a Google Form survey that I created and sent out to all students at Adams Central. My survey asked students if they had ever played a sport, if yes, it asked them if they had ever had an injury that took them out of practices/games for their sports, if yes, it asked them the sport they got injured in, what the injury was, and if they had a second injury. The process continued for up to three injuries. I created my design in Adobe InDesign, starting with a blank 5x10.5-inch document. I used navy rectangles and lines to separate my different sections of information. To create my title, I sectioned off an area towards the top with a navy rectangle and used white text with different typography settings. For my next section of information, I calculated the number of student athletes that have had an injury. That number was 67.6 percent. I used red text in a dig font to make the number stand out. Next to my big number, I used red text to describe what the number meant. Below my number and description, I found three different athlete figures on a free vector website, opened them in Adobe Illustrator, and changed their colors. I used a figure in the middle to represent an athlete who has not had an injury, and I used two red figures on the outside to represent two athletes who have been affected by an injury. For my next section of information on the left, I used a navy rectangle to section out the information. I used white rectangles to show the number of injuries per sport. I used white text on the outside of the rectangles to name the sport on the left and the number of injuries on the right. For my next section of information to the right, I used the line tool to create a navy line to separate the section of information from above. I titled my section using red text, center-aligned. On the sides of my title, I found an ice pack from a free vector website. I used Adobe Illustrator to change the colors to fit my color scheme. For my information, I researched the steps you should take after an injury to heal. For the bottom section of information on the right, I used a navy rectangle to section my information. I titled my section using white text to match the first section of information. I found what injuries were most common and calculated the percentage of student athletes who have had that injury. For each injury, I put the percentage of injuries that there were in a big white font on the left, the injury in the middle, and on the right, I found images of each injury on a free vector website and used Adobe Illustrator to change the color to white. For my next section of information on the bottom left, the section was sectioned by the navy rectangles of my first and third sections. I added a navy line at the bottom of the document. For my information, I used red text for my section title. Using a free vector website, I found a picture of a dumbbell. I used Adobe Illustrator to change the color to my color scheme. I placed the images under my title. For my information, I researched the top ten ways to prevent sports injuries and placed them in my design. At the bottom of my section, I added where I got my information.

The Cost of Competition

Adams Central Sports Risks and Recovery

BY: EMMA MCCAFFERY

High school sports can be intense. Between practices, games, and trying to keep up with school, it's easy to push through pain just to stay on the team. But one student at our school, Kayden, is trying to get people to slow down and actually think about what they're doing to their bodies.

For a class project, Kayden created an infographic about injuries at our school. She made a survey and sent it out to students, asking them about their experiences with sports-related injuries. Her goal? To help people realize that taking care of your body isn't just important, it's necessary.

"The main message that I want people to know is that you need to be taking care of your body, especially when you are involved in sports," Kayden said. "Don't try to push through an injury just for a sport; you only get one body, so take care of it."

Her infographic breaks down common injuries students face, like sprained ankles, pulled muscles, and knee problems. It also gives tips on how to avoid them — like making sure to stretch, wearing the right gear, staying hydrated, and most importantly, resting when you need to.

But getting the data wasn't easy. Not everyone responded to her survey. "The hardest part of my project was not getting everyone in the school to fill out the form that I sent out," Kayden said. "So my data is not very accurate."

Even though she didn't get as many responses as she hoped, the answers she did get showed something important: a lot of students have pushed through injuries instead of getting help taking a break. And that's a problem.

"The main message that I want people to know is that you need to be taking care of your body, especially when you are involved in sports."

Playing while injured can make things way worse, sometimes turning a small issue into a long-term problem. Kayden's message is a reminder that rest and recovery matter just as much as practice and performance.

She hopes her project makes more students stop and think before they say "I'm fine" and keep playing through pain. Her advice? Listen to your body and take it seriously.

It's also a good reminder to coaches and teachers to support students who need time to heal and not pressure them to get back out there too soon. Taking care of yourself doesn't mean you're weak. It means you're smart.

Projects like Kayden's show how students can use their voice to start real conversations that matter. Injuries aren't always avoidable, but knowing how to prevent them and how to deal with them can make a big difference.

"You only get one body," Kayden said. "So take care of it."

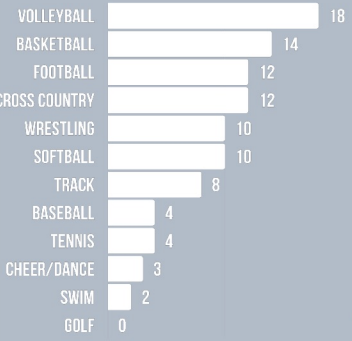


Sophomore Brynn Smith playing through a thumb injury during a volleyball game. Graphic Credits: Kayden Sipp

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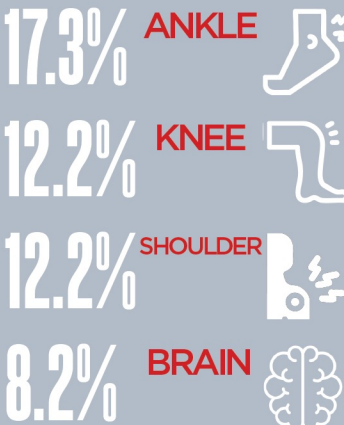
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COMMON INJURIES AT AC



From First Swing to Success

The Journey of Peyton Hartman

BY: GRACE BRADER



Senior Peyton Hartman posing for media day.

Every few years there is one athlete that stands out above the rest. That sport may be tennis, football, track or even golf. Peyton Hartman, who

plays golf, is one of the athletes who excel in her sport.

Having a parent as a coach can either lead to

great success or great failure. In Peyton's case her father as her coach has greatly helped her.

"Having my dad as my coach was definitely hard at times, but at the end of the day it was one of the best things to come out of my career because I trust his judgement so much," said Hartman.

For most there are people who inspire them to do great things. Peyton's dad and coach, Rod Hartman, will always be her inspiration to be a great golfer.

"He has supported me through the whole process and has taught me everything I know about the game. It has always been special because I look up to him

so much as a person, but also a player, and when I was younger I wanted to be just as good as him," said Hartman.

Having great success comes with unseen hours of hard work. Peyton not only has put large amounts of hours into golf during the season but also during the off season.

"[I started golfing] from the time I could walk, my parents put a club in my hand, but I started taking it seriously in about third grade and started putting in more effort on and off the course to become the best player I could be," said Hartman.

With so many years of golfing there are many things that it can teach. Hartman has learned to persevere through rough times even if it feels impossible. Golf also has given Hartman many unforgettable memories.

"I will remember the meets most about golf because of the amazing people I played with, and the coaches I got to play for," said Hartman.

Golfing at many courses everyone is

bound to end up having a favorite along with a favorite hole at the course. Most would think the favorites of Hartman's would be the one you practice on everyday. But it is in fact not.

"My favorite course to golf is Lochland Country Club in Hastings," said Hartman, "[and] my favorite hole to golf is number 13 at Lochland."

Everyone has advice they wish they would have had before they started a task instead of figuring it out by themselves. Hartman has had a while to figure out some of those tips that she wishes she knew before starting to golf.

"If I could give my younger self advice, it would be to do everything to the best of your ability. I feel like a lot of the time I spent complaining and not wanting to do something to better myself, when if I would've done it, it could've helped me more," said Hartman.



Senior Peyton Hartman setting her golf ball down at a golf tournament in Hastings, NE.