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## Articles For You

Good afternoon and thank you for opening our Newsletter. We hope that you and your teams are ready for the summer break and that you all had an eventful spring!

Please remember that it is never too early to purchase new Scoreboards or equipment for next season! If you are in the market for something new please check out our [Website](#) or contact us so that we can help you find something that is perfect for you and your school.

Thank you again and we hope that you all have a great holiday weekend.

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### [Multisport Athletes Injured Less Often](#)

"One of the responsibilities that parents take most seriously is protecting their children from injury, whether it is buckling seat belts in a car or wearing a helmet while riding a bike.

When their kids become teenagers and want to participate in sports or other activities, parents do everything they can to keep their sons and daughters from getting hurt.

But not all injuries are caused by a twist, fall, collision or accident. Many are caused when young athletes repeat the same athletic activity so often that muscles, ligaments, tendons and bones don't have time to recover — especially

among middle school and high school students. These injuries can end promising careers, cost families tens of thousands of dollars, squash dreams and literally change lives....."

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### How Wearables Change Lifestyles, Workouts

"Wearable technology is commonplace now. With everything from activity trackers and smartwatches to sports watches that are GPS enabled. However, despite their popularity, it is now widely accepted that they still largely lack the ability to provide accurate training data. So, why does the market still find value in wearable fitness tech?

First, understand that the fitness industry has always loved being ahead of the game, with interactive cardio equipment, new training toys, and multiple forms of electronic engagement. Wearable technologies, aka disruptive technologies, have grown quickly in type and complexity. Disruptive technologies (Fitbit, smartwatches, smartphones) are technologies that displace an established pattern, such as altering us to move because we have sat too long. Disruptive technologies can alter our lifestyles, change the way we work and influence our economy....."

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### Concussion Oversight Left to HS Coaches

"To improve football safety, the Florida High School Athletic Association established new rules in 2016 to limit live contact practice to 40 minutes per day in the preseason, and no more than 30 minutes per day and 80 minutes during the week during the regular season.

"The game of football will always come with some inherent risk, but we will never stop working to try and make one of the greatest team sports on Earth safer," FHSAA Football Administrator Frank Beasley said in a statement. "We will continue our efforts to educate and teach coaches about how to run effective practices while using the limited-contact procedures....."

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### Coach certification is vital to schools

"In most professions, individuals must meet high standards and earn a

certification or license. This includes lawyers, medical doctors, plumbers and truck drivers.

In education, teachers have to earn an instructional certificate in their subject matter, while principals and superintendents have to take additional courses to earn a supervisor's or administrative certificate. Certification requires advanced training resulting in increased competency, skill and knowledge. Why should it be any different for coaches?

The answer is that it shouldn't. Coaches are entrusted with the growth and development of young people, so we shouldn't allow any warm body to fill the position. Coaches need to be educated and certified, and not all teachers are automatically prepared and qualified to coach. They too need additional training to serve in this position....."

[Check Out Our Website!](#)



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