

It's Basketball Season! Meet two of our Superstar Seniors!



Mason McGuire-Beauman: Basketball

This is Mason's third year on Varsity.

Achievements:

First Team All-Conference

Goals:

- Win Conference Championships
- Win at least two playoff games

"Some of my goals are to win the league and win at least two playoff games. The dynamic of the team has been way better. We are playing faster and stronger. We have won some close games, which can be challenging, but I think we have it under control."

-Mason McGuire Beauman

Kaylah Lewis: Basketball

This is Kaylah's fourth year on Varsity.

Kaylah Lewis reached the 1000 career point mark on Monday, December 3, 2018. She joins an elite group of Brighton High School basketball athletes to reach this goal. Congratulations Kaylah!

Achievements:

- Second Team All-Conference
- First Team All-Conference
- Honorable Mention All-State

Goals:

- Win Conference Championships
- Pass first round of the playoffs
- Lead the state in scoring

"It's been a wild ride playing for Brighton. Having three different coaches my first three years was the hardest thing to go through. My team and coaches are all so supportive of me and that's helped me so much. It feels so good to join the 1000 point club just three games into my senior season. I've worked so hard the past four years, so it's good to see it finally paying off."

-Kaylah Lewis

"Kaylah always responds favorably to each and every challenge that surfaces. [She has an] extreme work ethic and determination to constantly focus on developing her game by spending countless hours in the gym with a ball in her hand and correctly seeing the task to completion, even when no one is around."

-Coach Jim French, BHS Varsity Coach.



PAYTON'S POINT



Concussions; one of the most daunting things an athlete can hear. We know concussions mean sitting the bench for a few weeks, but how serious are they? A concussion is a type of traumatic brain injury. It is caused by either a blow to the head or whiplash. It can cause headaches, confusion, amnesia, dizziness, nausea, fatigue, and many other things. Many athletes brush aside possible concussions, and refuse to go to a trainer because they think that aren't that bad or for fear of missing a couple practices or games. This is the worst possible thing an athlete can do. Three words: Second Impact Syndrome. It goes like this. A football player takes a hit in practice. They brush off the trainers and their coach because there is an important game in a few days. That night, they can't sleep. Their head is pounding and their stomach hurts. The next few days they can't concentrate in school, they begin to acquire missing assignments and their grades begin to drop. The day of the big game, they feel terrible, but they think that they have to play. They take another hit, not even as bad as the first. They get another concussion on top of the last one, which had not fully healed.

So what exactly is the big deal? When athletes sustain a second concussion, the brain loses its ability to auto regulate intracranial and cerebral perfusion pressure. This can lead to severe swelling of the brain and possible brain herniation, which can both lead to paralyzation and death.

All I'm trying to get at here is that athletes need to report concussions to their coaches and the athletic trainer. A few high school games is not something to die for.

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