

Taken Out!

How do Sports Injuries Affect PRHS Students?

by Isabella Bolko, Camron Gall, and Katrina Weiskircher

For many students, going to sports practice is a daily routine. This comes with its advantages and disadvantages. Sports can be a good way to have fun and relieve stress, but they can also result in injury. Sports can be physically and mentally overbearing. Sports related injuries are an all too common experience. These injuries significantly affect the student's everyday life and make it hard for kids to go through their routines, both at school and at home.

When you break both feet...

Jayden Akers (11), a student at Palmer Ridge High School has been injured many times. These injuries not only affect her as an athlete, but also as a student. Akers has done dive since her sophomore year and has been a gymnast for 15 years. Since Akers was nine years old, she has broken twenty-two bones, all from gymnastics. When Akers was a freshman, she broke both of her feet at the same time at a gymnastics meet. She was out of school for a month and a half. "That was the first time I had a B, because it was so much work that I couldn't keep up with from being out," Akers said. "Sports are really time consuming, so it's really hard to figure out how you're going to fit everything in. You're at school all day long and then trying to figure out when you're going to eat, and sleep, and shower, and then do homework," Akers said. Sports make it hard to juggle when you are going to do homework and things that are needed to get done at home when you have two to four hour practices after school. Sports are a big part of Akers life, and she loves gymnastics and dive. "I think it's worth it. Gymnastics is where I found my closest friends, and it's an outlet for me to get my stress out," Akers says. She has found many close friends through her sports. Akers



Photo By Becky Arkers. Jayden Akers (11) laying in a hospital bed with two broken legs.

had been doing gymnastics for her whole life and has been around a lot of the same people her whole life. She has a family at the gym as well as at home. "I wouldn't say it makes school easier, but it makes the social aspect of school easier, because coming into high school sometimes you don't think you know that many people or I don't have classes with my friends, and it definitely engages you with more people," said Akers.

Hands on...

Daniel Bashy (9), a freshman on the Palmer Ridge football team, discusses his injuries from playing the sport. "Currently I have a concussion. I've gotten bruised ribs in the past, different broken body parts. Some of them were quite severe," said Bashy. These injuries interfere with his school life. "It can make everything quite a bit harder, missing school, I guess. After practice it's just hard to get all of your homework done, but you just got to figure out how to do it," said Bashy. He trains for three hours after school Monday through Saturday. For the first three weeks of school, Bashy had a concussion and not only was he unable to play in football games, but this has slowed down his progress with school work. This is commonplace for high school athletes.



Riley Coby (12) and Pam Smith
Pam Smith treating Riley Coby's leg injury.

Pam Smith is an athletic trainer for Palmer ridge High School. She works with students athletes that are injured from their sport. The Bear Truth ask Ms. Pam Smith about the scope of the injuries that she sees. "It's a very broad field. It can be simple as a sprain to like ankle or wrist. It can be something deviating as a A.C.L or a neck injury." We later asked what sports she saw the most injuries in, and she said Football as of the fall season.



Daniel Bashy (9)
Daniel Bashy with Student Council, painting the glass bridge.