

# August Newsletter



August 2019

## Football Season

Those of you who know me, know that I love sports, all of them! I'm a huge proponent of our youth playing multiple sports to develop overall athletic skills and become well rounded athletes. August signals the beginning of football season, one of my 2 favorite sports. Sadly, year after year, statistics show declining numbers in those playing youth and high school football. Injuries can and do occur while playing a wide range of sports, not just football, however, due to the physical nature of the game, many have become fearful.

Concussion rate is measured in "Athletic Exposures" (AE). This is defined as one athlete participating in one game of practice. The numbers for concussion incidence rate are typically shown as "X" per 1000 AE. In youth athletes 18 and under, Rugby had the highest rate 4.18/1000 AE, Ice Hockey 1.20/1000 AE, Football .53/1000 AE, Lacrosse .24/1000 AE, and Soccer .17/1000 AE.

The point is that concussions can and do occur while playing a variety of popular sports among our youth. The question then becomes, does the risk of playing the game outweigh the benefit of being part of what many consider to be the ultimate team sport. In no other sport do you count on the teammate next to you more than in football to do his job. The game teaches young men the importance of being accountable for themselves and their individual jobs, in order for the entire team to succeed. If just one takes a play off...there is failure. Life lessons of self accountability, trust in your teammates, and working together as a unit are immeasurable, which carries over into many aspects of life. The bonds formed on the football field for many, last a lifetime.

At the end of the day, no sport is ultimately safe and free of risk. I have seen many injuries occur on basketball courts, baseball fields, ice rinks, and football fields, and still believe that participation in sports teaches our youth invaluable life lessons of hard work, trust and perseverance, which carryover into success in life . Beyond that, merely from a health perspective, many children are very sedentary these days, which can have long lasting negative effects later in life. The time is here...can't wait to see the boys of fall...play ball!

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