

Soccer-related INJURIES IN KIDS ARE RISING...

DO WE REALLY NEED CONTACT SPORTS?

What are the most common injuries in youth soccer players?

The most common injuries in soccer are overuse injuries that involve the legs and include patellar tendinitis (Jumper's knee), medial tibial stress syndrome (shin splints), Osgood-Schlatter disease, and patellofemoral pain syndrome (Runner's knee). Sprains, strains,

bumps, and bruises to the ankles and knees are also common. Ironically, most soccer-related injuries occur in games rather than in practice as a result of player-to-player contact. Anterior cruciate ligament (ACL) injuries are also a big concern.

When should kids start heading the ball?

Many organisations are now advocating that players wait to start heading the ball until 10-12 years of age, when kids have developed stronger core and neck muscles and learned proper technique including tensing neck muscles. At this time, there is

not enough medical evidence to show that wearing headgear or mouthguards will prevent concussion in soccer players. Using headgear may also give players a false sense of security, which could increase the likelihood of risk-taking behaviour.



Player-to-player contact caused maximum number of concussions in 2019. The Global Sports Injuries Research Institute in California came up with a study that said

The offenders for me are rugby, American football, MMA, boxing, wrestling and ice hockey. It's been established that playing contact sports is not good for children. After just one season of playing, players can suffer from permanent brain damage. Knowing what we know today, children should not be exposed to the risk.

- AASHISH TRIPATHY, coach, Noida

45% of youth players playing soccer and other contact sports like boxing suffered serious head

injuries. 25% of the injuries caused in soccer were because of headers. "Headers which require

players to redirect the ball with their head, were the most dangerous individual move, responsible for nearly a third of concussions for boys and more than a quarter for girls," says the study.

HEADERS IN SOCCER...

CAN BANNING HEADERS HELP?

Banning heading would reduce some concussions, perhaps as many as 30% of them. However, the study showed that we could help many more kids if contact sports was banned for certain ages at school level

BAN CONTACT SPORTS AT JUNIOR SCHOOL LEVEL

If we are worried about physical activity, there are more than enough non-contact sports for kids to get involved in. The official Olympic non-contact sports like track and field events – such as long-jump, high-jump etc. While there are risks of injuries in non-contact sports, it's accidental injury.

- SUSHMA MISHRA, parent



What is wrong with us? Do we really uphold and place the excitement of sports above the life of our children? The way we are progressing, it

is possible that in the very near future, we will all look back in horror at our culture of contact sports among kids.

Over the last few years, many rules have been added to the game to protect players. Either make these rules very stringent or just forget about the sport.

- RITU SINHA, teacher, DPS



After the US drone strike killed Iran's military commander, the IT minister of the Islamic republic called US Prez Donald Trump a "terrorist in a suit". Are retorts used by politicians in good taste? How can we steer clear from speaking foul? Read more here...

STINGING RETORTS

LITTLE ROCKET MAN

DOTARD

DONALD TRUMP AND KIM JONG-UN

While tweeting nuclear warmongering threats to North Korean president Kim Jong-un in September 2017, US President Donald Trump called his counterpart a "little rocket man".

Jong-un returned the favour by calling him a "dotard" – a term used to describe an old person, especially a feeble one. The heated exchange led to a summit between the two nations but the situation has not thawed between the two leaders.

THE WORLD TO DONALD TRUMP

The 45th US President Donald Trump is the object of derision across several countries. Even when he was running for the presidency in 2016, he was the target of diplomatic jeers.

Marcus Fysh, a Conservative British MP, called him "The orange prince of American self-publicity." Anne Hidalgo, the current mayor of Paris, chose to keep it rather simple when she said, "Mr Trump is so stupid, my God!" Kristian Jensen, a former Danish minister of finance, said that "he [Trump] changes opinions like the rest of us change underclothes".

When he was a mayor of London, UK PM Boris Johnson had said, "The only reason I wouldn't visit some parts of New York is the real risk of meeting Donald Trump." As the world knows, Johnson has since changed his stance on his US counterpart.

BORIS JOHNSON ON HILLARY CLINTON, LIBYA



UK Prime Minister Boris Johnson is infamous for saying inappropriate things during diplomatic interactions. In a newspaper column in 2007, he wrote of Hillary Clinton:

"She's got dyed blonde hair and pouty lips, and a steely blue stare, like a sadistic nurse in a mental hospital"



RONALD REAGAN ON MUAMMAR GADDAFI



THE MAD DOG OF THE MIDDLE EAST

According to historians, US leaders of the past preferred subtle and well-crafted insults, most of them reserved for their political opponents within the country. In the 1980s, however, Ronald Reagan, the country's 40th president, stood out for calling Libyan dictator Muammar Gaddafi "the mad dog of the Middle East".

PUTIN ON BRITAIN & OTHERS

At the G20 Summit in 2013, Russian President Vladimir Putin's official spokesperson Dmitry Peskov called Britain "diplomatically irrelevant". His exact words were: "[Britain is] just a small island... no one pays any attention to them."

According to media reports, Putin himself disparaged leaders of former Soviet states during a routine meeting, by telling them that they should work harder and stop "just chewing snot from one year to the next".



Experiment time

TRY THIS AT HOME TO UNDERSTAND STATIC ELECTRICITY

THE quarrelling PLATES

Have you witnessed a silent quarrel between two plates? It's rather fun.

WHAT YOU NEED:

▶ Two styrofoam plates, atowel

WHAT TO DO:

● Rub the base of one of the plates with

the towel and keep it on the table, base side up.

● Now, place the second Styrofoam plate on top of the first, face up.



The second plate slides off the first on its own! If you try to hold the second plate above the first, the second plate will push towards your hand in its effort to move away from the first plate. Magic? Levitation? Not really.

Why does this happen then? It's static electricity! 'Static' means stationary, when you rub two objects against each other (like the plate and the towel), they develop stationary electrical charges.

To understand why this happens, we have to go to the microscopic level. Everything in our world is made up of tiny particles called 'atoms'. These atoms are, in turn, made up of even smaller particles known as electrons, protons and neutrons. The protons and neutrons remain inside the atom but the electrons like to use any excuse to jump in and out of the atom. When you rub two objects together, the electrons from one object jump to the other. This exchange of electrons is what is termed as electrical charge. Electrical charges attract or repel each other depending on their kind. If two objects have same electrical charges, these charges repel each other. Opposite charges, on the other hand, attract. In the case of the Styrofoam plates, there is a repelling charge between them.



think before you speak

If nervousness makes you say things that you regret, take deep breaths to calm down. Speak only after you are sure of what you want to say



Have you ever said something and then wished you hadn't said it? The words come out and you immediately wish you could reel them back in. But the thing about words is that you can't unsay them. We really need to in-

cult still, to leave unsaid the wrong thing at the tempting moment." Choose the words that you speak very carefully because they have the potential of

ACTIVITIES

▶ Make teams in the class and list situations where you replaced a stinging retort with a good natured advice. Compare notes to see which team does better

▶ Can you think of five times

when what someone said had a negative impact on you? How did you react?

▶ Think of examples from history where a stinging retort has led to problems

stall a filter between our minds and our mouths.

You've probably observed this in others many times. Maybe even in yourself. Whether it's at school, with friends or in some type of social situation, many people speak their minds before thinking. There are many who "fly off the handle" and don't stop to think about the repercussions of their words.

As Benjamin Franklin said, "Remember not only to say the right thing in the right place, but far more diffi-

accomplishing nearly anything or destroying nearly anything. Just one negative comment can ruin a person's day. A few might even ruin the person's life. On the flip side, one positive and encouraging comment can be just enough to increase team engagement, create healthier cultures and make more of a difference in an individual's life than you will ever know. Always remember this: the way you speak — the attitude and tone — reflects the person you are.

Casiotone

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*Features may vary from model to model

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