

Jacket Baseball

BY BRITTANY BUTLER

"Go, go, go! Slide!" These are some of the words regularly shouted by the engrossed fans and parents in the baseball stands, even here at Bartow High School. On the last couple of Fridays, Yellow Jacket fans braved the cold weather to cheer on the Varsity Baseball Team, most recently as they faced the Lakeland Dreadnaughts at a home game.

Bats swinging and balls flying the two teams went head to head as fans watched eagerly to see who'd come out on top.

The game had a promising start as first senior Christian Rivas, and then senior Michael Woods hit home runs that brought the Yellow Jackets in the lead with a score of 5-2.

Rivas hit yet another home run later in the game.

The Yellow Jackets ultimately were defeated by the Dreadnaughts with a final score of 9-6 Lakeland.

This most recent loss has brought the Jackets' record to 3-3 so far this season. The Jackets have defeated Mckee Academy, Kathleen High School, and George Jenkins so far. Their losses were to Lake Gibson, Lake Wales and Lakeland respectively.



Above: Senior Christian Rivas steps up to bat for the Yellow Jackets against Lakeland Friday night. Rivas hit two home runs in the game.



Top: The BHS skin team shows their support for the Yellow Jackets, remaining at the Championship game until after the awards. Left: Senior Richard Murvin dribbles down the court looking for an open teammate. Above: Jeremiah Samarripas prepares to pass to a fellow Jacket as he escapes the grips of the Sickles Griffins.

When Athletes are Injured

BY GINA HICKS

As all athletes know, it's important to stay safe while playing sports; this could mean stretching before a game, or just being careful during it. The smallest injury can affect a player's game big time, so it's important to protect yourself from all possible harm.

All around athlete Jake Horne has experienced the pain. "I was playing volleyball and went for a spike. I had to lean back to reach it and lost my balance. I came down on my elbow wrong and fractured it," she recalled, but that's just one of Jake's many sports related injuries: she's also hurt her ankle, wrist, and broken a few bones.

Another athlete, Femi Sobowale, also injured herself playing volleyball. "It's probably from hitting in bad form, and I already have bad shoulders," she commented on her injury.

Many injuries aren't the athletes' fault, or even their team's, much like Yellow Jackets Varsity Cheerleader Alexa Jordan. "It wasn't my bases' faults, it was an accident," she asserted. Jordan was practicing a pyramid for competi-

tion and everything was going great. The team decided to try something new where Jordan was thrown from group to group, when she slipped through her bases and fell on the ground. One of her teammates fell on her right knee- resulting in a torn ACL and a fractured bone in her knee.

Injuries can also take place in class. Kamaran Layne was in third period weight lifting class when he hyper extended his wrist. "As in, my fingers could almost touch the top of my forearm," he said.

It doesn't matter what sport students play- football, baseball, basketball, volleyball, track, or even weightlifting- injuries are always possible. To prevent injuries, make sure to stretch before games, meets, and even practices- arms, legs, back- anywhere there are muscles. Keep stretching throughout the game or meet to stay loose. A pulled or torn muscle can make a big difference. Another big way to prevent injuries is to just pay attention. Make sure you know where the play is or when a ball's coming your way. Be aware of your surroundings.

One thing students have a problem with is not letting past injuries heal. "If it hurts, don't do it," says Softball Coach, Christy Green. If athletes have an injury, they should make sure it's okay for them to play before using it.

Injuries can be horrible on athletes; play your game and stay safe while you're doing it.

More than 30 million high school children participate in organized sports each year; 3.5 million get hurt doing it
Stanford University School of Medicine

EDITOR
KAYLA TAYLOR

CO-EDITOR
BROOKE SPORLEDER

SPONSOR
MS. JANELL MARMON