

# News Clips: Head Injuries & the Argos

## Head Injuries Leave Lasting Effects According to Study

Chicago – Two or more significant blows to the head while playing sports can harm teenagers' thinking abilities for years to come, according to studies in the United States that suggest such injuries are more serious than some coaches and parents might think.

Nearly 63,000 high school athletes a year suffer mild concussions in the U.S., researchers reported in the *Journal of the American Medical Association*. Young athletes with learning disorders appear to suffer even worse long-term problems from multiple concussions.

"This is a major public health issue that has been given short shrift," said Michael W. Collins, a neuropsychologist in Detroit and a leader of one of the studies. "And this is information parents should know."

Most people still believe that a concussion means getting knocked out, he said. But a concussion is any alteration in mental function after a blow to the head. Signs or symptoms may be subtle—a headache, dizziness, difficulty with balance or

memory, confusion, or a personality change.

One of the studies did not explore the effects of concussions but only how often they occurred in football, wrestling, soccer, basketball, softball, baseball, field hockey, and volleyball at 235 high schools in the U.S. from 1995-96 through 1997-98.

There were 1,219 concussions—63 per cent of them in football—and 99 students suffered two or more, said researchers led by John W. Powell, a professor of kinesiology and an athletic trainer at Michigan State University.

The researchers estimated that more than 62,800 concussions occur among high school students in the U.S. annually in the sports they studied.

It has long been known that multiple mild concussions are more likely than a single episode to lead to long-term problems, and Collins tried to measure the difference in his study.

His research involved 393 U.S. college football players and found that about one in three had suffered a concussion at some

time in the past and one in five had suffered two or more. Those who had suffered two or more were significantly more likely to report continuing problems with headaches, sleep and concentration, and they scored significantly worse on paper-and-pencil tests of the ability to learn words, to think quickly, and to handle complex tasks.

— *Associated Press, The Record, September 8, 1999*

## Argos May Have a New Home

The Argos, who may be looking at getting out of the SkyDome after they're sold, are reportedly considering a deal with the Canadian Soccer Association and the Canadian Rugby Union. If the deal comes off, the trio would split the cost of a new natural grass stadium with between 20,000 and 25,000 seats. ♦

— *Leader Post, Regina, September 22, 1999*

Editor's Note: Hurray! Let's hope the Argos move!



## ATTENTION ADVERTISERS!

### Start the Millennium right!

If you are looking for a specific market for your products, advertise in *Sports Turf Manager*. Published four times a year, this newsletter has a national and international distribution with the majority of its membership residing in Ontario.

*Call Today for 2000 Advertising Rates*

**You won't regret it.**

For more information, contact Lee Huether at the Sports Turf Association office.

- 328 Victoria Rd. South, Guelph, ON N1H 6H8  
Tel. (519) 763-9431, Fax (519) 766-1704  
E-mail [sta@gti.uoguelph.ca](mailto:sta@gti.uoguelph.ca).



## NEW STA MEMBERS

• **Bruce Hatt**, Foreman  
Stouffville Recreation Complex  
Town of Whitchurch-Stouffville

• **Dan Martin**  
Parks & Forestry Manager  
City of Stratford

• **John Howard**, NPD  
Howard Horticultural Services  
Hamilton

## PLEASE NOTE

The opinions expressed in articles published in *Sports Turf Manager* are those of the author and not necessarily those of the Sports Turf Association, unless otherwise indicated.

March issue content deadline:

**JANUARY 15, 2000**