



THE SIDELINE

Newsletter of Student Athletes for Educational Opportunities, Inc.

MAY 2012

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STUDENT ATHLETE FOR LIFE

TIA BELL, former H.D. Woodson High School star player from Washington, DC, shared her love for basketball, her educational goals, and the influence her family had on her career and life with SAFE O on the eve of her departure for her four year journey to play at NC State University. Tia played at NC State from 2007-11. **See Tia at <http://www.myspace.com/video/vid/16505710>.**

I PROMISE



Coach Carter (center) and the "I Promise" Campaign Dream Team at a news conference at John F. Kennedy High School Concussion Awareness Parents Night Out event in Silver Spring, MD.

IN FEBRUARY 2011, SAFE O HOSTED A CITY-WIDE conference on the issue of concussion and young athletes. The day-long conference entitled, "Concussion: It's Not All in Your Head," was held on the campus of Howard University and presented leading local and national experts in the field of Traumatic Brain Injuries (TBI). Some included Dr. Gerard Gioia, Chief of the Division of Pediatric Neuropsychology at Children's National Medical Center, Dr. Victor Coronado, Medical Officer of the Center for Disease Control, and Dr. Yvette Rooks, Head Team Physician for the University of Maryland. The event served to educate parents, coaches, referees, educators, and student athletes about the impact of concussions on the physical and mental health of sports participants and offered developing guidelines on precautions to avoid concussions.

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I PROMISE

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Host for the event was Dr. Kamran Tavakol, P.T., Ph.D., Associate Professor, Department of Physical Therapy, Howard University Division of Allied Health Sciences. Leading local and national experts in the field of head injuries dubbed as the “Dream Team” included Kevin Crutchfield, MD of the Sandra and Malcolm Berman Brain & Spine Institute; Annapurni Jayam Trough, MD, FAAN Professor and Chair, Department of Neurology Howard University Hospital; Julie K. O’Reilly, Psy.D., the Sandra and Malcolm Berman Brain & Spine Institute; Kaitly D’Annibale, MS, ATC Sports Medicine, Bowie State University; and Michael Yochelson, MD, Medical Director for the Brain Injury Program at the National Rehabilitation Hospital (NRH) in Washington, D.C.

The event had a great turn out and was a huge success. Attendees had a rare opportunity to see Dr. Crutchfield’s PowerPoint presentation in which he delivered an in-depth neurological perspective on what happens to the brain when a concussive injury occurs. He stressed “when the brain has experienced a traumatic brain collision, it goes into immediate shock and loses the ability to send electrical signals, which compromises the mind to think rationally.” He also provided a variety of important tips on what parents and coaches should immediately do after a young athlete is suspected of having a concussion.

In addition to the Dream Team’s participation in the discussion, student athletes from Howard University and Bowie State University who had suffered concussions participated in the panel discussion. This was a key

moment because each athlete gave personal testimony on how they managed their injury. The young high school student athletes in the audience got an up-close and personal earful of the health risk factors associated with



At Parents Night Out, Bowie State University Sports Medicine MS, ATC Kaitlyn D’Annibale (far left), shares a moment with participating student athletes, Howard University’s soccer player, Nadjitade Badje (left); Bowie State University football player, Glen White (right); and Cortney Baynard of Bowie State University women’s basketball.

a sports-related concussion from those who were not too far removed from their age group.

Each year, school-related contact sports cause about four million concussions. Kids playing football, soccer, and ice hockey are the most likely to end up in the emergency room as a result of such brain injuries. Children aged 11 to 14 are the most susceptible to head injuries, on and off the field, because they are most likely to take ill-considered risks.

One year later, on March 7, 2012 SAFEQ continued its partnership with the Center for Disease Control (CDC), Heads Up Program with new partners, The Sandra and Malcolm Berman Brain and Spine Institute at LifeBridge Health and MedStar National Rehabilitation Network, to host the Montgomery County “I Promise” Concussion Awareness Parents Night Out forum. The event

was held at John F. Kennedy High School in Silver Spring, Maryland.

The main goal of the event was to educate parents, coaches, referees, educators, and student athletes about the impact of a concussion on the physical and mental health of sports participants and to offer developing guidelines on the precautions to be taken to avoid concussions.

“Our aim is to ensure that these groups are provided important awareness and preventive information that

can mitigate or avert the serious effects that concussions can have, not only on the field, but also in the classroom and in their daily living activities,” says SAFEQ’s Media Coordinator, Joan Peterson.

“We feel that events such as the Montgomery County “I Promise” Concussion Awareness Parents Night Out reached its goal,” says SAFEQ’s CEO, Coach Carter. So far, the campaign has registered over 3,000 “I Promise” pledges where both student athletes and their parents have promised to serve as ambassadors and volunteers.

– Coach J. Laffeyette Carter

A special thanks to John F. Kennedy High School Athletic Director, Kenneth Cudd, for event logistics.

NEW DEVELOPMENTS

EXPANDING THE REACH OF "I PROMISE"



Coach Carter and Dr. Gerard Gioia, Ph.D. after The Daily Drum talk show at WHUR.

SAFEQ TOOK ITS "I PROMISE"

Campaign message of awareness, education, and safety to the airways in an effort to expand its community reach. The opportunity to spread the message about concussions and youth first came from a phone call from SAFEQ's Media Coordinator, Joan Peterson, to Justine Love, Director of Community/Public Affairs of CBS Radio of Washington and requested a spot for an interview on the Guy Lambert show to discuss the "I Promise" Campaign on WPGC. The opportunity was granted and the interview which featured SAFEQ's CEO, Coach Carter, and Bowie State University Sports Athletic Trainer student, Imani Newbill, went well. A few days later SAFEQ was contacted by Renee J. Nash, Director of News and Public Affairs from WHUR 96.3FM, to provide a guest to appear on their most popular show, "The Daily Drum" and Sirius XM HUR VOICES 141, hosted by Harold Fisher to discuss whether student athletes are at greater risk. The interview featured

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COACH'S OFFICE



What You Don't Know About Concussions Can Be Deadly

Did You Know?

Students may need to limit activities while they are recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

Services and accommodations for students may include speech-language therapy, environmental adaptations, curriculum modifications, and behavioral strategies.

Students who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork, and/or
- Reduce time spent on the computer, reading, or writing.

When students return to school after a concussion, school professionals should watch for:

- Increased problems paying attention or concentrating
- Increased problems remembering or learning new information
- Longer time needed to complete tasks or assignments
- Difficulty organizing tasks
- Inappropriate or impulsive behavior during class
- Greater irritability, and/or
- Less ability to cope with stress or more emotional.

HUDDLE UP

“The Young and the Restless” Drama continues in Orlando

by J. Rider
Contributing Editor

It’s been going on for months: the saga of the “up-in-the-air in-the-hot-seat” status of Orlando Magic’s head coach, Stan Van Gundy, and the ongoing question of “will he leave, or will he stay” of the team’s franchise player, Dwight Howard. It finally reared its ugly head in a recent press conference.



On April 5, I was glued to the tube getting ready to watch a great game between the Orlando Magic and the New York Knicks. All of a sudden Ernie Johnson, sports analyst for TNT Sports, announced, “Stay tuned, folks, for a press conference you won’t want to miss.”

Finally the last commercial ended (you know, the one with Jay Leno pulling up to the counter with a friend in one of his classic vehicles placing an order of a chicken striped

salad and a pink smoothie inside a Burger King) and ‘Boom! there it was: Coach Van Gundy surrounded by lights, cameras, and reporters in front of the podium with the Orlando Magic/Amway Center partnership logo banner backdrop. He said that the Orlando Magic franchise player, Dwight Howard, has “asked management for him to be fired throughout the rest of the season.”

According to Van Gundy, the discussion between Howard and management concerning his tenure with the team was conveyed to him “straight from the top.”

Van Gundy had nothing to hide and was forthcoming about his

sources. A head coach of an NBA team making accusations in front of a national TV audience had to be aware of the potential fall out. But he was willing to take the risk of making the statement because he believed his sources to be true.

The pentacle of awkwardness of the press conference came when Dwight Howard interrupted Coach Van Gundy. Howard slowly walked up to the coach and placed his arm around his estranged coach and said, “Yeah,

Stan, we’re not worried about that, right?”

Van Gundy reluctantly replied, “That’s what I just said. We’re not worried and that we got to get ready to play Carmello Anthony and the New York Knicks.”

Afterwards Van Gundy walked away swiftly from the uncomfortable clutches of Mr. Howards’ “I love my coach and we’re united” display.

Taking center stage, Mr. Howard tried to respond to a barrage of questions from the gallery of reporters. He paid particular attention to WKMG TV’s sports director, Dave Pingalore, using the now famous term which is used as an ESPN segment made popular by ESPN sports analyst, Chris Carter, entitled, “C’mon, man, you’re going to believe a story written by Dave Ping?”

Another reporter asked, “Coach Van Gundy just said that you are trying to get him fired. How do you respond?” The response from Mr. Howard was that he knew nothing of the story, as he dodged specific questions about whether Van Gundy and management had spoken.

NBA great Charles Barkley has said that it was “unprofessional and disrespectful” for Coach Van Gundy to come out in front of reporters to air his team’s dirty laundry. Many say that Dwight Howard is at fault for what were apparent leaks from the front office of the Magic.

The question is whom to believe. Is this a glimpse into Pandora’s Box of what goes on in the negotiation room of professional sports?

Let us know your thoughts and comments by sending us an email at safeoinc@gmail.com or follow us on Facebook or twitter [@safeoinc](https://twitter.com/safeoinc).

OUT 'N 'ABOUT

SAFEQ and the Greater Washington Sports Alliance Annual SunTrust Marathon

For the past three years, SAFEQ has participated in and provided its youth members to volunteer for the Greater Washington Sports Alliance (GWSA) SunTrust Marathon. Volunteers play a major role in ensuring that the runners have a safe and competitive event by working the liquid stations, street markers, and serving as part of the clean up.

The GWSA is a non-profit organization and was founded in 2003 under the Greater Washington Board of Trade. Currently an independent entity, its board is headed by Chairman Fernando Murias, Managing Partner of Price-WaterhouseCoopers. It is the regional sports commission for the Greater Washington, DC area and is a comprehensive resource for promoting sport-



SAFEQ volunteers assist with the Greater Washington Sports Alliance SunTrust Marathon.



ing events, delivering sports information, and developing regional collaboration.

THE REACH

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SAFEQ's CEO Coach Carter and one of the "I Promise" campaign's staunchest supporters, Dr. Gerard Gioia, Director of Neuropsychology of Children's National Medical Center, Neurosciences Research (CNR)

In Washington, DC. This was a great venue to broadcast the word and has given the campaign much exposure. SAFEQ received hundreds of emails and phone calls. There is a strong possibility that the "I Promise" campaign will be highlighted on PBS's newshour.

To hear the entire interview, click http://www.youtube.com/results?search_query=5ioojUND3zU.

Let us know your thoughts.



TIME OUT

Today's Referees... You gotta be in their shoes!

by Coach K
SAFEQ Contributing Writer

There's little doubt that the evolution of college sports has changed how it is played, coached and marketed. But the impact on those who officiate the games is rarely acknowledged. While coaches, players and fans often rail against the officiating, there often is a lack of understanding and appreciation of not only the basics but of the art of reffing.

"What's expected of officials now has increased exponentially," says Dee Kantner, a Division I ref for 19 years and currently Director of Referee Development for the WNBA. "You used to just show up,

stretch out a little, go out on the floor, and boom, you're done," she recalls. "Not anymore. These athletes are quicker and stronger. They're doing things that a lot of people aren't used to seeing. You just don't show up at the game and expect to be sharp and work the games to the top level it needs."

The overall supervision of officials at the college level has intensified as conferences look to make officials more accountable. "When you look at the dollars teams invest in their season, what the NCAA invests in them and what it means to make the playoffs, it's big business," says Becky Campbell, Coordinator of Women's Basketball Officials for the Big XII, Sun Belt and Southland Conferences. Collegiate officials who work 75-80 games can make \$50,000 to \$100,000 a year. "If [referees] want to keep up with the game, they have to put in more time and be more committed, just like the players and

coaches are. Referees are expected to do an enormous amount of game preparation, including reviewing tape and researching team's capabilities. Before a game the crew chief, usually the most senior of the three officials (referee, umpire 1 and 2), will initiate meetings with all the other officials (personnel at the scorers table are considered part of the crew), as well as lead a 30-minute discussion amongst the 3-person crew to review the basics - media time outs, NCAA updates, coverage areas, etc." So give the referees a break! Stop yelling at the tube because you don't think they made the right call. It's hard work, and they're only human. What! You don't make mistakes?

At SAFEQ, we want to know how you feel about this issue. Please 'Like' us on Facebook @safeqinc or follow us on Twitter @safeqinc and post your comments.

WHO'S THAT BALLER?

A Lesson Learned

by Kimberly Trenchfield
SAFEQ Contributing Writer

Jahlil Carter is a basketball player who attends John F. Kennedy (JFK) High School in Silver Spring MD. For the 2011-12 seasons the 6'2" small forward played for the school's JV team where he averaged 10.5 points per game and six rebounds. Although playing on the team is one of his top priorities, Carter understands that maintaining a GPA of 2.5 or better keeps him

on track for being eligible for a credible college. "I think my involvement with SAFEQ and listening to my coaches keep me focused on the big prize," says Carter.

Carter is a humble young man, but his road to athletic stability has been slow and sometimes uncertain. When he played for a 10 & under team called Force One in Silver Spring, MD, he experienced his first taste of championship-level basketball when his team won the B Team Championship for the organization. "That was one of the happiest times of my life because



Jahlil Carter at work

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REPLAY

2011 was a busy, fun and successful year for SAFEQ and its participants. Check out our year!

DC MAYOR'S SUMMER YOUTH EMPLOYMENT PROGRAM

For the past four years, SAFEQ has served as a host agency for the D.C. Mayor's Summer Youth Employment Program. In 2011, SAFEQ launched the Youth Law Institute program at Calvin Coolidge High School. The program enlisted 145 youth boys and girls, ages 14-15 and representing DC wards 4, 5, 7 and 8. The 6-week program ran from June 27 through August 5, 2011. Participants undertook extensive exploration of the legal profession in three specialty areas: Sports and Entertainment Law; Criminal Law; and Corporate Law. In a rare op-



District of Columbia U.S. States Attorney Ronald C. Machen, Jr. addresses the participants of the DC Mayor's Summer Youth Employment Program

portunity, the youth were visited by District of Columbia U.S. States Attorney Ronald C. Machen, Jr. He spoke about his background; choosing a college; how he was selected by President Obama; and career choices they could make in the field of law.

The students also went on site visits to the U.S. Court, the NFL Players Association, and met with Washington Nationals Deputy General Counsel, Damon Jones.

WASHINGTON NATIONALS

SAFEQ has a longstanding partnership with the Washington Nation-



SAFEQ students, staff, and supporters honored at first base at Nationals Park.

als baseball team. In 2011 SAFEQ was recognized and honored by the organization's Dream Foundation during two separate events for its community outreach services and its youth development programs. The organization was honored on May 1st at Nats Stadium before a huge crowd watching the Nats vs. San Francisco Giants game during their annual Children's Day event.



SAFEQ Sponsor, Randy Whalen, prepares to pitch the ball at Nats Stadium (left) and hangs with "Screech."

SAFEQ Sponsor, Randy Whalen, General Manager for Toyota of Bowie (below left), had the honor of throwing out the first pitch on the Nats Children's Day and "hanging" with Screech.

On June 18, 2011 SAFEQ was invited to the Nationals and was recognized and honored for its continued programs to help D.C. area young people become successful. The Black Tie event was held at the Gaylord National Resort & Convention Center at National Harbor, MD. The event was attended by Nats players, coaches, and many other Nationals luminaries. It was a great evening and is a major fundraiser for the Dream Foundation. It included a cocktail reception, dinner, drinks, entertainment and live and silent auctions in the hotel's beautiful Maryland Ballroom.

SAFEQ CEO, Coach Carter (right), with Washington National's center fielder, Rick Ankiel, during the gala.



BALLER

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I got the opportunity to play with guys I went to school with,” explains Carter.

Unfortunately, after that brief moment of adulation, Carter faced a rude awakening and was yanked from the team by his parents because of his lack of performance in the classroom. Carter went through a period of disappointment and despair. The realization that he



J. Carter, relaxing

had to change his study habits, organizational skills, and time management left Carter looking at the “man in the mirror.” He was allowed to play for various recreational teams and attend the annual Gary Williams Camp at the University of Maryland, which enabled him to maintain his basketball skills.

After several years in limbo, the youngster understands the message from his parents loud and clear: “Don’t let basketball use you, use it.” During the off season, Carter has taken the advice of his head coach, Edward Allen at JFK, to jump rope, run, work on his handles and practice his free throws. He is looking forward to being one of the standout players for the Cavaliers next season.



BOOK ONLINE

Join the SAFEQ Slam Dunk Team

Each year, non-profit organizations devise creative ways to maintain funding for their program and service operations. Understanding your organization’s financial health is more important to its success than ever before. SAFEQ relies heavily on donors to continue its work in developing the lives and careers of our youth – our top priority.

Become a SAFEQ Slam Dunk Team member today! Once your membership is activated, you’ll enjoy opportunities such as tickets to NBA and WNBA games, discounts to our 7-day cruise drawing (see below), access to our annual student athlete/ parent’s conference, special events and much more!

To become a Slam Dunk member, participants are asked to commit to donating \$100 a month or more in support of SAFEQ’s programs and services.

You can also choose to **support our “I Promise” online T-shirt campaign** by logging onto www.safeq.org. T-Shirts prices start at \$15 depending on the size of the order.

Join SAFEQ and Travel Elite Agency in June 2012 for the launching of the Grand Prize drawing for a 7-day trip to the Bahamas!

Visit www.traveleliteagency.com for more information.

Win a 7-day Bahamas Royal Caribbean Cruise or a \$1,500 Royal Caribbean Gift Card for a future cruise. The cruise will depart from Baltimore on November 10, 2012. Raffle tickets are available for \$10 each or \$40 for a book of five.

Grand Prize details:

7-day Bahamas Royal Caribbean Cruise sailing aboard “Enchantment of the Seas” (Baltimore).

Grand Prize includes:

Accommodations, food & drink (non-alcohol), taxes, and gratuity

Exclusions: Alcohol, all restaurants on the ship, spa, excursions, and supplemental fuel charge

NOTE: Grand Prize must be booked through Travel Elite Agency