



Keep Informed To Help Your Players Succeed

As educators we're always looking for the next new thing to give our kids the best possible equipment and information to help them succeed. Take a look at these articles to help expand your own knowledge so that you are able to pass it along to your players. Or if you would like more, visit our [website](#) to view articles and helpful training tools.

[Preventing Heat Stroke Important at Practices](#)

News of the tragic death of a Page High School student after collapsing during a voluntary summer football workout last week was a sobering reminder of the serious nature of setting parameters on preventing heat stroke for athletes.

Karson Cross, a rising freshman at Page High School in Greensboro, collapsed on the practice field about 20 minutes after the workout began on June 13 shortly after 5 p.m. Despite efforts to resuscitate him, Karson died the following day at a local hospital.

Meet the First Female AD at U. of Delaware

NEWARK, Del. - Chrissi Rawak never set a university athletic director's job as her top professional priority.

"I never managed my career that I want to be X," Rawak, the University of Delaware's new athletics director, said in a recent interview in her office. "If you focus on being X, you lose out on a lot of opportunities around you."

Rawak, 46, was an outstanding swimmer for Germantown Academy and Team Foxcatcher. Later, she swam for the University of Michigan.

"(At GA), I swam with a lot of Olympians and world recordholders," Rawak said. "They made me better. That's where I learned about being part of something bigger than yourself."

Tips to Keep Young Athletes Healthy

Every kid's a winner when it comes to playing sports. Game time can boost a youngster's social skills and provide plenty of healthful exercise that's also a lot of fun.

But every sport poses at least some risks. As a parent, you can work together with coaches and your young athlete to help reduce these risks.

What goes wrong?

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