

Sports

15TH ANNUAL WALK

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school programs, workplaces or health care clinics.

This walk will kick off the Healthiest State Month in October, where the Healthiest State Initiative will work with other nonprofits to raise awareness of the state of mental and physical health in Iowa, from obesity to cancer rates and mental health resources to food insecurity.

Each week of October, the Healthiest State Initiative will focus on a different aspect of health in an effort to raise awareness. The first week of October will be focused on Mental Health, together with the NAMI Iowa. For the second week, the Initiative

will partner with the Iowa Food Bank Association to focus on Food Insecurity and Nutrition. October's third week will focus on Physical Activity with the Iowa Natural Heritage Foundation. For the final week of the month, the focus will be Cancer, with the Iowa Cancer Consortium.

Another upcoming HSI event is Walk With Us at the IMT Des Moines Marathon on October 19. This new family-friendly one-mile walk is open to Iowans of all ages and abilities to participate either in person or virtually. For more information, visit tinyurl.com/HealthiestStateAnnualWalk.

For more information about the Healthiest State Month, visit www.visitiowahealthieststate.com/events/healthiest-state-month.

Registration for women’s volleyball now open



Photo special to the Madisonian

Register now through August 22 for adult women’s volleyball.

By Gale Blader

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Registration for Winterset Parks and Recreation’s adult women’s volleyball is open now through August 22. The league will take place on Wednesday evenings at 7 p.m. from September 3 through November 5. The season will culminate in an end-of-season tournament.

Each team needs to be made up of six players, all of which must be women at least 18 years old and out of high school. Games will be played at the Winterset Junior High Gym. Registration costs \$130 per team.

To sign up your team to play adult volleyball this fall, visit secure.rec1.com/IA/winterset-ia/catalog.

Youth volleyball league registration closes Aug. 18

By Gale Blader

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Register now through August 18 for Winterset’s youth volleyball leagues. This program has two divisions available: one for third and fourth grade students, and another for fifth and sixth grade students.

The third and fourth grade division will play games on Tuesday evenings for seven games from

September 23 through November 4. The fifth and sixth grade division will play on Thursday evenings for seven games from September 25 through November 6. Both divisions will practice twice per week from September 2-20. Once games begin, teams will practice once a week. Practice schedules will be determined by the volunteer coaches.

Registration costs \$50 for either division. To register your child for the league, visit secure.rec1.com/IA/winterset-ia/catalog.

Watch out for concussions during fall sports

By Madisonian Staff

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Concussions are a type of brain injury that disrupt the way the brain normally works. Concussions can occur in any sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or obstacles. Concussions can occur with or without loss of consciousness, but most concussions occur without loss of consciousness.

Signs and symptoms of concussion can show up right after the injury or may not be noticed until days after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be removed from play immediately. The athlete should only return to play with permission from a health care provider and after s/he is symptom free at home and at school.

Symptoms reported by students may include:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion

- Just not “feeling right” or is “feeling down”
- Symptoms observed by parents or coaches include:
- Appears dazed or stunned
 - Is confused about assignment or position
 - Forgets an instruction
 - Is unsure of game, score, or opponent
 - Moves clumsily
 - Answers questions slowly
 - Loses consciousness (even briefly)
 - Shows mood, behavior, or personality changes
 - Can’t recall events prior to hit or fall
 - Can’t recall events after hit or fall

If a student has a concussion

If you think your child has a concussion, seek medical attention right away. Keep your child out of participation until they are cleared to return by a licensed healthcare provider. Tell all of your child’s coaches, teachers, and the school nurse about ANY concussion.

Students should never ignore a bump or blow to the head, even if they feel fine. Tell your coach if you think you or one of your teammates may have a concussion. A physician or other licensed healthcare provider can tell you if you have a concussion, and when it is safe to return to play.

CONCUSSIONS

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Husky football apparel available this week

By Gale Blader

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Winterset Husky football apparel is now available for purchase online through Wednesday, Aug. 13. A variety of T-shirt designs are available, from camo and tie dye to more traditional black and white shirts.

There are five total designs listed for sale through Jones Creek Apparel, each going for 13 dollars. A five-pack of the shirts is bundled at 50 dollars. Pink out shirts will be sold separately at a later date.

Themes for this season’s Husky football games are Green Out/Camo on August 29 vs. ADM, Beach/Hawaiian on September 5 at Creston, Jersey Out on September 12 at Van Meter, USA on September 19 vs. Carlisle, Western on September 26 at Nevada, Husky Out on October 3 for Homecoming vs. Knoxville, Pink Out on October 10 vs. Williamsburg, Jailbreak on October 17 at Saydel, and Black Out on October 24 vs. DMC.

Visit tinyurl.com/Husky-Spirit-Store for your football theme night shirt bundles or individual shirts. Any questions may be directed to Jones Creek Apparel at 515-462-4132 or via email at info@jonescreekapparel.com.



Photos special to the Madisonian

Husky football T-shirts are available online through August 13.

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