

## NFL Discovers Innovative Ways to Prevent Future Concussions

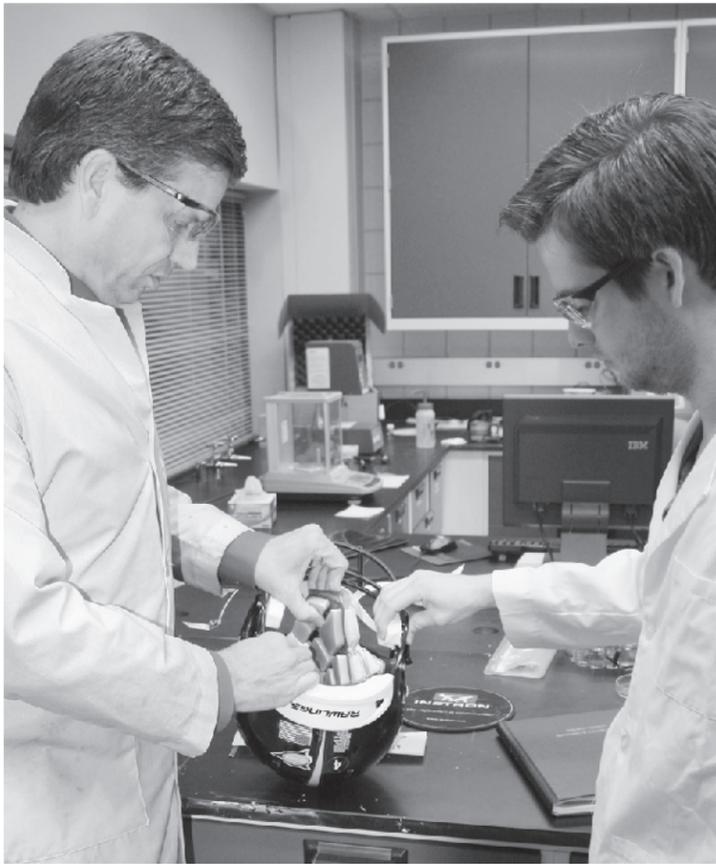


Photo courtesy of Google

**HELMET TECHNOLOGY** New football equipment funded by the NFL can reduce injuries and concussions using shock-absorbing memory foam and impact-measuring helmets.

**ANHAYTE GUAJARDO**  
Staff Writer

Professional football is one of the most popular sports in the United States, but there are increasing concerns behind the scenes.

The sport has been known to lead to long-term physical damages, such as traumatic concussions. Although brain injuries have long been accepted in the hard-hitting world of football, the National Football League (NFL) has recently announced its partnership with the National Institutes of Health to produce new technology for helmets in order to reduce injuries for football players, claims the Washington Post. “Helmets are supposed to prevent catastrophic brain injuries, like hemorrhages. They do a good job of that, but we need a helmet that does that as well as prevent concussions,” chair of NFL Subcommittee on Safety Equipment and Playing Rules Kevin

Guskiewicz said in an interview with National Geographic.

According to an article in National Geographic, the NFL is funding a yearlong project to place sensors in the helmet, the helmet mouthpiece and the center of the head padding to approximate the G-force and impact that must be absorbed during a game.

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**-Kevin Guskiewicz**

In order to produce these helmets, the NFL enlisted the U.S. Army to “[place] tens of thousands of sensors [...] in the helmets to measure the forces exerted on their heads,” according to National Geographic.

“Accurate sensors that measure impacts in real time would be a big advancement in head-trauma protection,” U.S. Army’s product manager Lieutenant Colonel Frank Lozano said in an interview with National Geographic.

Slamming and shaking against the skull can also lead to brain damages. Xenith, a company dedicated to health and safety in sports through innovation and education, has developed a new product called the Xenith X1 football helmet. According to Xenith.com, the Xenith X1 football helmet comes with a ‘Fit Seeker’

that “helps keep the helmet secure during all impacts experienced on the field”.

This new helmet is also created with a ‘Shock Bonnet’, which is a shock absorber that releases air when the helmet faces impact to prevent the head from rapid movement. National Geographic also states that if a helmet can absorb more energy from an impact, a lesser amount of energy will be absorbed by the brain.

“I’ve never had a concussion playing [football] but I know someone who did and had to be taken out of the game,” AHS varsity football player Joshua Divila said. “I think more padding will help prevent concussions.”

### Girls’ Soccer Advance to Playoffs, Finishing Second in League

**DAVID TAN**  
Staff Writer

After a long season of hard work, the Lady Moors’ soccer team ended with an overall record of 8-6-6 and a league record of 5-3-2. They earned second place in Almont League, which advanced them to the California Interscholastic Federation (CIF) playoffs.

The girls believe everyone did their part and contributed to the success of this team and are excited about making the CIF playoffs. “I feel that for having a lot of new players from [JV] this season and only about four returning varsity members, we have come together and we have done really well,” captain Autumn Krueger said.

Going into the playoffs, the team knows that they have to

play at the level they were playing at throughout the season and remain focused. The girls also believe that confidence in their own abilities and trusting each other, along with the support of everyone at AHS, are vital to the success of the team.

“We need to not break down everything that we worked for and we need to try to keep a hold of all our plays [that we learned] throughout the year. That will bring us success,” Head Coach Armondo Gutierrez said.

The team’s CIF journey ended after winning 6-0 against New Common Jewish High School and losing 0-2 against Saddleback Valley Christian High School.

**MOOR** graphic by ARELI ARELLANO

### Varsity Wrestling Ends Season Second in League, Advancing Seven Players to CIF Preliminaries

**NATE GARCIA**  
Assistant Sports Editor

Wrestling is a sport that requires both dedication and fitness. The varsity wrestling team practices daily from sixth period to 5:30 p.m. in the wrestling room. They begin practice with a series of stretches and move on to learn new moves that will better their overall skills. With the intense and hard work put into practices, the team has come in second place in Almont League and seven wrestlers have advanced to the California Interscholastic Federation (CIF) preliminaries. Despite the reduced roster this year, the wrestlers have overcome their opponents and broke through to the next round.

“We had a smaller roster and

a lot of young guys this year. We had 3-4 [wrestlers], such as Steven Ovsepian and Aaron Logan, that helped the team progress, maintain Michael Robles



**Michael Robles**  
**MOOR** photo by YIBEI LIU

Peter Sosa, Michael Median, Eric Garcia and Ruben Garcia. Robles, along with teammate Logan, were able to achieve a league record of 4-1. On the other hand, the reduced roster has shown to have an effect on many invitationals and dual meets.

“What hurts us the most is not having a complete team. [...] During dual meets, for every person that is missing in a division, we lose three points,” Logan said.

In this case, size is not an obstacle for this unified, strong team of wrestlers. They are hoping to get past the first round of the CIF preliminaries, which takes place on Feb. 15, and advance to later rounds and possibly the CIF finals. Overall, the wrestling team has fought strong this year despite a small size.

### Spotlight : Vanessa Peña



**MOOR** photo by YIBEI LIU

**NATE GARCIA**  
Assistant Sports Editor

**1) What values have you learned from being on the team?**

“I’ve learned to be a dedicated, committed, team player. Also, I have learned to be responsible and, overall, water polo has shaped me into the athlete I am.”

**2) What is your favorite memory of water polo?**

“After a game, we got on the bus and even though we lost, we messed around to be happy and we did rap battles and beat boxing.”

**3) What plans do you have after high school?**

“I will [definitely] play water polo at a Division I school, which will better me as an athlete.”

- Four-year member of the varsity girls’ water polo team
- Varsity member of the girls’ volleyball team
- Varsity member of the varsity swim team
- Biomed student
- Member of Bloc Work

### Boys’ Basketball Qualify for CIF Playoffs Despite Forfeiting Games to Rule Violation

**KEVIN KONG**  
Sports Editor

On Jan. 24, the Power 106 game hosted by FHA-HERO took place. The AHS team consisted of four players from the varsity boys’ and one player from the varsity girls’ basketball team. However, the California Interscholastic Federation (CIF) Constitution states that students who play in an organized sporting event outside of league become ineligible. Resulting in the two forfeited wins by the boys and one for the girls.

Samantha Garcia, the varsity girls’ captain, claimed that this did not affect their chances at league and playoffs. The team ended their season with a record of 2-8.

“It was hard for me [...] to just watch my team play. The punish-

ment was not justified because we caused no harm,” Garcia said.

The boys were close to tying for first; however, after the two forfeits and losses that followed, the boys fell to the fourth rank. The rules of the CIF Constitution cost them the title, according to Assistant Coach Bryan Gonzales.

“It was a lot of hard work we put in the last two years to be close and have that changed in a matter of hours [was hard to believe],” Gonzales said.

The four players were captain Wai Sett, center and power forward Carlos Barrios and guards Brandon Cadena and Aaron Cosme. Head Coach Robert Blanchard claims that the coaches wanted them to be a part of the team, but from only the bench, without receiv-

ing playing time The boys were urged not to play to avoid injury.

The boys’ coaches claim that in the future, if a player plays in an “outside” organized game, they will be taken off the school’s team.

“I don’t support what the athletes did, but they only played for two minutes. [The penalty] doesn’t seem right,” Blanchard said.

Nevertheless, playoff dreams are still alive after the boys’ victory against San Gabriel on Feb. 8 with a score of 36-33, making their final record 5-5. Although they still ranked fourth, they will play in CIF as a wild card, a team that did not make the cutoff, but had a qualifying record.

“It’s nice [...] that after everything the team has been through, we still [have the] opportunity [to play in] the playoffs,” Barrios said.