



# The Rosehill *Report*

The Official Newsletter  
of the Lakes of Rosehill  
Homeowners Association

September 2014

Volume 5, Issue 9

## 5<sup>th</sup> Annual Running for Greater Things

*Saturday November 8, 2014*

*Start and Finish at Fairfield Baptist Church 27240 U.S.  
290 Cypress, TX 77433*

*8:10am – START 1K Run/Walk 8:30am – START 10K*

*Run 8:45am – START 5K Run/Walk*

*Registration opens August 9th!*



### *Our Goal*

The goal of this event is to raise money for the HOPE Project in Kigali, Rwanda. The HOPE Project is led by Ten Talents International, and stands for Housing, Opportunity, Purpose, and Education. Orphaned boys and girls in Kigali, Rwanda are in need of a safe home where they can have the opportunity to go to school, receive medical care, and have basic needs met. Property has already been purchased and work has begun to build a girls' home and boys' home to give these children a safe place to live and learn. This project will be completed in three phases and this year we are supporting Phase 1.

### *One Community, One Purpose*



We invite area churches and orphan/adoption ministries to join with us as we share with our community opportunities to get involved with caring for the orphan. Join us race day as a runner, volunteer, and/or share your Orphan Care ministry booth on campus. For more info please visit: [runningforgreaterthings.com](http://runningforgreaterthings.com)

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Street Lights - CenterPoint Energy.....	713-207-2222
- not working (Report Number on Pole)	

Waste Management .....713-686-6666

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## The "Take Care of Texas" Guide to Yard Care *Managing Common Texas Yard Pests*

Gardening and yard care can give you satisfying results and beautiful landscapes. However, yard pests can be discouraging, even for the most committed gardener. Here are some quick tips to avoid pests:

- Irrigate efficiently; water infrequently but thoroughly, generally 1 inch once a week in the morning.
- Use native and adapted plants, which are better suited to the local environment and are more resistant to pests.
- Mow properly taking off no more than 1/3 of the grass blade with each mowing.
- Choose natural or organic fertilizers, avoid overusing fertilizers, and encourage natural predators such as worms, ladybugs, certain beetles, mites, and birds.
- Monitor for pests often to catch infestations early and determine if control is needed. Natural predators may make treatment unnecessary.

Remember to always comply with your water system's water-use restrictions and visit [www.KeepCyFairBeautiful.org](http://www.KeepCyFairBeautiful.org) to access free "Take Care of Texas" publications!

## IRONMEN LACROSSE

TRYOUT and REGISTRATION information for the 2014-2015 Season of Cy-Fair Lacrosse is NOW AVAILABLE on our website.

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## Injury Prevention in Young Athletes

By Brett Neilson and Mike McTague | Doctors of Physical Therapy | Orthopedic Certified Specialists

As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term “cultural deconditioning” has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game and computer use. So

when the offseason ends and it's time to get out and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active, healthy lifestyle by putting down the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the “10% rule” has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as “growing pains” and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches, trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.



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## TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



### The Modern Game: the swinging forehand approach shot or volley

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute “The Swinging Forehand Approach Shot or Volley.” This shot is used when an opponent hits a soft shot that is floating high on the service line area. The player will take advantage and will hit the ball on the fly with a huge swing, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Ryker Heller, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Ryker is coached by the Director of the Tennis Academy, Darin Pleasant.

**Step 1: The Back Swing:** When Ryker sees the opportunity, he makes a quick turn of his upper body and takes the racket high and

back. The head of the racket is now at shoulder height, his shoulders are turned, the right hand gripping the racket and arm in front. His weight is on the front foot as his momentum carries his forward to attack the ball. His right wrist is “laid back” to allow maximum point of contact.

**Step 2: The Point of Contact:** The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Ryker started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His left shoulder is almost opening and his weight has is moving through the shot.

**Step 3: The Follow Through:** In order to get maximum control and power, Ryker is keeping his right arm extended through the shot. He has “snapped” his right wrist and has the head of the racket facing down. His weight is going forward.

**Step 4: The Finish:** Ryker’s upper body acceleration forced the head of the racket to “wrap around” his left shoulder, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley. His right foot should naturally move forward due to his momentum and racket speed. From his looks, he apparently hit a very deep volley for a winner.

*Look in the next Newsletter for: “The Modern Game: The Swinging Backhand Volley”*



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