

The LONGWOOD Letter

September 2014

Volume 8, Issue 9

News For The Residents of Longwood



Calling all Cy-Fair High School parents of Seniors!! The 2015 Project Prom Kick-Off meeting is set for Monday, Sept. 15 at 6:30 pm in the cafeteria of Cy-Fair High School.

Project Prom is an all-night, secure event following Prom, that provides a fun, safe environment for the seniors and their guests. Attendees will enjoy food, entertainment and the chance to win prizes.

Project Prom is organized by parent volunteers and students and is funded solely by fundraising. In order to be a success, we need YOU to join us.

Parents attending the meeting will earn points for their child to put toward raffle tickets the night of Project Prom.

We look forward to seeing you there!

5th 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

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
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Ambulance.....	911
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Sheriff - Non-emergency	713-221-6000
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- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-764-7661
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Goodson Middle School	281-373-2350
Hamilton Elementary.....	281-370-0990

OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department	713-439-6260
Post Office Box Assignment – Cypress.....	1-800-275-8777
Street Lights - CenterPoint Energy	713-207-2222
- not working (Report Number on Pole)	
Trash Removal	281-446-2030

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Fifth Annual Cypress Hoops Invitational



The Cy-Fair Educational Foundation is gearing up for their highly anticipated Cypress Hoops Invitational Tournament to be held for the fifth year December 11 through 13, 2014. Twenty-four high school varsity level teams, including those from Cy-Fair ISD and outside the district, will compete over the three-day event at various high schools with the championship games held at the Berry Center. This year's tournament is underwritten by North Cypress Medical Center Hospital.

"Teams from the Dallas area and the San Antonio area will be traveling to Houston for the event," said Teresa Hull, event co-chair. "This is so exciting because it means that word has gotten out about the high level of organization and quality of our tournament. This will help us continue to build state recognition and gives us great potential to grow," she said.

New this year will be family fun activities including face painting, balloon animals and much more. Northwest Dodge will once again be sponsoring a chance to win a car during the championship game on December 13, 2014 at the Berry Center.

The tournament was started by community member Eric Burg and modeled after an extremely successful tournament held in Pasadena. Burg, who played basketball in Cy-Fair ISD, wanted a way to showcase the talent and facilities in Cy-Fair ISD and the tournament grew from there.

In a nail bitter championship game between Galena Park North Shore and Plano West last year, North Shore pulled ahead and won the tournament. "These games are so fun to watch," said Teresa. "We are hoping to attract many spectators to cheer for the kids since ticket prices are so reasonable (just \$2.00 for students and \$3.00 for adults or a family fun pass for \$8). We want a lot seats in the seats!" she said.

Last year the tournament raised \$18,750.02. All proceeds raised through entry fees, t-shirt sales, game tickets and sponsorships will be used for innovative staff development programs for district teachers and instructional leaders and for scholarships for deserving high school seniors. For more information about ways to participate, contact Marie Holmes at 281-807-3591 or marie@thecfef.org.

IRONMEN LACROSSE

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

**Registration is currently open for:
MS (7th/8th grade) YG (5th/6th grade) 4U (2nd-4th grade)
Visit www.cyfairlacrosse.org for more details.**

If you are interested in coaching, please contact
Chad Gailley at chad.gailley@ca.com



GINGERBREAD VILLAGE HOLIDAY MARKET

St. Elizabeth Ann Seton Catholic Church Ladies Auxiliary is hosting their annual holiday market on October 25, 2014. It will be held from 9 A. M. to 4 P. M. at 6646 Addicks Satsuma Road, near Highway 6 and FM 529. The admission is free! Shop our selection of seasonal decor, homemade crafts, beautiful art, gourmet food and many other unique offerings. Have lunch at our huge concession stand with BBQ sandwiches, spuds, chicken salad, hot dogs, homemade baked goods, etc.! All proceeds go to various charities and scholarships. For more information, visit seascatholic.org and email mon.delgado@sbcglobal.com. See you there!

Think Pink Fashion Show

Business women in Northwest Houston seeking to network with other professional women are invited to join the Northwest Houston Business & Professional Women (BPW). We are HIP – Healthy, Inspiring, Powerful. Join us on Sept. 15 at Northgate Country Club, 17110 Northgate Forest Dr, Houston, Tx 77068 for the Think Pink Fashion Show and Silent Auction benefiting Breast Cancer. Register by Sept 15 at <http://nwhoustonbpw.com/>. Hope to see you. Contact Goldie Roberts, Publicity Chair with any questions. 832-722-5064.



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LONGWOOD LETTER



AHFC Junior Hurricanes (JHSL) Registration Now Open

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at Campbell Road Campus, West U and Cy Fair locations. To learn more about each location and to register please visit www.albionhurricanes.org or you can email us at jhsl@albionhurricanes.org or call 713-939-7473 .

Fall 2014 JHSL Highlights - 10 weeks September - November - Season will extend 1 week if both practice & game is rained out - Professionally trained - One practice during the week - Games on Saturdays 8:00 AM-12:00 PM or Sundays 1:00-5:00 PM; please check your location to details. - Cost per player is \$150 U5/U6 and \$160 U7-U12 - Nike uniform included

Cy-Fair Emergency & Imaging Center Triathlon at Fairfield


Sunday, October 26, 2014 @ 7:30 AM

*Fairfield Athletic Club • 16055 Mason Road
Cypress, TX 77433*

*For more information regarding the adult and
kids' triathlons, please visit:*



www.FairfieldTriathlon.com



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A Focus on Backpack Safety Tips for Your family

By: *Concentra Urgent Care*

WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

WEAR THE BACKPACK OVER THE STRONGEST MID-BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back

to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.

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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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