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YOUTH

News



HAEMOPHILIA FOUNDATION AUSTRALIA

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message from the co-chair - Paul Bonner

Welcome to the first newsletter for 2008. I think everyone who was involved in 2007 will agree that it was a very productive year, with the Youth Committee achieving all of its goals for the year.

The Youth Committee has evolved yet again this year. The program still consists of the two tiers – Youth Council and Youth Leaders and it operates in much the same way as it did last year. However, this year the Youth Leaders will be more active and involved with the Youth Council.

The following people are your representatives for 2008:

Co-Chairs

Paul Bonner (SA) Robert McCabe (WA)

Council Members

Anna Sznyter (TAS) Sam Duffield (NSW) Scott Christie (SA)
Simon McMenamin (ACT) Craig Bardsley (QLD)

Youth Leaders Members

Matthew Blogg (VIC) Chantel Roberts (VIC) Michael Lucken (VIC)
Dale Spencer (WA) Erin James (NSW) Kat McGowan (QLD)

The 14th Australian and New Zealand Haemophilia Conference held in Canberra last year was very successful. It was well attended by members from the haemophilia youth community – everyone seemed to get a lot out of the weekend.

Currently the Youth Committee is in the process of developing a national training and development weekend to be held in late 2008 in South Australia. The weekend is for all youth with a bleeding disorder and family members. Likely topics for the weekend will include: life skills, such as employment issues and CV writing, health education and knowledge building, fitness and motivation.

The Youth Committee is also interested in hearing your thoughts about issues that affect you, and any things you think could be incorporated into the program.

A story from the other side - molly mcCarthy



Molly is an avid reader of "**Youth News**". This article is published with Molly's and her parents' permission. If you have an article or ideas that you would like to share with the readers of "**Youth News**" we would love to hear from you. Please contact us at:

hfaust@haemophilia.org.au

Let me start off by introducing myself - I am 13 years old, live in the western suburbs of Sydney, I have mild haemophilia A with levels between 17-24%, none of which is all that unusual... except that I'm a female. My mum and dad were told before I was born that there was a 50% chance that I would be a carrier of the haemophilia gene - a little off the mark! So, at the age of around 18 months, after my second lot of immunisations I could not walk and my nan said to my mum, "If I didn't know better, I'd swear she has haemophilia and is having a bleed."

After a few phone calls and lots of the usual unpleasant blood tests, mum and dad were told that I was not only a carrier, but I also had mild haemophilia! It could have been a lot worse as it could have been severe haemophilia like my dad! A good thing I don't have severe haemophilia, as I don't think my poor old dad could have taken it. He feels guilty enough as it is, and I see the sadness on his face every time I have to have factor, but to me it just gives us one more thing in common; haemophilia, World Wrestling Entertainment (WWE), stupid comedy movies, etc.

Having a dad with severe haemophilia has meant many hours at the hospital and occasionally missing out on going places planned with friends or family, and even a day or two off school (YAHOO, except for the hospital part)! Dad is a big softie and although he has had home therapy for 32 years he still can't bring himself to give me factor and can hardly even watch! I occasionally feel sorry for mum having to put up with our "owies" and having to put up with the haemophilia part too. Money can be a little tight at my place, as my dad can't work since he is in a wheelchair and developed hepatitis C from blood products and has other health problems.

When people ask me what the worst thing about having haemophilia has been, I tell them the most frustrating thing is trying to convince doctors. I'm not talking about the doctors at the haemophilia centre, I mean doctors at places like medical centres, when you go in with the 'flu and they tell you to take aspirin for the headache. After many long, and in the end, useless fights, I've found it's just best to smile sweetly and leave. What's that saying, "Keep smiling, it confuses them."

As for my day-to-day life I try to live as "normally" as anyone, but what is normal anyway? Sure, I'll never wrestle for the WWE or become a Kung-Fu Master but other than that I can do most things. Apart from the occasional "Hey Molly, do you want to come ice skating with us today?", I'm classed as normal. I have done Rock Eisteddfod (where I danced on a fractured ankle, but that's another story!), public speaking all over the western suburbs, and I have represented my school (primary) in netball and heaps more.

So sure, I have haemophilia, but I don't let it stop me, and as far as me and my friends are concerned, I'm a normal 13 year old.

Sports Review - Cricket

Matthew Blogg has sourced this information from "Boys Will be Boys", written by Brendan Egan, Senior Physiotherapist at the Henry Ekert Haemophilia Treatment at the Royal Children's Hospital, Melbourne, and published in 2005. Matthew has identified Adam Gilchrist as a positive role model for youth.

Participation

Cricket is a popular sport in Australia and is played in different countries around the world. It is a non-contact sport however the ball used is hard so injuries may occur between player and ball. It is played outdoors on a grassed oval with a turf or matting centre. There are eleven players in each team and all are able to participate in batting, bowling and fielding. There are many clubs in Australia catering for all age groups and skill levels.

Common Injuries

- Injuries are generally sprains, fractures and bruising.

- Children are injured most frequently to the head and face, followed by the fingers and hands from a direct blow from the ball.
- Overuse injuries are also common, particularly back injuries to young fast bowlers.

Injury Prevention—Warm up

- Skill specific warm-up drills (fielding, batting, bowling) should be incorporated into the warm-up, depending on the position being played. It is also important for cricketers to 'keep warm' by moving around during the match, eg stretching, jogging on the spot when fielding.
- Bowlers should warm-up and cool-down before and after an over as the stop start nature of this forceful action may leave them more prone to injury.

Protective Equipment - *Mandatory*

- Batting: Gloves, leg pads, thigh pad, box/groin guard, forearm guards, helmet with face guard.
- Wicket keeping: Wicket keeping gloves (and inner gloves), leg pads and box.
- *Strongly recommended*
- For bowlers: boots with reinforced toes.
- For batters and wicket keepers: mouth guard Type III

Additional Protective Considerations

- Protective gear should be worn when training and playing informally, as well as in matches.
- Training, correct technique, supportive footwear, and a well-maintained surface and pre-season conditioning can all contribute to preventing injuries.
- Restricting the number of overs bowled in one session, especially by younger players, can help prevent injury.
- A person with a bleeding disorder should not field too close to the bat.

Player Profile - **Adam Gilchrist**

Born November 14, 1971, Bellingen, New South Wales

Major teams: Australia, ICC World XI, New South Wales, Western Australia

Playing role: Wicket keeper batsman • Batting style: Left-hand bat

Bowling style: Right-arm off break • Fielding position: Wicket keeper

Height: 1.85 m • Test debut: Australia v Pakistan at Brisbane, 1st Test, 1999/00

ODI debut: Australia v South Africa at Faridabad, Titan Cup, 1996/97 • First-class

debut: New South Wales v Tasmania at Sydney, 1992/93



Top 5 Achievements:

- The fastest test wicket keeper to 100 test dismissals.
- At the date of his retirement, held world record for the most dismissals in test cricket - 416 dismissals.
- World record holder for the most number of wicket keeping dismissals in one-day international cricket.
- Fastest strike rate in the history of one-day international cricket for a batsman scoring over 5,000 runs.
- First batsman in test history to hit 100 sixes.

Many critics believe that Adam is the greatest wicket keeper/batsman to have played the game. He holds the record for the most sixes hit in test cricket (97). It is the manner and spirit in which Adam plays the game that makes him one of the world's most exciting and popular cricketers. In 2004 Adam was selected in Richie Benaud's All Time Greatest Team.

References: Boys Will be Boys by Brendan Egan, and Adam Gilchrist website www.adamgilchrist.com.au. See also www.cricket.com.au

WORD FIND - MR MEN AND LITTLE MISS CHARACTERS
From That's Life word search, Winter 2007 and www.atozteacherstuff.com

BOUNCE
CLUMSY
GRUMPY
MESSY
SNEEZE

BRAVE
DAYDREAM
HAPPY
MISCHIEF
TICKLE

BUMP
FORGETFUL
IMPOSSIBLE
MUDDLE
UPPITY

CHATTERBOX
FUSSY
JELLY
NONSENSE
WRONG

CLEVER
GREEDY
LAZY
PERFECT

J	F	O	R	G	E	T	F	U	L	P	R	E	O	V
O	S	V	K	Q	Z	A	Z	E	M	E	C	Z	N	E
C	N	U	K	V	L	E	Y	U	V	N	Y	U	F	L
L	E	H	I	A	I	P	B	E	U	L	D	M	X	B
U	E	C	Z	Y	M	E	L	O	S	T	E	U	O	I
M	Z	Y	Y	U	Y	C	B	P	F	I	E	D	B	S
S	E	K	R	V	Q	T	V	E	E	C	R	D	R	S
Y	G	G	V	V	P	Y	I	M	R	K	G	L	E	O
W	B	F	O	C	L	H	A	P	H	L	Q	E	T	P
R	K	J	Y	L	C	E	E	A	P	E	G	F	T	M
O	A	G	E	S	R	Y	P	V	L	U	G	V	A	I
N	N	J	I	D	S	P	N	A	A	M	M	Q	H	M
G	Q	M	Y	S	Y	U	R	P	E	R	F	E	C	T
G	L	A	E	H	V	Y	F	P	G	Z	B	R	X	U
A	D	M	N	O	N	S	E	N	S	E	X	I	S	L

NEW BABY FOR NATASHIA - ANNA SZNYTER

One hard working member of the Youth Committee has been greatly missed since we started up for 2008. Haemophilia Foundation Australia Development Manager, Natasha Coco, has been away from work on maternity leave. The entire Youth Committee is happy to congratulate Natasha and Damian on the safe arrival of their son, Rafael Joseph, born on Friday 1 February 2008. We hear that all is going well for the happy family. We look forward to working with Natasha again once she has settled into her new role of mum!!!

Congratulations.

Haemophilia Foundation Australia

Registered No.: A0012245M ABN: 89 443 537 189
1624 High Street, GLEN IRIS VIC 3146
Freecall: 1800 807 173 F: 03 9885 1800
E: hfaust@haemophilia.org.au
W: www.haemophilia.org.au

Youth Council

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Editor: Natasha Coco

Contributors: HFA Youth Council & Leaders

HFA Representative ~ Natasha Coco