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I didn't really want to write about this but a recent event in my life gave me cause to re-evaluate my outlook.

Terms like 'IRONMAN FOOTBALL', 'SUPER ATHLETE', 'MEGA-STAR', 'SUPERMAN SPORTS PLAYER'... How many of you saw a favorite player or were reminded of a great team or season in years past? I think of the Oakland Raiders circa '67 to '80... The Packers too. Butkus, Ditka, 'Refrigerator' Perry, Michael Jordan, Kareem Abdul Jabbar... So many others. These guys gave it ALL to the game - their career, their passion...

Now days - especially in the NFL and MLB, there too in PBR(!) we see new equipment, better equipment, New training for effective, but limited-injury participation. There's a lot going on about concussions too. Sports takes its toll... big time!

I'm no sports star or super athlete but even at my level, I'm plowing through joint health and I just tore my shoulder. OK - yes I'm 42; but I am of the old school too... 'SPORTS is supposed to hurt!', 'NO PAIN, NO GAIN' etc. So when I play, I give my all, damn-the-consequences and play through pain or 'work it out'.

Yup. I can now officially say I am becoming one of the MORONS I spend so much time writing about.

Over the years, on top of the latest rotator-cuff tear, I have PERMANENT tinnitus, bad hip, pre-arthritis issues from all my broken toes, and a few other fun problems.

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So I too, am learning the consequences of playing too hard, too long and too carelessly. It's got a bit to do with age and wisdom, but I also have to agree with the NFL reports... Getting your bell rung is not fun, it hurts, and it has lifetime consequences.

So, readers, I admit it! I am an advocate: PAD UP, HELMET UP, Learn the right moves for safe play. AND if it hurts - don't 'suck it up' - take a time out and make sure you are OK! Don't be a MORON!

Happy Veterans Day!!

Andy