

Category: SPORTS

Names: COURTNEY SMITH

Link: <https://vimeo.com/236089764> START TIME: 10:12:00

Injury Prevention

<u>TIME</u>	<u>AUDIO</u>	<u>VISUAL</u>
00:00:00-00:02:08	*NAT SOUND* CHANTING	B ROLL: VOLLEYBALL TEAM IN A HUDDLE IN THE GYM
00:02:09-00:19:28	WITH ALL THE TECHNOLOGY DEVELOPING AROUND US, WHY WOULD 3.5 MILLION YOUNG ATHLETES BE EXPERIENCING SPORTS RELATED INJURIES EVERY YEAR? ACCORDING TO ABC NEWS THE BLAME CAN'T BE PINNED ON VOLLEYBALL OR LACROSSE OR ANY SPORT IN PARTICULAR. THE QUIET CULPRIT IS ACTUALLY OVERUSE.	REPORTER STANDUP
00:19:29- 00:24:08	*NAT SOUND* "COME ON LADIES! RUNNERS SET, GO!"	B ROLL: BEGINNING OF CROSS COUNTRY MEET
00:24:09-00:33:07	"WE HAVE SEEN AN INCREASE IN STUDENT ATHLETE INJURIES, AND I'D SAY ONE IS BECAUSE KIDS ARE PARTICIPATING IN ONE SPORT THROUGHOUT THE YEAR VERSUS PLAYING MULTIPLE SPORTS -	INTERVIEW WITH PHYSICAL THERAPIST
00:33:08-00:36:04	AND PROBABLY NOT PREPARING	B ROLL: RUNNING ON TREADMILL
00:36:05-00:00:41:01	SUCH AS PRESEASON TRAINING OR OFF SEASON TRAINING	INTERVIEW WITH PHYSICAL THERAPIST

00:41:02-00:44:16	*NAT SOUND* "COME IN HER CALEB! GET IN HER CALEB!"	B ROLL: FOOTBALL PLAYERS PRACTICING
00:44:17- 00:53:12	WE'RE KIND OF GOING AWAY FROM THE FUNDAMENTALS. SO REALLY FOCUSING ON FORM AND HAVING A GOOD STRENGTH PROGRAM TO GET THESE ATHLETES GOING. AND FOCUSING ON THE CORRECT FORM -	INTERVIEW SHOT WITH PHYSICAL THERAPIST
00:53:13-00:58:04	AND THE RIGHT MECHANICS AND I THINK THAT WE'VE REALLY GOTTEN AWAY FROM THAT *NAT SOUND* WEIGHTS CLINKING*	B ROLL: ATHLETE SQUATTING
00:58:05-1:06:15	REPORTER VO: WHILE SPORTS MAY SEEM LIKE THE MOST IMPORTANT THING TO A YOUNG ATHLETE, THERE ARE CRUCIAL FACTORS PROFESSIONALS ARE WORRIED THEY AREN'T CONSIDERING.	B ROLL: ATHLETES RUNNING B ROLL: FOOTBALL PLAYER SQUATTING DOWN AT A GAME SILENT INTERVIEW LEAD IN
1:06:16-1:14:02	INTERVIEW: A LOT OF THINGS THAT WE SEE AS FAR AS INJURIES COMING INTO THE CLINIC ARE THOSE NON CONTACT SOFT TISSUE INJURIES THAT COULD BE VERY EASILY PREVENTED	INTERVIEW SHOT WITH PHYSICAL THERAPY TECH.
1:14:03- 1:26:21	INTERVIEW: I THINK THAT ATHLETES SOMETIMES GO BACK TO THE SPORT TOO QUICKLY, SOMETIMES THEY'RE PRESSURED TO GO BACK TOO QUICKLY. IT'S IMPORTANT THAT THEY FULLY RECOVER FROM AN INJURY AND ARE READY TO GO BACK TO THAT SPORT.	INTERVIEW SHOT B ROLL: FOOTBALL PLAYER PRACTICING BEFORE A GAME CUT BACK TO INTERVIEW SHOT

01:26:22- 01:30:24	NAT SOUND: THROWING AND CATCHING FOOTBALLS REPORTER VO: I'M COURTNEY, REPORTING FOR THE BUZZ.	B ROLL: FOOTBALL PLAYERS PRACTICING BEFORE A GAME
01:30:25-	NAT SOUND: HEY HEY HEY, JACKETS ON 3! 1, 2, 3 - JACKETS! PAD UP, PAD UP	B ROLL: FOOTBALL PLAYERS IN A HUDDLE

