



**Last Game:** (G11) at Phillipsburg L 34-14

**Next Game:** (G1) Carteret Sep. 11 7pm

**Red and Black Intra-Squad Scrimmage**

By WoodbridgeFootball.com August 16, 2015

The opportunity for Woodbridge Football players to showcase their individual skills and talents in a controlled scrimmage comes early in the practice season, with the Red / Black Intra-Squad Game. This year the scrimmage will be played on Saturday, August 22 at 10am.

From among his assistant coaches, Coach Nyers will split them into two separate staffs, with one controlling the Red team, the other the Black team. He will then select the rosters for each team, trying to create two evenly matched groups.



For those of you that have never attended a Red / Black scrimmage, it will go something like this. The two squad will be wearing their team colors as they begin the morning going through what is called "Pre-Game" preparations (warm ups and individual skill drills). Once completed, they will separate into their respective teams, taking list minute instructions from their coaches.



Then, is on! The scrimmage is a controlled series of scripted plays where each team will run their offense for 7-10 reps, while the opposite squad defends. At the conclusion of the series, they flip. The coaching staff will be on the field so as to provide instruction and correct deficiencies.







At the conclusion of 6-7 series each, the scrimmage is completed. Both teams will reassemble on the field as one team and Coach Nyers will address them with his thoughts about their efforts.



The 5th Quarter Club President, Marie Anderson, has indicated the 5QC will provide the players with some good food, and cold refreshing drinks after the grueling practice session. Don't forget to say "Thank you" gentlemen.



The Red / Black scrimmage is just one small step toward building a solid Football Program. For each player, the goal is simple. Deliver your maximum potential each and every time you walk onto the field. Success will be the result when an entire team has the same mindset!





## Important Information for Parents

### MRSA



By the Mayo Clinic

#### Definition

Methicillin-resistant *Staphylococcus aureus* (MRSA) infection is caused by a strain of staph bacteria that's become resistant to the antibiotics commonly used to treat ordinary staph infections.

Most MRSA infections occur in people who've been in hospitals or other health care settings, such as nursing homes and dialysis centers. When it occurs in these settings, it's known as health care-associated MRSA (HA-MRSA). HA-MRSA infections typically are associated with invasive procedures or devices, such as surgeries, intravenous tubing or artificial joints.

Another type of MRSA infection has occurred in the wider community — among healthy people. This form, community-associated MRSA (CA-MRSA), often begins as a painful skin boil. It's spread by skin-to-skin contact. At-risk populations include groups such as high school

wrestlers, child care workers and people who live in crowded conditions.

#### Symptoms

Staph skin infections, including MRSA, generally start as small red bumps that resemble pimples, boils or spider bites. These can quickly turn into deep, painful abscesses that require surgical draining. Sometimes the bacteria remain confined to the skin. But they can also burrow deep into the body, causing potentially life-threatening infections in bones, joints, surgical wounds, the bloodstream, heart valves and lungs.

#### When to see a doctor

Keep an eye on minor skin problems — pimples, insect bites, cuts and scrapes — especially in children. If wounds become infected, see your doctor. Do not attempt to treat an MRSA infection yourself. You could worsen it or spread it to others.

#### Causes

Different varieties of *Staphylococcus aureus* bacteria, commonly called "staph," exist. Staph bacteria are normally found on the skin or in the nose of about one-third of the population. The bacteria are generally harmless unless they enter the body through a cut or other wound, and even then they usually cause only minor skin problems in healthy people.

According to the Centers for Disease Control and Prevention, less than 2 percent of the population carries the type of staph bacteria known as MRSA.

#### Antibiotic resistance

MRSA is the result of decades of often unnecessary antibiotic use. For years, antibiotics have been prescribed for colds, flu and other viral infections that



don't respond to these drugs. Even when antibiotics are used appropriately, they contribute to the rise of drug-resistant bacteria because they don't destroy every germ they target. Bacteria live on an evolutionary fast track, so germs that survive treatment with one antibiotic soon learn to resist others.

#### **Risk factors**

Because hospital and community strains of MRSA generally occur in different settings, the risk factors for the two strains differ.

#### **Risk factors for HA-MRSA**

- **Being hospitalized.** MRSA remains a concern in hospitals, where it can attack those most vulnerable — older adults and people with weakened immune systems.
- **Having an invasive medical device.** Medical tubing — such as intravenous lines or urinary catheters — can provide a pathway for MRSA to travel into your body.
- **Residing in a long-term care facility.** MRSA is prevalent in nursing homes. Carriers of MRSA have the ability to spread it, even if they're not sick themselves.

#### **Risk factors for CA-MRSA**

- **Participating in contact sports.** MRSA can spread easily through cuts and abrasions and skin-to-skin contact.
- **Living in crowded or unsanitary conditions.** Outbreaks of MRSA have occurred in military training camps, child care centers and jails.

- **Men having sex with men.** Homosexual men have a higher risk of developing MRSA infections.

#### **Complications**

MRSA infections can resist the effects of many common antibiotics, so they are more difficult to treat. This can allow the infections to spread and sometimes become life-threatening.

MRSA infections may affect your:

- Bloodstream
- Lungs
- Heart
- Bones
- Joints

#### **Preparing for your appointment**

While you may initially consult your family physician, he or she may refer you to a specialist, depending on which of your organ systems is affected by the infection. For example, a dermatologist specializes in skin conditions, while a cardiologist treats heart disorders.

#### **What you can do**

Before your appointment, you might want to write a list that includes:

- Detailed descriptions of your symptoms
- Information about medical problems you've had
- Information about the medical problems of your parents or siblings
- All the medications and dietary supplements you take
- Questions you want to ask the doctor



### What to expect from your doctor

During your physical exam, your doctor will closely examine any skin lesions you may have. He or she might take a sample of tissue or liquid from the lesions for testing.

### Tests and diagnosis

Doctors diagnose MRSA by checking a tissue sample or nasal secretions for signs of drug-resistant bacteria. The sample is sent to a lab where it's placed in a dish of nutrients that encourage bacterial growth. But because it takes about 48 hours for the bacteria to grow, newer tests that can detect staph DNA in a matter of hours are now becoming more widely available.

### Treatments and drugs

Both health care-associated and community-associated strains of MRSA still respond to certain antibiotics. In some cases, antibiotics may not be necessary. For example, doctors may drain a superficial abscess caused by MRSA rather than treat the infection with drugs.

### Prevention

#### Preventing HA-MRSA

In the hospital, people who are infected or colonized with MRSA often are placed in isolation as a precaution to prevent the spread of MRSA. Visitors and health care workers caring for people in isolation may be required to wear protective garments and must follow strict hand hygiene procedures. Contaminated surfaces and laundry items should be properly disinfected.

#### Preventing CA-MRSA

- **Wash your hands.** Careful hand-washing remains your best defense against germs. Scrub

hands briskly for at least 15 seconds, then dry them with a disposable towel and use another towel to turn off the faucet. Carry a small bottle of hand sanitizer containing at least 62 percent alcohol for times when you don't have access to soap and water.

- **Keep wounds covered.** Keep cuts and abrasions clean and covered with sterile, dry bandages until they heal. The pus from infected sores may contain MRSA, and keeping wounds covered will help keep the bacteria from spreading.
- **Keep personal items personal.** Avoid sharing personal items such as towels, sheets, razors, clothing and athletic equipment. MRSA spreads on contaminated objects as well as through direct contact.
- **Shower after athletic games or practices.** Shower immediately after each game or practice. Use soap and water. Don't share towels.
- **Sanitize linens.** If you have a cut or sore, wash towels and bed linens in a washing machine set to the hottest water setting (with added bleach, if possible) and dry them in a hot dryer. Wash gym and athletic clothes after each wearing.





### Important Information for Parents

[Fitting instructions and helmet care](#)

### Important Information for Parents

[NJSIAA Steroid Testing Policy](#)

[MyCentralJersey.com](http://MyCentralJersey.com)



### GMC Football Camp Caravan tour kicks off

[Greg Tufaro](#), @GregTufaro 8:46 p.m. EDT  
 August 2, 2015

MyCentralJersey.com high school football analyst Marcus Borden will begin his second annual Greater Middlesex Conference Camp Caravan tour of preseason practices of all of the league's 24 teams with a stop at South Brunswick on Monday, Aug. 10 at 9 a.m. Follow Borden on Twitter [@bordenfb4ever](#) and on [Instagram](#) for live updates with video clips, photos and insight from all practice sessions.

Follow Greg Tufaro on Twitter [@GregTufaro](#) as he will post convenient links daily to recaps of all of Borden's visits, many of which will be accompanied by a photo gallery compiled by one of MyCentralJersey.com's staff photographers.

During each Camp Caravan stop, Borden will conduct video interviews with top players, tweet photos of drill work and provide some commentary.

Stay with MyCentralJersey.com all season long for the best coverage of GMC football.

Following is a look at the schedule for Borden's second 10 stops on the Camp Caravan tour.

Thursday, Aug. 20 at Sayreville, 8:30 a.m.

Thursday, Aug. 20 at Bishop Ahr, 5 p.m.

Friday, Aug. 21 at New Brunswick, 9 a.m.

**Saturday, Aug. 22 at Woodbridge intrasquad scrimmage, 10 a.m.**

Monday, Aug. 24 at North Brunswick, 9 a.m.

Tuesday, Aug. 25 at Colonia scrimmage against East Brunswick, 10 a.m.

Wednesday, Aug. 26 at J.P. Stevens, 8 a.m.

Thursday, Aug. 27 at J.F. Kennedy, 9 a.m.

Friday, Aug. 28 at Piscataway scrimmage against Brick Memorial, 11 a.m.

Saturday, Aug. 29 at St. Joseph, 9 a.m.



**Woodbridge High School Football**  
 9 State Championship Titles  
 12 Conference / Divisional Titles  
 Greater Middlesex Conference - White Division  
 NJSIAA - NJ 2, Group 4  
 Overall WHS Football Record: 445 - 356 - 40 .553

# Giants Season Tickets



## Raffle!!!



Sponsored by the WHS 5<sup>th</sup> Quarter Club

# Win 2015 Season Tickets

9/20 Atlanta Falcons  
 9/24 Washington Redskins  
 10/11 San Francisco 49ers  
 10/25 Dallas Cowboys

### 2 Seats per Game!

11/15 New England Patriots  
 12/06 New York Jets  
 12/20 Carolina Panthers  
 01/03 Philadelphia Eagles

## \$10.00 TICKET



Sec 106  
Row 36  
Seats 27 & 28



Drawing to be held on: August 22, 2015 – During Halftime  
 Location: Intra-Squad Scrimmage  
 Woodbridge High School  
 Nicholas Priscoe Stadium



For tickets call Marie Anderson 732-742-5041 or Christina Prestien-LaPenta 908-881-1806

### WHS 5TH QUARTER CLUB

### NY Giants Season Tickets Raffle

**Donation: \$10.00**

Drawing will be held on Saturday, August 22, 2015  
 At the Woodbridge High School - Nicholas Priscoe Stadium During the Red and Black Intrasquad Scrimmage

Winner need not be present. Proceed go to the WHS Football and Cheerleading programs

To get your ticket, contact: Marie Anderson  
 732-742-5041 or coachmarie24@yahoo.com