



## 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



### The 2015 NY Giants Season Ticket Raffle **WINNER!**

Lou and Roseann Garbarini - Ticket #0538

Congratulation! Enjoy the games!

The 5QC thanks everyone that purchased a raffle ticket. Your support will go a long way in assisting the Football and Cheer programs.



L-R: Marie Anderson, Roseann Garbarini, Johnathon O'Halloran (The Barron) and Lou Garbarini.

### Red and Black Intra-Squad Scrimmage 8-22-2015

The Woodbridge Football program was split in two for the traditional Intra-Squad scrimmage. There was some explosive offense displayed with James Modica (2TD), Keshawn Henry (1TD) and Nat Lanier (1TD) lighting up

the scoreboard. Ian Maina and Quaasim Glover added some fireworks with some impress play.

Defensively, Bernardo Sanchez had his battery pack on high. He was aggressive, came early and left late, with Alex LaGrippio and Nick Nyers impressing as well.

Check out some of the Red and Black action by clicking the link below.

<https://www.youtube.com/watch?v=Xb70jGdJWJQ>

### (S2) Quad Scrimmage

Edison, Quad Scrimmage (Away)

Tuesday, August 25, 2015 10am

It's time to face off against some other color. It's time to see how far we are progressing.

[Directions to the Boulevard of the Eagles, Edison HS](#)

### (S3) Ocean Scrimmage

Ocean Township (Home)

Friday, August 28, 2015 11am

Ocean! They are big, strong, and quick. This will be a great test for the Woodbridge Football program. Bring it!

The following photos are from the 2014 scrimmage.





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**Important Information for Parents  
 Post-Concussion Syndrome**



Post-concussion syndrome is a condition that is typically associated with a head injury. The head injury may be categorized as a concussion or a mild traumatic brain injury. In general terms, post-concussion syndrome, or PCS, is a medical problem that persists for a period of time after a head injury has occurred. This period of time can range from weeks to months.

**Causes of Post-Concussion Syndrome**

In general, post-concussion syndrome follows the occurrence of an injury or trauma to the head. Not all people who suffer mild traumatic head injury experience post-concussion syndrome. This syndrome may be worse in people who have had previous concussions or head trauma. It may also be more severe in those who have early symptoms of headache after injury, or who have mental changes such as amnesia, fogginess or fatigue. Other risk factors include younger age and prior history of headaches.

**Diagnosis of Post-Concussion Syndrome**

Since symptoms can be vague and attributable to other reasons, it can be difficult to diagnose post-concussion



syndrome. There is no definitive test for post-concussion syndrome. Diagnosis is mainly based on a history of head injury and reported symptoms. A physical exam, and perhaps a CT or MRI scan of the head, may be done to evaluate symptoms. Other tests may be given to rule out other causes of symptoms, such as infection, bleeding injury to the brain, or poisoning.

**Symptoms of Post-Concussion Syndrome**

**Symptoms of post-concussion syndrome are often vague and non-specific.**

Commonly reported symptoms include:

Headache

Dizziness

Sleep problems

Psychological symptoms such as depressed mood, irritability, and anxiety

Cognitive problems involving memory, concentration, and thinking. Such symptoms can affect day-to-day life, and inhibit the ability to perform in situations like work.

**Treatment of Post-Concussion Syndrome**

Most people with post-concussion syndrome are able to recover with rest and by minimizing stress. Most health care providers will also treat symptoms of post-concussion syndrome. For example, migraine or pain medications may be prescribed for those with headache.

A specialist such as a neurologist and/or psychiatrist may also be involved to treat mental health symptoms associated with post-concussion syndrome.

Antidepressants and psychotherapy may be recommended.

**The Role of Education About Concussions**

For some patients, the best post-concussion treatment is education, as patients may experience anxiety about their long-term health. Patients need to be reassured that symptoms are often worse in the first week or two after the injury, but typically improve over a few weeks and resolve within a few months.

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**Important Information for Parents**

[Fitting instructions and helmet care](#)

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[NJSIAA Steroid Testing Policy](#)

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