



John Green / Bay Area News Group

Menlo-Atherton's Sam Knapp tries to block a shot by Carlmont's Matt Ho during second-half action Tuesday night.

SCOTS

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M-A coach Philip White said. "It's up to the rest of those guys to make some shots when we reach the juncture where the defense takes Peter away a little bit."

Suhail Mohammadi scored 13 points and Dan Figone added 10 to go along

with Bartkowiak's 14 for Carlmont.

Carlmont played zone the entire game, until taking a six-point lead at 45-39 with 3:17 left. Then the Scots switched to man-to-man. M-A (13-8, 2-2) was held scoreless the rest of the way.

"The defense locked down the last three minutes," Bartkowiak said. "We threw DeFilippis a curveball. I play with

him in the summer. He's a great guy with good sportsmanship."

Bartkowiak not only led the Scots in scoring, but also made a couple of nice defensive plays, anticipating passes and coming up with steals.

"I hate to say I expect it, but I do," Low said. "He's been a varsity player for three years. I expect my seniors to be leaders, to be able to weather storms."

GUARDS

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Bears would get the rest of the way.

"I've had foul problems before, but never that quickly," Tuliou said.

The way the Scots' starting unit of Goeser, Richard, center Miranda Abinader, forward Shannon Garrett and guard Shavon Henry played, Tuliou's foul problems made not have made a difference. Goeser played as if she was the best player in the PAL, creating havoc on the defensive end and finding the open player time after time on the offensive end. Goeser spread her points out evenly, scoring 10 in each half.

"Goeser is the best player I have ever coached," Scots coach Irene Oliveira said. "She's legit, has smart hoop sense and knows how to use the clock."

Richard did more havoc-wreaking, scoring 13 of her 15 points in the first half as the Scots led 34-25. Richard, at 5-6, is an inch taller than Goeser and the duo have similar games. It's double-trouble for the opposition.

"People often get us confused," Richard said. "We look alike."

"I've played with Emily a long time," Goeser said. "On that backdoor play, she gave me a look, a little wink. I know where she is going and she knows where I'm going."

Garrett, only a sophomore, scored 12 points, showing good shot selection while contributing four rebounds. Abinader, a junior, had nine points and five boards. Abinader had the unenviable task of battling the Bears' powerful post player, Victoria Fakalata, a 6-foot junior. Fakalata had 15 boards to go with 11 points.

"Fakalata is an animal in there," Oliveira said. "She's tough."

Menlo-Atherton hung in there, closing within 44-34 midway through the third period on a basket by Fakalata with an assist going to Julia Peck. The Scots, though, went on a 6-0 run to close out the period. Katherine Cresci scored her lone hoop of the night. The Bears then turned it over to Goeser, who scored a few seconds before the third-quarter horn. Turnovers were a problem for the Bears as they

committed 22 of them on the evening to the Scots' 12.

"That's been our problem the whole season," Menlo-Atherton coach Pam Wimberly said. "Turnovers killed us again. We talked about not panicking. We've been working at beating the press."

"I give Pam credit," said Oliveira of Wimberly. "She has done a great job with that team. I saw them earlier in the year and they have really improved. I wasn't happy with the way we screened out. We missed some easy shots. We need to play with more polish."

The Scots are idle until next Wednesday when they host Half Moon Bay. The Bears host the Cougars on Thursday.

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Menlo-Atherton	8	17	9	6	—	40
Carlmont	18	16	16	8	—	58

M-A—Tuliou 3 2-4 8, Fakalata 3 5-6 11, J. Peck 1 0-0 3, Jenkins 0 1-4 1, L. Peck 3 3-5 9, Greene 1 0-2 2, Herschlag 1 0-0 3, Turner 1 1-2 3. Totals 13 12-23 40.
C—Richard 6 1-1 15, Abinader 3 3-4 9, Goeser 9 2-4 20, Garrett 6 0-2 12, Cresci 1 0-0 2. Totals 25 6-11 58.
3-point goals: J. Peck, Herschlag (M-A); Richard 2 (C).

Static stretches can decrease performance, lead to injuries

BY DR. PHIL WAGNER
SPECIAL FOR THE DAILY NEWS

For years, the tradition at many sports practices has been to "circle up" at the beginning of the session and perform a series of static (holding one position) stretches anywhere from 30 to 90 seconds.

Participation in a group warm-up can be very beneficial to a team, with each player knowing that it is time to focus on the practice time ahead. However, the inclusion of static stretches in these warm-ups can not only decrease performance but also can lead to serious injury.

The vast majority of sports require some type of explosive movement. Whether it is maximal effort throwing, jumping or sprinting, the stress on an athlete's muscles and connective tissues (tendons and ligaments) is greatest during these high-speed movements.

The force an athlete can produce during these movements is not only dependent on the strength of the muscles that are being used, but the elastic nature of these muscles and the connective tissues involved.

It's easiest to think about the elasticity of your muscle as a highly efficient rubber band gun. Energy is stored when you stretch the rubber band, and when the stretch is released, so is the energy (the rubber band goes flying). Your muscle and tendons store energy the same way. A quick stretch applied to a muscle creates a force contraction of that muscle.

We've all seen rubber bands that have lost their elasticity. Static stretching can turn your muscles and connective tissues into loose rubber bands, permanently deforming your tendons and ligaments. It is important for high-speed, explosive movements to keep a certain amount of stiffness in your muscles and connective tissues.

Adam Sayers at Middle Tennessee State University tested sprinting speed of elite-level female soccer players. The group that performed static stretching before the sprints had slower acceleration, lower maximal speed and slower overall times in a 30-meter sprint than the group that did not static stretch before the sprints.

In a study conducted by Brady Holt at the University of Evansville, 64 collegiate football players were tested in the vertical jump. All subjects did a general warm-up and then were divided into four groups. One group did no more warm-up, one group completed static stretching, one group completed dynamic stretching and the last group completed a dynamic flexibility routine. The group who static stretched had the lowest average vertical jump of all the groups.

Not only can static stretching decrease performance, it can leave an athlete more susceptible to injury. Static stretching can decrease the sensitivity of pain receptors in muscles. The danger of this is that when a muscle is overstretched during rigorous competition, the muscle's defense system (pain receptors) are less sensitive, resulting in more muscle pulls and strains. A safer and more effective alternative to static stretching is moderate, dynamic (moving), full-range-of-motion exercise. An example would be starting a sprint workout with a series of lunges, skips and less intense runs lasting no more than 30 seconds.

At SPARTA Performance Science in Menlo Park, athletes complete a three-part warm-up before each intense training session. The first 10 minutes is a general warm-up to increase circulation and the temperature of acting muscles. The second part is a series of dynamic body-weight movements, done in a full range of motion, including several lunge variations. The third part is a more intense reactive warm-up, where muscles are quickly stretched and contracted during higher-speed movements such as jumps and medicine ball throws.

Dr. Wagner is the Director of SPARTA Performance Science in Menlo Park. For info on this or to learn more about SPARTA, visit www.SpartaScience.com

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POINT

Look for Dr. Phil Wagner's fitness column every Wednesday in the Daily News



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