

GAME

ACL

CONTINUED FROM / B1

"There's so many more females competing, which is wonderful," said Mike Colavita, the certified athletic trainer at Chatham High School. "But we're seeing all these injuries."

Watching and learning

Colavita would like to keep female athletes on the field by identifying those who may be at risk for ACL injuries. He is planning to videotape individual girls doing jumping and landing drills, as Dr. Timothy

Hewett, the director of the Sports Medicine Biodynamics Center at Cincinnati Children's Hospital demonstrated during a recent presentation at Morristown Memorial Hospital.

Dr. Gerard Malanga, a sports medicine specialist in Morristown, offered to help analyze the Chatham video and design specialized treatments — like core exercises or different landing strategies that don't stress the knees as much.

Colavita has already discussed his plans with Cougars girls basketball coach Joe Gaba, and hopes to eventually screen all of the girls teams.

Two female lacrosse players at Chatham suffered ACL injuries last spring.

Said Colavita, "To me and everyone else, two is two too many."

To prevent ACL injuries in girls, Hewett stressed plyometric training, designed to strengthen the hamstrings and glutes, and build core stability.

The Rutgers women's soccer team does a special ACL warm-up before every practice and match, which Lenape Valley alumna Tricia DiPaolo described as "quick-feet stuff." That seems to be in line with Hewett's recommendation for a "light, active warm-up" including exercises that mimic the sport, rather than static stretching.

However, the Scarlet Knights have had at least one ACL injury in each of head coach Glenn Crooks' seven seasons at the helm.

DiPaolo's right knee "just gave out" while she was running to the ball just 23 minutes into the first match of her freshman season. "I don't know how much there is you can do to avoid it," said DiPaolo, a three-time Daily Record All-Area striker at Lenape Valley.

She is doing physical therapy and working out on an underwater treadmill in the hope of returning to full-contact play in May.

"I tend to listen to the people who say I'll be back stronger than ever."

Rutgers seniors Dominique Esposito and Meghan Ryan have each suffered two ACL tears. DiPaolo's roommate, Allie Hambleton of Scotch Plains, also had a knee injury.

Ready to run after rehab

Atlantic Sports Health medical director Dr. John Hurlley said that 85 to 90 percent of patients "achieve excellent stability" and return to sports after ACL repairs. In surgery without meniscal damage, there is an 87 percent chance of a normal recovery, though that figure drops to 63 percent when the meniscus must also be repaired.

Kelly spent the entire indoor track season rehabilitating and went on to win the Morris County javelin title and finished second at the NJSIAA Meet of Champions in the spring.

She occasionally compares her scar with that of Hanover Park track coach Lori Devine, who had knee surgery three years ago.

Morris Catholic senior Janine Rotsides missed her junior soccer season after tearing her right ACL during the summer.

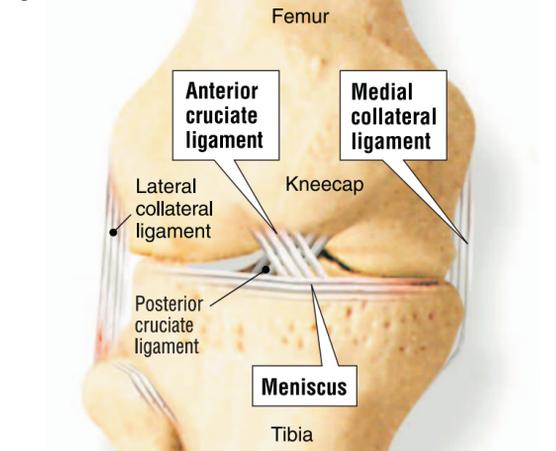
She was practicing again 4 1/2 months after surgery, was in full-contact matches by January, and played second base for the Crusaders' softball team in the spring.

However, Rotsides didn't feel like her right leg was as strong as her left until almost a year after surgery.

A starter on the Morris Catholic

Preventing ACL injuries

Researchers say training can help young female athletes avoid an injury to the anterior cruciate ligament, a ligament that gets stressed during moves common in basketball and soccer. Medical experts recommend the following exercises, starting at age 10 or 11:



- 1 Improve balance by standing on one leg.
- 2 Boost core body strength with sit-ups.
- 3 Strength hamstrings with single-leg squats.
- 4 Avoid landing after a jump shot in a position in which the knees point toward each other.

Sources: GNS, Timothy Hewett, Sports Medicine Biodynamics Center, University of Cincinnati
Mark Marturello, The Des Moines Register and GNS



JIM WRIGHT / DAILY RECORD
Morris Catholic's Janine Rotsides missed her junior soccer season after tearing her right ACL.

soccer team this fall, she shed her protective brace for more mobility in matches she thought would be more difficult, finally abandoning it completely during the Morris County Tournament final.

"It's a fixable injury," said Rotsides, a Morristown resident. "You come back from it. ... It might seem like a really long time, but

looking now, I just finished my senior year in soccer and it went by in a flash. There's so much left. When you're back, it's totally worth it. I don't even think about it anymore."

Janie Havsy can be reached at (973) 428-6682 or jhavsy@gannett.com.

Sources: Dr. Marc Rubman, Morristown Memorial Hospital's Department of Orthopedic Surgery; Dr. Timothy Hewett, director of the Sports Medicine Biodynamics Center at Cincinnati Children's Hospital.

Deer harvest helping Great Swamp refuge

Hunters killed 85 deer at the Great Swamp National Wildlife Refuge this month to help make the 7,600 acres healthier for deer, other wildlife and a wide variety of flora.

After the refuge was established to prevent a jet airport from being built there, deer hunting was banned from 1964 until 1974, when that spring 40 deer were found dead, nine from starvation, 23 from secondary malnutrition and the remainder too decomposed to determine cause of death. Deer overpopulated the refuge, about 3,600 acres then, and were decimating wild flowers and plants, some rare, and eating everything they could reach.

A hunt was proposed in 1973, but was delayed by anti-hunters, who sued and lost and lost until the first hunt was held in December 1974. Hunting is allowed on most federal wildlife refuges. Pathologists found the 127 deer killed were underweight, a few had ugly growths on their heads, 45 percent were infected with peritonitis, 22 percent had tapeworms and 12 1/2 percent had lungworms.

Since the brief, annual controlled hunts began, deer soon were found to be heavier, healthier and rare flora was growing. Years before the hunt, George Gavutis, one of the first refuge managers, had eight white pines of the same size and age planted, fenced four behind high deerproof wire and left four unfenced only yards away, that deer ate and kept small and ragged. The fenced pines were a healthy eight feet tall.

A 16-point buck was looking for does in Harding Township last weekend. John Dobby of North Bergen, hunting the Great Swamp on Nov. 19, the final day of the four-day hunt, said the big buck was trailing a doe he shot. Hunters are required to take a doe before a buck in the refuge, so he had to pass-up the buck because he hadn't brought in a doe earlier. Jim Detizio of Chatham Township was checking in a nice eight-pointer with Refuge Wildlife Biologist Craig Bitler when I arrived to see how the hunt had gone.

Since last weekend's column, more people began noticing junior fishing derbies have been canceled by the Division of Fish and Wildlife because it lacks staff at the Hackettstown Hatchery, the source of fish for 90 derbies attended by 18,400 around the state last year. There were seven held this year in Essex County, where the political party in control also controls the Legislature. Watch what that means.

Now that water being let out of Lake Hopatcong is keeping the Musconetcong River full, the pipe from the East Hatchery



Jim Stabile
Outdoors

to the Gruendyke Dam in Hackettstown can't be seen because it's under water. Guys used to fish the hole where it comes out when the East Hatchery used to raise trout and when ponds were drained trout came out of the pipe into the river.

Maybe the critics of the Division and the Fish and Game Council can pay for derbies next year. If you attend a Council meeting, don't be surprised to see the Council go out of its way to let critics complain about hunting and culling deer. Two non-hunters who attended the last one told how antis interrupted the Council before it was about to vote on deer plans for Millburn and Watchung and let them speak.

The two municipalities had heard plenty from residents before approving pay-to-slay plans, the Division had recommended approval, and still the Council danced when antis wanted to sing their same old tune. Members should have just voted, not stopped and restarted the meeting for complainers before votes on plans that were already commented on locally. Council too often seems to give in when antis push. It wasn't that way when I was there.

Firearms hunters who haven't learned what bowhunters already know should be aware that if they want to hunt in a deer-permit season, they need to buy a "buck bonus permit" if they want to shoot a deer with antlers. Muzzleloaders have until 11:59 p.m. Monday to buy a bonus permit for their upcoming season, if they already have a muzzleloader permit. Electronic muzzleloader ignition systems aren't legal.

Shotgun deer hunters can take two antlered bucks during the six-day season next month, or one antlered buck during the six-day and one during the permit shotgun seasons — if they buy the extra \$28 permit before 11:59 p.m. on Dec. 12. Pages 16-17 of the state's Hunting Digest has details. More hunters than we have said our deer regs get more complicated annually. Maybe "confusing" would be more apt.

Despite the snow, Pennsylvania's bear kill was down during the first two days of hunting for then last week. Pennsy's statewide rifle season for deer starts Monday. It's less expensive to hunt there as a nonresident than to hunt here and buy all the tags and permits, even with gas costing more there. Don't call or e-mail me this week. It's deer time in the Poconos, where I'll be at sunrise Monday.

Jim Stabile is the Daily Record outdoors writer. Fax fishing and hunting reports, comments and questions to (973) 401-9735, or e-mail to jimvstabile@aol.com

Outdoors Calendar

- Monday:** Opening day of deer season in Pennsylvania, bear hunting reopens in some areas
- Nov. 26-27:** Muzzleloader hunting for deer opens in N.J.
- Nov. 28-30:** Permit antlerless-deer-only days with shotguns in Regulation Set. #8 zones
- Dec. 1:** Freshwater Fisheries Forum, 9:30 a.m., Hackettstown Hatchery
- Dec. 3:** Six-day N.J. firearms season for deer opens at a half-hour before sunrise
- Dec. 4:** Morris County Sportsmen's Federation, 8 p.m., Mine Hill American Legion
- Dec. 9:** Fish and Game Council meeting 10 a.m., Central Office, Assunpink WMA

Mt. Union drills TCNJ

ALLIANCE, Ohio (AP) — Greg Micheli passed for 354 yards and four touchdowns, including three to Bryson Davis, to lead Mount Union past the College of New Jersey 59-7 in the second round of the NCAA Division III playoffs Saturday.

Daryl Ely scored on a fumble recovery and had a key interception to help the Purple Raiders (12-0) extend their winning streak to 35 games. Mount Union, seeking its third straight national title and 10th in 15 years, advanced to its 16th consecutive quarterfinals.

Micheli completed 18 of 25 passes, connecting with Davis for touchdowns of 22, 71 and 45 yards and with Pierre Garcon for 22 yards. Garcon also ran 13 yards for a score, Nate Kmic had rushing TDs of 1 and 16 yards and Mike Zimmerman kicked a 30-yard field goal for the Purple Raiders.

Davis caught six passes for 188 yards. He scored on a leaping grab at the left corner of

the goal line in which he just managed to stay in bounds and later turned two short passes into long touchdowns with elusive running.

Ely's big plays got Mount Union going. He stripped the ball from punt returner Zach Rinaldi and ran 28 yards for a TD in the first quarter. In the second quarter, he picked a pass by Chris James at the Lions' 29. Three plays later, Kmic went 16 yards for a 21-7 lead.

The College of New Jersey (9-3) scored after a turnover, too. Chris Meyer recovered a fumble by punt returner Justin Wray on the Purple Raiders' 12. Five plays later, Dan Dornacker's 1-yard run made it 14-7.

But the Lions gave up 508 yards and managed only 46 of their own in their fifth playoff appearance and first since 1998. James completed eight of 23 passes for only 22 yards. His backup, Bill Picatagi, led the Lions in rushing with 23 yards on 13 carries.

LOCAL COLLEGES

Kozlowski leads St. E's

CONVENT STATION — The College of St. Elizabeth held N.Y. City Tech to 22 percent shooting as the Panthers won for the second time in as many starts 64-41 on Saturday in the first round of the Hilton Thanksgiving Invitational.

Sarah Kozlowski scored 15 points, grabbed nine rebounds and handed out five assists to lead the winners into today's championship game at 3 p.m.

James Baker and Nina Oshiokepkhai added 12 points apiece for St. E's.

NYU 84, FDU-Florham 40
NEW YORK — Sarah McDevitt poured in 17 points as NYU routed FDU-Florham 84-40 on Saturday in women's basketball action.

Emily Cerankowski led the Devils (2-2) with 14 points.

Danielle Michlovsky added 10 points and eight rebounds.

Mercer 62, CCM 38
RANDOLPH — Freshman Ruth Gill scored 14 points as Mercer CC defeated CCM.

Gill, from Randolph, also grabbed seven rebounds.

Morris Hills graduate Stephanie Fitzgerald

added 12 points and dished out four assists in the loss.

Dayeerah Diggs had 16 points to lead Mercer (1-3). CCM (1-1) will host Passaic CC on Thursday in their next contest.

Men's basketball

MADISON — Andrew Biancosino scored 14 points but it wasn't enough as FDU-Florham fell to Misericordia 69-45 on Saturday in men's college basketball action.

Vinny Baumunk led Misericordia (3-1) with 16 points.

The loss dropped the Devils to 0-4.

ALL DAILY RECORD

As the 2007 fall sports season winds down, we would like to get your opinion on who the best teams and coaches were. Final results will appear in the All Daily Record section, to be published on Thursday, Dec. 13.

Cast your vote at dailyrecord.com

VOT

for the best of

GAME '07