

## HAPPY JANUARY AND FEBRUARY BIRTHDAYS!

(If you do not see your BDay here please contact [nelson@ocallstars.com](mailto:nelson@ocallstars.com) to have it added to the roster.)

- Hayley Carder (Pearl, Violet) 2.14
- Laura Croopnick (Pearl) 2.6
- Larissa Lamengo (Pearl) 1.3
- Melia Roman (Pearl) 1.3
- Amelia Velderrain (Pearl) 2.9
- Savannah Wolfe (Pearl, Magenta) 1.26
- Lauren White (Magenta) 1.30
- Eve DeVault (Teal) 1.12
- Evyn McGraw (Teal, Sapphire, Steel) 2.19
- Morgan Steinhilber (Teal) 2.1
- Amy Anderson (Sapphire) 1.10
- Rachel Hoffman (Sapphire) 2.12
- Rena Palmer (Sapphire) 1.31
- Erin Powder (Sapphire, Black) 2.8
- Madison Carder (Emerald) 2.19
- Haley Edson (Emerald) 2.9
- Nicole Hafer (Steel) 2.17
- Rachel Marron (Steel) 2.9
- Samie Wendall (Steel) 2.16
- Rachel Hand (Black) 1.1

# OC

# NEWSLETTER

CHEER EDITION

FEBRUARY, 2010

## OC continuing with a fantastic season!

After starting off the season strong in Irvine way back in November, OC has had 3 more competitions since then and has continued their fantastic season.

### NCA Competition Results (12.12.09)

Tye Dye - 1st Place  
Violet - 3rd Place  
Pearl - 2nd Place  
Magenta - 1st Place  
Teal - 1st Place/Innovative Choreography Award  
Sapphire - 2nd Place  
Emerald - 1st Place  
Steel - 4th Place/Best Jumps Award  
Black - 1st Place/Best Tumbling

### Award/Grand Champions

### America's Best Competition Results (1.16.10)

Violet - 4th Place  
Pearl - 3rd Place  
Magenta - 1st Place  
Teal - 1st Place  
Sapphire - 1st Place  
Emerald - 1st Place  
Steel - 1st Place/Best Jumps/Best Stunts/Grand Champion  
Black - 1st Place

### Cheer Pros Competition Results (1.31.10)

Tye Dye - 4th Place  
Violet - 6th Place

Pearl - 4th Place  
Magenta - 4th Place  
Teal - 1st Place  
Emerald - 1st Place  
Steel - 4th Place  
Black - 2nd Place

As you can see it's been a terrific season so far for OC! February is a busy month for us with the Palm Springs Competition, LIVE, and Jamz Nationals!

## OC lends a hand (and some shoes) to Haiti

With the recent tragedy in Haiti OC decided to help out as best they could. Teaming up Sports Chalet and their program, "Soles for Souls" the families and friends at OC came together and donated over 550 shoes for the victims in Haiti!

The cheerleaders, dancers, staff and families at OC took one week and collected worn but still useable shoes. After a full week

of donations from many incredible and giving people, OC was able to fill up two cars and make a large drop off at Sports Chalet.

Thank you to everyone who donated and helped us out!

## MOVIE NIGHT!!

Did you know that every other Friday night OC hosts a MOVIE NIGHT here at the gym following open gym?

What a great way to use that time for a special date with your significant other, or have your child hang out with friends while watching a family friendly movie, or get some extra errands done!

Movie is every other Friday night including 2/5 and 2/19, and every other Friday from there on out!

Movie night is \$20 if you sign up prior to the Friday and \$25 if you sign up on Friday. It covers the cost of Open gym as well as the movie night. Open gym begins at 6p and Movie night ends at 10p.

Hope to see you there!

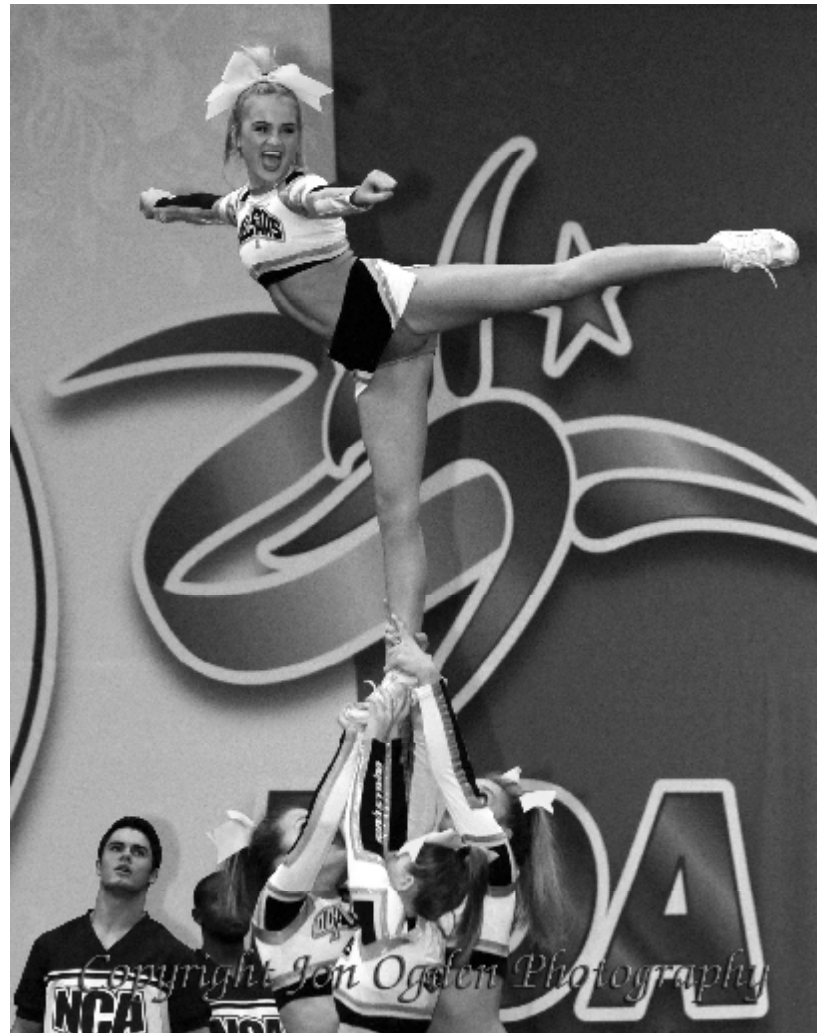
## Jon Ogden Photography

Dear OC All Stars Parents,

The OC All Stars Cheer and Dance Teams are off and running in the 2010 season. Jon Ogden Photography is also working hard to document and capture these events for a lifetime of memories. If you have not already done so, please take a second and check out the great photos of their performances at [www.jonogdenphotography.photorelect.com](http://www.jonogdenphotography.photorelect.com) or simply go to the OC website

([www.ocalstars.com](http://www.ocalstars.com)) and click on the link. Please contact Jon Ogden Photography at 949.266.1940 if

you have any questions. PS - If your daughter is a base, Jon paid special attention to the bases during the NCA Competition in San Diego.



# Ice v. Heat in injuries

Do you know when to use ice and when to use heat on a sports injury? Most athletes know to apply ice to an acute injury, like a sprained ankle, but aren't so sure when to use heat. The following guidelines will help you sort it out.

## Acute and Chronic Pain

There are two basic types of athletic injuries: acute and chronic.

Acute Pain is of rapid onset and short-lived, or

Chronic Pain develops slowly and is persistent and long-lasting.

## Acute and Chronic Injuries

Acute injuries are sudden, sharp, traumatic injuries that occur immediately (or within hours) and cause pain (possibly severe pain). Most often acute injuries result from some sort of impact or trauma such as a fall, sprain, or collision and it's pretty obvious what caused the injury.

Acute injuries also cause common signs and symptoms of injury such as pain, tenderness, redness, skin that is warm to the touch, swelling and inflammation. If you have swelling, you have an acute injury.

Chronic injuries, on the other hand, can be subtle and slow to develop. They sometimes come and go, and may cause dull pain or soreness. They are often the result of overuse, but sometimes develop when an acute injury is not properly treated and doesn't heal.

## Cold Therapy with Ice

Cold therapy with ice is the best immediate treatment for acute

injuries because it reduces swelling and pain. Ice is a vaso-constrictor (it causes the blood vessels to narrow) and it limits internal bleeding at the injury site. Apply ice (wrapped in a thin towel for comfort) to the affected area for 10 to 15 minutes at a time. Allow the skin temperature to return to normal before icing a second or third time. You can ice an acute injury several times a day for up to three days.

Cold therapy is also helpful in treating some overuse injuries or chronic pain in athletes. An athlete who has chronic knee pain that increases after running may want to ice the injured area *after* each run to reduce or prevent inflammation. It's not helpful to ice a chronic injury before exercise.

The best way to ice an injury is with a high quality ice pack that conforms to the body part being iced. Examples include ColdOne Cold Therapy Wraps and Snow-Pack Cold Therapy products. You can also get good results from a bag of frozen peas, an ice massage with water frozen in a paper cup (peel the cup down as the ice melts) or a bag of ice.

Read more about how to safely use ice on injuries.

## Heat Therapy

Heat is generally used for chronic injuries or injuries that have no inflammation or swelling. Sore, stiff, nagging muscle or joint pain is ideal for the use of heat therapy. Athletes with chronic pain or injuries may use heat therapy *before* exercise to increase the elasticity of joint connective tissues and to stimulate blood flow. Heat can also help relax tight muscles or muscle spasms. Don't apply heat after ex-

ercise. After a workout, ice is the better choice on a chronic injury.

Because heat increases circulation and raises skin temperature, you should not apply heat to acute injuries or injuries that show signs of inflammation. Safely apply heat to an injury 15 to 20 minutes at a time and use enough layers between your skin and the heating source to prevent burns.

Moist heat is best, so you could try using a hot wet towel. You can buy special athletic hot packs or heating pads if you use heat often. Never leave heating pads on for more than 20 minutes at a time or while sleeping.

Because some injuries can be serious, you should see your doctor if your injury does not improve (or gets worse) within 48 hours.

## Upcoming Important Dates

- 2.6.10 - 2.7.10 Spirit Sports Competition in Palm Springs (All teams except Tye Dye and Pink)
- 2.13.10 LIVE! competition in Ontario. (Tye Dye, Violet, Pearl, Magenta, Teal, Emerald)
- 2.20.10 - 2.21.10 JAMZ Nationals in Vegas (Sapphire, Steel, Black)
- 12.24.09 - 1.3.10 Gym Closed
- 1.4.10 Gym Re-opens and practices resume
- 1.16.10 America's Best competition in San Diego
- 1.31.10 CheerPros competition in Long Beach

