

# Colonials Win Opener, Then Stumble vs. Neptune

By Ted Kaiser

**FREEHOLD** — The 2008 Central Jersey Group III champions opened with an appropriate test to see whether they have the ability to defend their title this year. Freehold Boro kicked off 2009 with a match-up against New Brunswick, traditionally a strong opponent in the CJ Group III section. The Colonials would get to see right off the bat how their team would fare after losing some key seniors to graduation including Brandon Brown and Nick Tyson.

It was clear after just one quarter that Freehold would move on just fine. The Colonials blasted New Brunswick from the start and took a 20-0 lead by the end of the first quarter. Russell Bailey corralled a deflected screen pass and ran 26 yards for the first score. Freehold kept capitalizing on mistakes made by the Zebras. A fumble gave them the ball right back and junior Derrick Bender raced 33 yards for a touchdown. On the next possession, New Brunswick botched a punt attempt giving Freehold the ball inside the five-yard line. New quarterback Martin Corso took it in on a sneak for the 20-0 lead.

The Zebras settled down though, as they closed the gap to 20-10. But Derrick Bender responded in a big way for the Colonials. He reeled off a pair of 20-yard touchdown runs in the second and third quarter to lift Freehold to a 34-10 final. Bender finished with 142 yards and three scores. The defense was also dominant in allowing New Brunswick only five first downs and 65 offensive yards. Russell Bailey picked off two passes and sophomore Jazzmar Clax added another interception.

In week two, the Colonials were upended by Federal Division foe Neptune. Freehold had defeated the Fliers twice last season, but this time they fell 26-20 in overtime. Coach Mark Ciccotelli will try to get his squad back on track to defend their division title. A big match-up with Middletown South looms for early October.



(PHOTO: FRANCINE ATTARDI)  
Derrick Bender avoids a tackle. He ran 33 yards for a touchdown for the Colonials, and then added two more in the third quarter.



(PHOTO: FRANCINE ATTARDI)  
Russell Bailey scored a 26-yard touchdown for Freehold to put them on the board first.

# Eccentric muscle training is effective for chronic tendinitis

By David Bertone, PT, OCS

In a previous article I discussed how tendinitis, or inflammation of the tendon, develops in young athletes especially with overuse, improper rest, poor flexibility, and weakness. It is important during this phase of tendinitis to get early and effective treatment, and to correct identifiable risk factors to prevent the problem from becoming chronic. Once the tendinitis becomes chronic, the tendon shows signs of degenerative changes due to repetitive microtrauma. Until recently the non-surgical treatment options for this problem have been limited. Now the rehabilitation community has begun to utilize the results published in several medical literature studies that demonstrates the effectiveness of eccentric muscle training to help recover from chronic tendinitis or what is commonly called tendinosis.

Eccentric muscle action is basically a lengthening of the muscle during a contraction. For example, performing an eccentric muscle contraction of the biceps muscle of the arm involves contracting the muscle while the elbow is straightening. Physiologically, during an eccentric contraction, the muscle fiber cross-bridges are at their maximal overlap at the beginning of the contraction. The reason as to why this helps with tendinosis is unclear but some theories are due to the effects of stretching and increased tension on the tendons during an eccentric contraction.

A classic article that was published in the American Journal of Sports Medicine over 20 years ago by Dr. Hadak Alfredson and Tom Pietila, a physical therapist in Sweden, analyzed the effects of heavy eccentric training on

15 recreational athletes with chronic Achilles tendinitis. Since that time, many studies have been conducted to demonstrate the benefits of eccentric muscle loading on reducing chronic tendinitis. It is worthy to note that most studies demonstrate poor results with corticosteroid injections and extracorporeal shockwave treatments when examining the non surgical treatment of this problem.

These contractions can be easily incorporated for upper and lower extremity tendinosis. However, they can be dangerous if not done under proper supervision or if incorporated too early in the rehabilitation process since more inflammation can develop if performed during the acute or early phase. In physical therapy, we use eccentric tendon loading for the treatment of Achilles tendinitis, tennis elbow, rotator cuff problems, patella tendinitis and hip flexor tendinitis with tremendous results. If you suffer from one of these conditions, seek the advice of a licensed physical therapist in your area.

Mr. Bertone is a licensed physical therapist and Board Certified Orthopedic Clinical Specialist by the American Board of Physical Therapy Specialties. His solo practice, db Orthopedic Physical Therapy, PC is located in Lincroft, New Jersey. Mr. Bertone can be reached at 732-747-1262 or via e-mail at dber-tone@dborthopt.com.

# Shore Regional Field Hockey Honors Coach

By Frank Della Femina

It's kind of hard to catch Coach Nancy Williams by surprise. After 40 years of coaching and 38 straight division championships as head field hockey coach at Shore Regional High School under her belt, it should come as no surprise that she would be honored at the team's annual fundraiser.

This is why Saturday night's team gathering comprised of a Chinese auction, dinner and music felt just like any other annual gathering for Williams. Only this time there would be more people on hand. A lot more. Over 160 friends, family and former players showed up to the fundraiser to honor Williams' 40th year as coach of Shore Regional's field hockey team. Of course, Williams wasn't caught completely off guard.

"I kinda knew they had something planned," Williams admitted, "but I had no idea that my entire family would be there along with players from the 70's and 80's. I just thought a few people were coming that I always run into."



(PHOTO: FRANCINE ATTARDI)  
Above: Katherine Bazley works the ball for Shore field hockey. Shown on page one, Shore players such as Sarah Middough, who are willing to give it their all, will be a driving force in sending Shore to another championship season.

Much to the delight of Shore Regional and the disdain of opponents everywhere, Williams isn't thinking about anything else other than another solid season on the field. Not even that dreaded 'R' word."I'm not even thinking about [retirement]," she laughed. "Right now I'm focusing on the '09 season

and I'm having a great time focusing on the kids I have this year."

Of the eleven returning seniors for Shore Regional, eight will return as starters. For a team that's lost only six games in three years, defending their division championship and maintaining a steadfast, headstrong attitude is their main prerogative.

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