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Our mission is to bring comprehensive injury prevention, medical care, athletic training, healthcare awareness, mentoring and academic support to high school student athletes in underserved communities.

Team HEAL Foundation, INC.

WELCOME TO THE TEAM

WINTER 2011

Letter from the Executive Director

Dear Friends & Supporters,

Here at the Team HEAL Foundation, Inc. we all have a strong belief in the importance of education as well as athletics. We bring state-of-the-art sports medicine and safety instruction to Banning, Carson, Crenshaw and Manual Arts High Schools here in Los Angeles.

Our Certified Athletic Trainers' specialize in injury prevention, assessment, immediate care, and rehabilitation for our high school athletes who have sustained minor to major sports injuries.

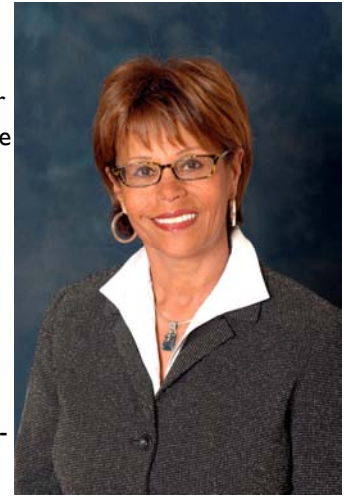
Team HEAL considers the needs of the students who participate in athletics first and foremost. We approach the injury and rehabilitative

processes as an opportunity for personal and educational growth. We aim to empower youth to lead healthy, positive lifestyles by educating them on how to approach and overcome challenging situations.

Over the last nine years, Team HEAL has helped over 20,000 student-athletes. We continue our tradition of supporting and nurturing the athletic and educational endeavors of young people.

Please explore the following pages to learn about Team HEAL and the many ways you can participate in helping our students reach their highest potential.

Those who contribute to Team HEAL take pride in knowing that they are invest-



ing in our children. Thank you in advance for your support and desire to make a difference in the lives of our students.

Sincerely,

Barbara Shields
Executive Director

CIF/ Los Angeles City Section Championships

Fans filled the stands in the Coliseum on Saturday, December 3rd, 2010 to enjoy the City Section Division I championship game between Carson (11-3) and Crenshaw (12-2) High Schools.

The Carson Colts cornerback **Tracy Harris** intercepted the Crenshaw Cougars quarterback **Jerry McConico** twice in the first quarter but Carson failed to capitalize. The Cougars picked off Carson quarterback **Justin Alo** five times. Three were returned for touchdowns by **DeAnthony Thomas**, **Shaquille Shelton** and **Earl Ginton**. The other two interceptions by **Qujuan Floyd** and **DeAnthony Thomas** did not lead to touchdowns but Qujuan put kicker **Jose Arias** in place to complete a 26 yard field goal. -article continues on page 5



DeAnthony Thomas #16 holds up the championship trophy with his teammates

"Afternoon of Jazz" 2010



J. Boykin playing the sax for guests

More than 200 guests gathered on September 18, 2010 for our Team HEAL "6th Annual Afternoon of Jazz" gala, held at the Wilshire Country Club. Musical sensation J. Anton Boykin and Band kicked off the event, while Master and Mistress of Ceremony Chris Schauble and Pat Prescott (respectively) provided a welcoming, festive atmosphere and brief history of the organization.

James Worthy and Marques Johnson were honored for their long-term commitment and involvement in the community. The Student-Athlete Scholarship winners were able to express their

gratitude and mingle with the honorees and supporters.

Gary Vitti the Certified Athletic Trainer for the Los Angeles Lakers, encouraged guests to continue to support the young people in our community with his inspirational speech. The presence of two Councilmen, Tom LaBonge and Bernard Parks, was a great addition to the event.

The silent & live auction was a huge success. James Worthy was an outstanding facilitator who helped raise vital funds for Team HEAL's work.

Through the generosity of the guest bidders and everyone involved in "Afternoon of Jazz", Team HEAL can continue to help

2,500 student-athletes in underserved communities daily. Funding goes directly into: comprehensive injury prevention, medical care, athletic training, healthcare awareness, mentoring and academic assistance.

This year's event would not have been possible without the tremendous support of our honorees, volunteers and event committee. To all of you we offer our heartfelt thanks.

Update: 2010 Team HEAL Scholars

James Sykes: Arizona State University

My first semester in college has been a very good experience thus far. I am enjoying my surroundings and meeting new people. A lot of responsibility has come upon me since graduating from high school but these experiences have helped me grow as an individual and learn new lessons in life. I currently attend Arizona State University and I have to say I am proud to be a Sun Devil!! There are fun times and of course there are times to study and focus. One thing that I've learned is how to really prioritize. Even though it was my first semester, my classes were a bit challenging; I had to adjust from high school to a university, but I managed to make the adjustment.

I have really thought about the possibility of playing a sport in college. It would most likely be football if I did because I am really comfortable with playing the sport. It has not been an easy decision for me because the process needed to play is nothing like high school, especially if you were not recruited to play. This year, I would like to focus more on getting a strong start for my first year, but my options are still open about playing football.

I would have to say that Team HEAL has played a big part in contributing and supporting me in my transition to college.

The Team HEAL scholarship has helped in a way where I did not have to worry about getting a job right away which has allowed me to focus more on academics first. My first semester has been great and I intend to put even more effort into my second semester and years to come.



2010 Team HEAL Scholar James Sykes

Shannon Penn: San José State University

My college experience at San José State University has been a journey with many exciting moments!

This year, I have accepted an offer to become the freshman president of my dorm facilities on campus which has allowed me to create a positive environment for my fellow classmates.

The classes that I have taken my first semester are college math, English, science and music appreciation. College has made me grow and mature as an individual. I also became a part of the San José State Spartan football squad (number fifty-five) which has been awesome! I really enjoy playing football the most here at the university.

When I first applied to college, I would continuously think about how I would afford the cost of school but because of the Team HEAL Scholarship I received, I was able to pay for binders, books, dorm supplies, food and other necessities needed for my first year of school. I would like to thank Team HEAL for all your help!



2010 Team HEAL Scholar Shannon Penn

When I first applied to college I would continuously think about how I would afford the cost of school but because of the Team HEAL scholarship, I was able to pay for binders, books, dorm supplies, food and other necessities needed for my first year of school.

-Shannon Penn

Update: 2010 Team HEAL Scholars

Ashley Joseph: University of California, Los Angeles



I have successfully completed my first quarter of my freshman year at UCLA and have just started my second quarter. The classes I am currently taking are Interracial Dynamics, Spanish, and Social Organizations of Black Communities. I am currently working for the UCLA women's basketball team as a team manager and planning on joining the boxing club. I am happy that I chose UCLA because I love the atmosphere of the campus and the classes are interesting. UCLA offers one of the finest programs in the country and I consider myself fortunate to be able to attend. What I like most about UCLA is the diversity on campus consisting of different races and ethnicities which allows me to be able to learn about different people's cultures and customs. My intended majors are Communications specifically concentrated on Public Relations and Spanish.

My projected career goal is to become a sports or entertainment publicist. My first year at UCLA has been very easy and manageable for me because I am able to focus solely on my academics. My first experiences with midterms and finals have been the most stressful experiences that I've had to tackle but I managed to pull through and ace all of them. I am focused on raising and maintaining a high grade point average. I have joined a couple of organizations and clubs here on campus such the African Student Union, Public Relations committee, and the Mixed Student Union.

Team HEAL has been beneficial to me in many ways for which I am grateful. The Team HEAL scholarship has significantly impacted my life positively and made my college experience less stressful because higher education fees are pricey and I did not have to worry about any financial issues this year. I was able to focus on academics and academics only. I am honored to be one of the recipients who received the Team HEAL Scholarship.

Thanks to Team HEAL and their generous support I am the first in my family to attend college and can be the trend-setter of attending college for my other siblings. Without donors like Team HEAL, there would be many students from underrepresented communities (such as myself), who are unable to pursue the career they've dreamed of because of tough economic situations. Thanks to Team HEAL, my future goals are now within my reach. Once again, I give my sincerest thanks to Team HEAL for their continued generosity.

Afternoon of Jazz 2010



THANK YOU Team HEAL SPONSORS



Masters of Ceremony Chris Schauble (right) and Mistress of Ceremony Pat Prescott (left)



Team HEAL Certified Athletic Trainers

For more information on how to be involved in a future fundraiser, contact the Team HEAL office: 310-645-8347

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Synthia St. James showcased her painting for our live and silent auction



Dr. Shields and Friends



James Worthy

Team HEAL Afternoon of Jazz Honoree



Marques Kevin Johnson

Team HEAL Afternoon of Jazz Honoree

Ellen Kelly, ATC Crenshaw H.S.

Ellen joined the Team HEAL Foundation in August of 2010 when she became the Certified Athletic Trainer for Crenshaw High School. She provides physical medicine and rehabilitation services for both acute and chronic injuries resulting from sports participation for two hundred student-athletes at Crenshaw High School.

Although she was born and raised in Los Angeles, she earned both her Bachelor’s and Master’s degrees from San Diego State University. Her degree specializations are Athletic Training and Biomechanics. After gaining more experience, Ellen moved to Georgia and served as the Director of Sports Medicine at Clark Atlanta University. She wanted to expand her education and work with the general population, so she moved on to serve as the Clinic Director for a privately owned physical rehabilitation clinic which she helped open along with an orthopaedic surgeon who specialized in sports medicine. She also performed physician extender duties in order to improve her diagnostic skills. Ellen was then given the opportunity to serve as the Athletic Training Coordinator for the Dekalb County School System.

Eventually, she returned home to Los Angeles and worked as a research and design technician. During this role, she was assigned a case study at the Kerlan-Jobe Orthopaedic Clinic with several of Dr. Shields’ patients. The rest as they say, is history.

CIF/ Los Angeles City Section Championships



Los Angeles City Section Champions Crenshaw H.S. Football Team



Crenshaw H.S. Head Football Coach Robert Garrett & Team



Ms. Carrie H. Allen
Crenshaw H.S.
Principal (left)

The Cougar defense displayed stamina and dominance over the Colts. In addition to scoring three touch downs, they forced nine turnovers. The Cougar offense scored in the fourth quarter when quarterback Jerry McConico connected with tight end Reggie Williams for a seven yard touchdown giving the Cougars a 25 point lead over the scoreless Colts. The Crenshaw Cougars captured their title as City champions with a 45-7 win over the Carson Colts.

Team HEAL was the common denominator in both schools’ success. Expedious and high quality medical care throughout the season kept the athletes healthy and on the field. Such care includes: the prevention, diagnosis, treatment and rehabilitation of all athletic injuries. Whether it is solving precarious situations like heat and dehydration, taping, surgery or physical rehabilitation, Team HEAL was there to take care of each and every athlete. In addition, certified athletic trainers are present on each school campus every day. Ostensibly, this full time medical care played a crucial role in the opportunity of both schools to play for the championship game.



High School Sports Highlights

#16 DeAnthony Thomas



Ht: 5-11 **Wt:** 185 **40:** 4.4
Position: CB, RB—Football
Year: Class of 2011
High School: Crenshaw Senior HS
 Los Angeles, CA
College Attending Fall 2011:
University of Oregon

Thomas is listed as the top cornerback in Scout.com's prospect rankings. Schools recruited him as a cornerback because he is as terrific a defensive weapon as he is offensively.

6 Justin Alo



Ht: 6'0" **Wt:** 170
Position: CB-Football
Year: Class of 2011
High School: Carson Senior HS
 Carson, CA
College Attending Fall 2011:
N/A

Janitah lamaleava



Ht: 6'2" **Wt:** N/A
Position: Carson H.S.
 Point Guard—Basketball
Year: Class of 2011
High School: Carson Senior HS
 Carson, CA
College Attending Fall 2011:
University of Oregon

lamaleava is a long and mobile interior player. Her length allows her to bother and block shots.
 Espn.go.com

5 Chante Miles



Ht: 5'4 **Wt:** N/A
Position: Carson H.S.
 Point Guard—Basketball
Year: Class of 2011
High School: Carson Senior HS
 Carson, CA
College Attending Fall 2011:
N/A

Last year Chante Miles led the Colt girls basketball team to Los Angeles City title. This year she has averaged 15pts, 15asts, 5rebs, 3stls a game in four games.

Photo courtesy of the Daily Breeze

2011 Physicals Are Coming...

Our 2010 physicals were a great success! The physicals were held on May 8th and May 22nd and included Orthopaedic, Internal Medicine, Cardiac, Vision and Dental exams, with a total of 520 participating student athletes. This was our ninth year hosting our physical examinations.

Students from Carson Crenshaw, Banning, and Manual Arts were bused to the Kerlan Jobe Orthopaedic Clinic – Westchester to

receive their annual Team HEAL Pre Season Physicals.

Every year our volunteer physicians and staff work extremely hard to give our students comprehensive medical care. As a result of the examinations, conditions such as Cardiacmyopathy and heart murmurs, blood pressure irregularities, asthma-related issues, various ortho-related problems (knees, ankles, wrists, shoulders, elbows, etc.), and vision problems (glaucoma suspects and keratoconus

diagnosis) are detected.

If you would like to volunteer for our 2011 physicals, please contact our office for more details about you can help 310.645.8347.

Team HEAL is an amazing partner of LAUSD. During my visit, the doctors were able to identify two students who had potential cardiac problems. I want to thank Team HEAL for its generous support.

**-Ramon C. Cortines
 Superintendent of the
 Los Angeles Unified
 School District**



Kerlan-Jobe Orthopaedic Clinic Nurse Wendy Bigger & Team HEAL Student

SAVE THE DATES



Pre-Season Physical Exams

Kerlan-Jobe Orthopaedic Clinic, 4th Floor
6801 Park Terrace Drive
Los Angeles, CA 90045

1st Date: Saturday, May 21, 2011– Banning H.S. & Crenshaw H.S.

2nd Date: Saturday, June 11, 2011– Carson H.S.

8:00 a.m. – 2:00 p.m.

Volunteers Needed

“Afternoon of Jazz” Fundraiser

Wilshire Country Club
301 N Rossmore Avenue
Los Angeles, CA 90004
September 10, 2011
2:00 p.m. – 7:00 p.m.



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Verve Energy Drink is a great tasting, lightly carbonated beverage that pairs well with the morning rush or for a fast-acting energy drink. It's the functional and refreshing 8 oz. energy drink that delivers 80 milligrams of natural caffeine and smooth healthy energy. Verve is available in low natural sugar or sugar free. If you would like more information about how to buy Verve or other Vemma products please go to: <http://teamheal.vemma.com/>



You can also call the Team HEAL office at 310-645-8347 or email us at teamheal@ca.rr.com

Help Enrich Athletes Lives

Make a contribution online at www.teamheal.org

or call to volunteer your time or
services at (310)645-8347

Thank You for your support!

Your donation is tax deductible.
Team HEAL Foundation, Inc. is a 501(c)(3) California Non-Profit Organization
Tax ID#: 33-0954775
Please consult your tax advisor for more details.



Dr. Clarence Shields and Crenshaw H.S. Football Team 2009

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Thank you for your support!

Our Mission: To bring comprehensive injury prevention, medical care, athletic training, healthcare awareness, mentoring and academic support to high school student-athletes in underserved communities.

Teamwork is the ability to work together toward a common vision. ~Andrew Carnegie