



WLTX News 19 – Columbia, SC

News 19 Friends @ 5

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Healthy Hoops Midlands Challenge

Broadcast Transcript

Darcy Strickland, Anchor: Alright folks, welcome back, with fall sports season in full swing, every night kids are hitting the court and on the fields for practice, but not everyone gets the same chance to participate in sports.

Andrea Mock, Anchor: Yeah, asthma affects so many kids out there and unfortunately it keeps a lot of them on the sidelines, but it doesn't have to be that way, especially not this weekend because there is such a cool event going right here in Columbia, Marilyn Brooks joins us now to tell us more about Healthy Hoops – you brought a little hoop for us.

Darcy Strickland: Are we going to shoot?

Marilyn Brooks, Select Health of South Carolina Community Liaison Supervisor: No we aren't going to shoot, but the kids are gonna shoot on Saturday.

Andrea Mock: This is such a cool event, you guys did this last year too, tell us more about it.

Marilyn Brooks: This is the fourth year that we've brought this event to Columbia, it's sponsored by Select Health of South Carolina, and what we do is bring families together and teach children how to be physically active and still manage their asthma, we just use the platform of basketball as a way to teach them. We're real excited, this weekend we have coach Dawn Staley and coach Darrin Horn who are going to be joining us this weekend, and then we have coach Debbie Stroman from Lower Richland High School, and their basically going to teach kids basketball skills training, each of them does a different skill, and children get to have fun and they get screened for asthma through our clinical partners, we take them through this comprehensive clinical where we weigh them, get their BMIs, we let them breathe in a Spirometer machine to make sure their capable of actually physically participating on the court.

Darci Strickland: Now is this an event that is only open to children who suffer from asthma?

Marilyn Brooks: Right now yes, it's open to children who have asthma, but the siblings of those children are free to participate, the parents can come, we serve them lunch, so it's an event for the entire family to participate.

Darcy Strickland: That's what I was thinking, because I'm sure there are children out there who have asthma but their brother or sister might not and I was wondering can they come to this event too.

Marilyn Brooks: Yes, the event is actually for children 7 to 15, so we have daycare provided to children under 7, so while their siblings are out there playing Mom and Dad don't have to worry about the little ones being taken care of, and then children 7 to 15 actually get to participate on the court, because they need to be a certain age and have a certain maturity to get out there.

Andrea Mock: And what's something so important for everybody to know, I was diagnosed with asthma when I was 6, you can play sports, you just have to kind of find what you can do and find what your limits are, and you guys are going to help the kids with that this weekend.

Marilyn Brooks: Right, our clinical team will basically provide parent education to the families, they will show them what triggers to look for in terms of asthma attacks, they also tell them how to properly medicate, they talk to them about diet, they talk to them about proper amount of exercise because all of those things put together actually is the reason why a child can participate, if their in control of the medications, if their eating properly, they are pretty okay to go out on the court and participate.

Darci Strickland: Okay, so what's the next step, how do I get my child involved?

Marilyn Brooks: If the child wants to participate, right now we have about 66 children who have called and registered already, they can call the 1-866-HOOPS-SC number, and that's at Select Health and we'll get them registered, and when they come to the event we'll send them through the screening process and everything.

Andrea Mock: I feel like you should at least teach Darci and I at least one dribbling move, you brought the cute basketball and all, can I do some sitting and dribbling?

Marilyn Brooks: Yes you can sit and dribble.

Darci Strickland: And definitely the kids who are going to participate on Saturday are going to do a lot more than sitting and dribbling. Marilyn – thank you so much for coming in!