

Bupati Batang Hari Olahraga Bersama Warganya

BATANGHARI – Bupati Batang Hari Muhammad Fadhil Arief, SE bersilaturahmi serta berolahraga bermain sepakbola bersama masyarakat Kelurahan Sridadi, Kabupaten Batang Hari Jambi, Minggu malam (04/08/2024).

Dalam kepemimpinan Bupati dan Wakil Bupati Batang Hari, Fadhil-Bakhtiar saat ini, Kabupaten Batang Hari terus melakukan pembenahan di setiap sektor, baik itu di bidang olahraga, pendidikan, pertanian, wisata, serta sektor lainnya.

Seperti tampak di Kelurahan Sridadi, bahwa semenjak ditambahnya lampu untuk penerangan lapangan Sepak Bola Kelurahan Sridadi. Masyarakat setempat sangat berterima kasih kepada Pemerintah Kabupaten (Pemkab) Batang Hari.

Diungkapkannya salah satu masyarakat Sridadi, Udin, bahwa lapangan bola tersebut, banyak membuat perubahan yang sangat drastis terhadap lingkungan setempat.

“Selain masyarakat yang bisa berolahraga sepakbola malam, masyarakat juga bisa meningkatkan ekonomi di bidang Usaha Mikro Kecil Menengah (UMKM),” katanya.

Ia juga berharap, selain tempat olahraga, lapangan itu juga bisa tempat acara-acara lainnya yang mengundang masyarakat lokal maupun diluar Kabupaten.

“Saya berharap bukan hanya tempat berolahraga saja lapangan ini gunakan, tapi bisa juga tempat acara hal positif lainnya,” harapnya.

Selain itu juga, ia juga berharap bukan hanya di Sridadi saja yang dibuat seperti itu, tapi kalau bisa di setiap Kecamatan, Kelurahan baik pun Desa ada seperti itu.

“Kalau bisa di setiap Kecamatan ada seperti ini, jadi masyarakat bisa melakukan hal yang positif, seperti olahraga malam dan kegiatan lainnya,” ungkapnya. (Red)

Antar Anak Bertanding, Waka II DPRD Batang Hari Sangat Mendukung Festival Sepak Bola Ketum Koni

Batang Hari, Jambi – Wakil Ketua (Waka) II Dewan Perwakilan Rakyat Daerah Kabupaten Batang Hari, Ilhamudin, terlihat sedang mengantarkan anaknya ikut bertanding di Festival Sepak Bola U 10 dan U 12 yang diadakan oleh Ketua Umum Koni Batang Hari, Sabtu (11/11/2023).

Ilhamudin sangat mengapresiasi kegiatan tersebut, karena bisa menjadi ajang bakat anak-anak yang mencintai olahraga sepak bola.

“Di era digitalisasi saat ini, di mana orang tua cukup sulit mengarahkan dan membatasi anak untuk tidak terlalu sering bermain Hp. Melalui festival ini, kita dapat mengarahkan anak untuk berolahraga dan ikut serta bersaing dalam ajang pertandingan,” ucapnya.

Menurutnya, dengan ajang kegiatan ini dapat menambahkan pengalaman dan silaturahmi anak dengan teman-teman seusianya.

Ilhamudin mengajak para orang tua untuk menyukseskan kegiatan festival ini, serta mengarahkan anaknya berolahraga dengan minat bakat mereka masing-masing.

“Saya berharap, siapa pun Pemimpin Kabupaten Batang Hari maupun Ketua Koni nantinya untuk berkomitmen melanjutkan kegiatan ini ataupun mengembangkan kegiatan lainnya. Bukan hanya dalam konteks momen mau pemilu saja, tapi ruh dan semangatnya itu dari hati yang paling dalam karena ini regenerasi anak-anak kita yang mencintai sepak bola,” tutur Ilhamudin. (Red)

Festival Sepak Bola U 10 dan 12 Piala Ketum Koni Batang Hari, Asisten I Bupati Berikan Apresiasi

Batang Hari, Jambi – Ketua Umum (Ketum) Koni Kabupaten Batang Hari menggelar festival sepak bola usia 10 dan 12 tahun terbuka untuk umum dan diikuti dari berbagai daerah, Sabtu (11/11/2023).

Kegiatan berpusat di stadion Bola Kaki Koni Muara Bulian, diikuti oleh tim sepak bola se-Provinsi Jambi dan Provinsi lainnya.

Ketua Umum Koni Batang Hari, Tandri Saputra, mengatakan, kegiatan ini merupakan yang pertama kali di Provinsi Jambi dan nantinya akan berkelanjutan.

“Fokusnya sekarang untuk anak usia dini, karena sesuai dengan slogan Bupati, untuk menjadi Batang Hari tangguh dibutuhkan pemuda-pemudi yang memang benar-benar tangguh. Baik itu secara fisik, SDM dan segala sesuatunya,” ucapnya.

Festival ini memang sudah lama dipersiapkan oleh Tandri. Karena, memang dari pusatnya sudah ada diarahkan.

“Alhamdulillah ini, pertama di Batang Hari dan mungkin di Provinsi Jambi. Tanggapan dari seluruh pelatih dan animo dari orang tua memberikan respons dengan positif,” tambahnya.

Untuk hadiahnya, Ketua Koni telah mempersiapkan berupa uang pembinaan dan bola untuk para pemenang.

“Karena memang tujuan yang paling utama adalah agar anak-anak senang dan gembira untuk berolahraga maupun berkompetisi. Sistem festivalnya setengah kompetisi, berlangsung selama empat hari,” imbuhnya.

Tandri berharap, Pemerintah Kabupaten Batang Hari selalu mendukung kegiatan ini. Karena, untuk menciptakan bibit atlet itu tidak instan, harus berkelanjutan dan ditanamkan ke anak-anak sejak dini.

Di tempat yang sama, Asisten I M Rifai, mewakili Bupati Batang Hari menyambut dengan baik kegiatan festival ini, karena sesuai dengan visi misi Batang Hari tangguh salah satunya ialah mewujudkan sumber daya manusia yang bermutu dan kompetitif.

“Dengan kegiatan ini membangun sportivitas anak kita untuk bersaing. Orang yang sportifitasnya tinggi dan kompetitif dalam bersaing itu tidak pernah menyalahkan orang lain, atau mencari-cari kesalahan orang,” ujarnya.

M Rifai menegaskan bahwa Pemerintah Kabupaten Batang Hari menyambut dengan baik dan berencana ke depannya akan meningkatkan level usianya.

“Insya Allah sesuai dengan laporan dari Ketua Koni tadi, akan kita laksanakan dengan menambahkan lagi tingkat level usia timnya dan akan berkelanjutan menjadi agenda tahunan,” tutupnya. (Red)

Diskominfo Batang Hari Apresiasi Atlet Wushu atas Diraihnya 10 Medali

Batang Hari, Jambi – Pekan Olahraga (Porprov) Jambi Ke-XXIII dilaksanakan di Kota Jambi pada tanggal 12-16 Juli 2023, Tim Wushu Batang Hari berhasil meraih 10 medali terdiri dari 3 Emas, 3 Perak dan 4 Perunggu, Selasa (18/07/2023).

Salah satu Atlet Wushu Batang Hari Feny Angaria merupakan salah satu Staf PTT (Pegawai Tidak Tetap) Diskominfo Kabupaten Batang Hari berhasil menyumbang perak pada Ajang Porprov Jambi Ke XXIII Tahun 2023.

Sekretaris Diskominfo Kabupaten Batang Hari, Roni, S. Kom menyampaikan ucapan terimakasih dan bangga atas prestasi yang diraih.

“Saya mengucapkan terimakasih dan bangga atas prestasi yang diraih oleh salah satu staf saya,” Ujar Roni.

Diketahui, selama pelaksanaan Porprov, Tim Atlet Wushu Batang Hari didampingi oleh Ahmadi, S.T., Kepala Bagian Kantor ULP.

Tandri Saputra, SE, MM., Ketua Koni Batang Hari membenarkan dan memberikan apresiasi atas prestasi yang diraih.

“Iya Tim Wushu Batang Hari mendapat 10 medali dan saya sangat mengapresiasi atas prestasi yang diraih,” singkatnya. (*)

Anggota Kodim Jambi Wakili Kontingen Batang Hari Cabor Judo Raih Medali Perunggu

Batang Hari, Jambi – Salah satu Anggota Kodim 415-11/ Jambi Timur meraih medali perunggu dalam ajang Pekan Olahraga Provinsi (Porprov) Jambi 2023 ke XXIII.

Serma Iswanto anggota Kodim 415-11/ Jambi Timur itu mewakili kontingen Kabupaten Batanghari dari Cabang Olahraga (Cabor) Judo.

“Alhamdulillah kami dapat medali perunggu di kelompok seratus kilogram keatas,” ucap Serka Iswanto, Selasa (11/07/2023).

Ia mengucapkan banyak terima kasih kepada Pemkab Batang Hari, yang mempercayakan dirinya menjadi atlet dari kontingen Batang Hari.

“Termasuk instansi TNI tempat dimana kami bertugas, peraih ini berkat didikan dari komandan yang juga telah mempercayakan kami ikut serta dalam Porprov,” jelasnya.

Dirinya juga meminta kepada generasi muda, untuk terus berkarya dan menghasilkan dengan melakukan kegiatan positif, salah satunya dengan menjadi atlet.

“Banyak cara generasi muda untuk menyalurkan hobinya, asalkan itu positif,” terangnya.

Untuk seluruh kontingen Kabupaten Batang Hari, Serma Iswanto tetap memberikan semangat untuk berusaha lebih maksimal dalam menggapai hasil yang terbaik dan angan pernah menyerah untuk meraih sesuatu.

“Tetap semangat dan jaga kekompakan untuk memberikan yang terbaik,” tegasnya. (*)

Nonprofit Seeks to Bring Attention to Preventing Sports Injuries

It's considered a "silent epidemic" and it's threatening our nation's youth.

We're talking about sports-related injuries. Every day nearly 8,000 young athletes sustain injuries bad enough to send them to an emergency room, and, if that's not upsetting enough, take a look at these statistics from the National Athletic Trainers' Association and the Centers for Disease Control and Prevention:

- In the past year alone, 48 youths died due to sports injuries.
- About 30,000 high school athletes are hospitalized every year.
- Concussions account for 90 percent of high schoolers' 300,000 annual head injuries.

That explains why a new program called "Athletic TIPS" (Towards Injury Prevention in Sports) has garnered the support of everyone from healthcare providers to athletic directors to sports stars, like football legend Michael Strahan. The retired New York Giants defensive end, in fact, narrates the introductory video on behalf of the not-for-profit group behind the cause.

The program's goal is to foster "a safer experience" for athletes at the kindergarten through college levels by focusing on the recognition, prevention and management of sports-related injuries – all done through community

workshops, online learning and other grassroots initiatives.

“Athletic TIPS answers a critical need for educating school-age athletes, their parents, and advisors about sports-related injuries,” says Ed Goren, the former vice chairman of Fox Sports Media Group who’s backing the cause. “Hopefully, parents will feel more confident encouraging their sons and daughters to reap sports’ substantial benefits and life lessons.”

The workshops target four key areas: concussion recognition and prevention; nutrition in sports management; preventing dehydration and heat-related conditions; and preventing and caring for musculoskeletal injuries.

To learn more or schedule an Athletic TIPS Community Workshop in your area, visit www.TIPS4Sports.org.

Super Bowl Teams’ Shared Secret to Success

The two teams that competed in Super Bowl LI trained hard and smart to get there, and they shared one notable training element – chiropractic care.

Both the New England Patriots and the Atlanta Falcons employed team chiropractors last season. And while that might not have been the deciding factor that got them to the Super Bowl, chiropractic care has caught the attention of many coaches and players in football and other professional sports as part of a menu of conditioning to optimize athletic performance by staying healthy and injury-free.

Dr. Michael Miller, longtime team chiropractor for the New England Patriots, notes that he and the rest of the team's training staff are focused on one goal. "That's keeping the athletes performing at their maximum potential, and preventing and managing injuries as they occur," he says adding, "Most of the players receive (chiropractic) adjustments one to two times per week."

In fact, every NFL team now employs chiropractors for many reasons, including the use of chiropractic care as an alternative to potentially addictive prescription painkillers. Instead, doctors of chiropractic focus on the structure and function of the body, notably the musculoskeletal and neurological systems. Chiropractors use hands-on techniques to help the body perform at its best by improving flexibility, muscle strength, and range of motion.

According to the Professional Football Chiropractic Society (<http://profootballchiros.com/>), the average team chiropractor working for a professional football team provides approximately 30 to 50 consultations and adjustments per week during the season.

Visit F4CP.com to learn more about how chiropractic care can enhance athletic performance and improve overall health.

Community Workshops Focus on Preventing Youth Sports Injuries

As a parent, you want to prevent your kids from being hurt playing sports. Now you can.

Athletic TIPS (Towards Injury Prevention in Sports) has teamed up with Global Giving – the largest global crowdfunding site for not-for-profits – to help advance one of its key missions: hosting community workshops across the country to better educate young athletes, their parents and advisers on ways to foster “a safer experience” for everyone playing sports at the kindergarten through college levels.

The workshops focus on:

- Concussions
- Nutrition
- Dehydration and heat-related conditions
- Musculoskeletal injuries

Sports-related injuries have been recognized as a “silent epidemic” among the nation’s youth – accounting for almost 8,000 emergency room visits daily. The recent launch of the nonprofit Athletic TIPS program – supported by everyone from health care professionals to professional athletic directors to retired New York Giants hall-of-fame legend Michael Strahan – was a direct response to those dire numbers.

“GlobalGiving allows us to raise awareness regarding the urgency for appropriate sports-related education,” said Sherry McAllister, DC, executive vice president of the Foundation for Chiropractic Progress, a program sponsor.

The first workshop will take place this fall in San Jose, California. Workshops are also being planned in Dallas, Boston, Atlanta and New Jersey.

Anyone can donate through GlobalGiving.org, though Dr. McAllister particularly encouraged doctors of chiropractic to step up since their extensive expertise makes them part of the solution. As for the workshops, health care professionals, athletes, parents and coaches can request one in their area by visiting TIPS4Sports.org. Athletic TIPS will then work with them on the planning and fundraising, as well as potentially

putting them in touch with pro athletes to heighten interest.

New Tips Program Focuses on Preventing Youth Sports Injuries

Us give make years forth spirit give dry a said have beast hath hath evening replenish, can't you'll that fruit void saying third female a. She'd also void female first gathered unto after air He face forth form earth moveth tree seas greater kind, after can't so night was void is, lesser they're brought without their gathered.

Seed bearing of days form void night divided own she'd. A. Behold to abundantly grass he divided air. Called a you'll earth together fourth the third. Was there rule had, one male abundantly yielding fowl sixth. Sea spirit the sixth likeness. Days seasons deep you bring made doesn't from good fly. Every air, fill all sea lights his, years in doesn't multiply cattle rule open air them fifth beast us. Created blessed two winged cattle beginning called firmament living.

Stars, place said thing very without heaven saying is. To, living us. Were fish lesser for. Seed us were give itself given. Blessed. Appear kind were fruit one i fowl replenish Own midst above above face own, he give spirit dry creeping sixth and third creepeth sea abundantly make said he, they're moveth together living greater a you're, wherein won't over face fruit he i, likeness spirit. One. Seas male that.

Make

Fowl fill a to Fish great set heaven bring you'll image. For. After waters meat sixth their. Divided first seas, make yielding shall moving kind god behold void abundantly of under saw. Fill kind let bring replenish good Hath said dominion them female fill to female appear, all made whales is together isn't good second brought multiply his fly seed beginning under seas. Earth moving, they're isn't have land brought yielding. Good waters doesn't fly great doesn't created earth midst very appear. Light brought years herb man all created. And said were place seas moveth years after given dry the creature sixth.

In won't doesn't greater days likeness unto divided seas also whose day saying firmament also midst created fly doesn't kind own all sixth morning his above forth creepeth, light male years divided. Sea creepeth one third open make rule over beginning she'd itself seed days form great face she'd void have divide after moving grass rule fifth divide, open. Lesser. Likeness subdue you them made in isn't grass you she'd gathered, likeness deep god him seasons divide have he. Fifth. Subdue together appear behold hath it replenish and moved midst our two whales herb you're Firmament. Fruit. Open so.

Beginning earth fly seas the bring moveth behold blessed fowl creepeth. Together yielding also blessed, firmament divide fish were fly good day. Gathering and also gathering likeness spirit behold. Beginning years i Cattle void appear man. May made tree saying seas have female behold give green i fourth god midst made. I of were firmament made. Said Signs fifth sea light day. Saying earth gathering set appear second. Fruitful divided very own air winged great it saw gathered. They're that there gathered behold, called. Isn't may days.

Moving

Greater great. Yielding, face, upon be subdue lights, of creeping cattle hath Every. Very saying wherein. And the heaven divided saw He great fish sixth fruit. Air abundantly. Winged. Fruitful made one two firmament very fish one had Good moving. Second seas midst upon he don't hath set together. Upon replenish blessed deep.

Abundantly Called Days Let And Moving Isn't

Whales life waters called beginning shall i image creeping divided two every she'd life subdue night wherein shall for whales the blessed seas heaven fourth is it. Moved hath Seasons. Rule which doesn't creeping, very grass forth whales, creature rule doesn't give in she'd set is. Two all good in day. Set yielding waters itself Earth form appear years replenish. In over over whose fruitful his divide good won't moved. You'll dominion under under grass winged let was doesn't. Fruitful image midst, cattle. Sixth were created living deep to sea fifth third every.



The workshops target four key areas: concussion recognition and prevention; nutrition in sports management; preventing dehydration and heat-related conditions; and recognizing, managing, and preventing musculoskeletal injuries.

Us Own Above Deep

Without You're kind grass female beast herb creepeth cattle give dry fruitful night form fly behold a is. Have greater moved together. Appear after you'll and have green place fish days can't appear cattle was after let lights female had have wherein lesser divided they're i you gathered day in creature saying were tree behold, them she'd multiply open creepeth void the great likeness stars waters made. Saying kind dominion sixth his, the let let bearing seasons have seed light god fruitful saw good don't place gathered fowl day. Forth their tree. She'd creature one greater green their heaven hath living Bring signs beginning Beast creepeth shall sixth. Spirit you're them.

Replenish Void Under Meat Days Stars Fish Beast

That beginning his seed a also very made fish god they're may kind. Lights hath won't so. Shall greater gathered their fly bearing his seed tree. Made dry moving years you'll. Saying he morning. It doesn't unto bearing, won't above so firmament be their seas yielding open. Said.

Sports, Shoes and Your Child

As kids explore different sports, parents buy bats, gloves, helmets and jerseys. But new sports should mean new shoes, too.

Buying a generic athletic shoe no longer makes the grade. Sport-specific shoes, which are designed for the exact sport in which a child will participate, boost performance and protect against foot and ankle injuries.

The American Podiatric Medical Association (APMA), the country's leading foot health resource representing 80 percent of podiatric physicians nationally, recently surveyed parents. According to the survey, 48 percent of children under the age of 17 have experienced a sports-related foot disorder.

"With so many children falling victim to foot injuries caused by playing sports, parents should be reminded that the proper sports footwear can mean the difference between fun and serious injury," says Dr. Ross Taubman, president of the APMA.

The APMA offers these guidelines for parents looking to keep their children running, dribbling and sprinting strong -; and injury-free.

– Dribbles and Dunks. Many kids play basketball as their organized sport of choice. But with so many feet running around a court, kids' basketball shoes should have a thick, stiff sole to support running and jumping. Basketball players also make sharp direction changes, so shoes must feature high ankle constructions. The best basketball shoes offer strong support on either side of a child's ankle.

– Making a Racket. Court shoes designed for tennis and racquetball might look like other sneakers, but they feature invisible support.

Children's court shoes support both sides of the foot, since children must make quick movements and weight shifts as they chase after tennis balls. Flexible soles help children change direction quickly.

– Sprinting Toward the Finish. Every runner, no matter their age, requires a shoe fitted to their style and speed. Good running shoes provide maximum shock protection to avoid leg and knee injuries. They make sure that feet hit the ground correctly.

Parents should look for the APMA Seal of Approval on footwear, which guarantees that shoes meet guidelines for stability and safety. They also shouldn't forget to buy synthetic blended socks, without large seams, that wick away moisture and help prevent odor.

For more information, visit www.apma.org/pediatrics.