

Name:

Day One

Sickle Cell Testing

Part 1: Silent read

→ Find out about testing for sickle cell trait. Read silently.

Dale Lloyd was a gifted student and athlete. He played many sports in high school and won a scholarship to play football at Rice University. One day, Dale collapsed during football practice. He was rushed to the hospital but sadly died the next day.

Doctors and his parents were baffled. His mother told *NPR*, “We would always look for and make sure he had a good heart. We always had him checked out from top to bottom.”

Dale’s check-ups, however, did not include testing for sickle cell trait. Doctors discovered later that sickle cell trait caused Dale’s death. Having sickle cell trait means you carry the gene that causes sickle cell disease. Sickle cell trait usually causes no problems. But for athletes who are pushed very hard, like Dale Lloyd, sickle cell trait can cause the body to break down.

Dale’s family worked to prevent this from happening to other athletes. Starting in 2010, colleges were mandated to test athletes for sickle cell trait.

Who is at risk? Sickle cell trait is more common in African Americans than in other groups. People with roots in southern Europe, South, or Central America are also at higher risk. But all athletes are now tested, whatever their background.

If athletes do have sickle cell trait, they are advised to avoid overexerting themselves. Drinking plenty of water and resting are important. Athletes are told to stop exercising if they feel fatigue, lower back cramps, or muscle spasms. Testing can save lives!

Source: “NCAA may force schools to test for sickle cell trait,” *NCAA*, December 28, 2009.



Day One

// one minute

Sickle Cell Testing

Part 2: First timed read

WPM _____

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for and make sure he had a good heart. We always had him checked out from top to	76
bottom.”	77

Dale’s check-ups, however, did not include testing for sickle cell trait. Doctors	90
discovered later that sickle cell trait caused Dale’s death. Having sickle cell trait means	104
you carry the gene that causes sickle cell disease. Sickle cell trait usually causes no	119
problems. But for athletes who are pushed very hard, like Dale Lloyd, sickle cell trait	134
can cause the body to break down.	141

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Drinking plenty of water and resting are important. Athletes are told to stop exercising	234
if they feel fatigue, lower back cramps, or muscle spasms. Testing can save lives!	248

Part 3: Comprehension and discussion

Why did Dale Lloyd die?

What advice is given to athletes with sickle cell trait?

Day One

Sickle Cell Testing

Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

Dale Lloyd was a gifted student / and athlete. // He played many sports in high school / and won a scholarship to play football / at Rice University. // One day, / Dale collapsed during football practice. // He was rushed to the hospital / but sadly died the next day. //

Doctors and his parents were baffled. // His mother told *NPR*, / “We would always look for / and make sure he had a good heart. // We always had him checked out / from top to bottom.” //

Dale’s check-ups, / however, / did not include testing for sickle cell trait. // Doctors discovered later / that sickle cell trait caused Dale’s death. // Having sickle cell trait means you carry the gene / that causes sickle cell disease. // Sickle cell trait usually causes no problems. // But for athletes who are pushed very hard, / like Dale Lloyd, / sickle cell trait can cause the body to break down. //

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If athletes do have sickle cell trait, / they are advised to avoid overexerting themselves. // Drinking plenty of water / and resting are important. // Athletes are told to stop exercising / if they feel fatigue, / lower back cramps, / or muscle spasms. // Testing can save lives! //

I read the passage in phrases out loud to my partner.