The Three Pirates and the Missing D-Diamond

Team 3
Derek, Drake, and Diego have been best friends since they were in diapers. They like to play pirates on the playground, at the pool, or anywhere they are together.

Derek is the look out for other pirates, Drake is first mate, and Diego is always the captain of the ship. Diego’s little sister sometimes tries to sneak in, but she stands no chance against these pirates of the playground.

These boys have years of practice on their pretend ships, but working the sails has become a wee bit harder. You see, Derek, Drake, and Diego are missing dystrophin in their muscles, which means they have a condition called Muscular Dystrophy. In pirate-y terms, this means they are each missing a special jewel from their treasure chest - we will call it the D-Diamond.
Without this jewel, the muscles of these pirates don’t work like the muscles of most other pirates. Sometimes they have to do things differently or take breaks to protect themselves.

The playground makes the perfect place for playing on a pretend pirate ship. The missing D-Diamond can make things tricky though. Since Derek is the lookout, he stays in one spot to look for other pirates and mermaids. Because of this, he does not get enough exercise, which makes his muscles weaker and harder to move.

Drake has to climb all over the playground, lift heavy cannons, and get the sails ready. This makes his muscles too tired, and the missing D-Diamond makes it take longer to recover.

Diego moves around and helps the other pirates as the captain. He is never too tired and stays strong because he does just the right amount of work.
At the pool, Derek, Drake, and Diego all take turns making each other walk the plank. They jump off the plank and see who can swim around the sharks and make it to the shore the quickest.

Derek is the first one to walk the plank, Diego is the next one to go in the water, and Drake is normally the last one to walk the plank because he spent the most time trying to fight the other pirates off. Even though Drake is the last one to walk the plank, he is always the first one to the shore. This actually hurts Drake because the missing D-Diamond won’t allow him to rest enough to walk the plank again.

Derek spends too much time floating in the water and does not swim fast enough, so the sharks normally get him. Diego does a great job of avoiding the sharks and making it to the shore fast enough. This allows him to be fresh and not get too tired.

Sometimes, the three pirates dock their ship to go on shore and search for the missing D-Diamond. Drake is always the first one off the ship and can’t wait to start running after the
hidden treasure. Usually, he runs around so much that he gets tired and can’t search anymore.

Derek likes to stay in the ship and lay down. In the past, he would keep up with Drake, but after getting tired and worn out he decided that he needs to nap. Drake and Diego often have to convince him to come off of the ship and help them look for treasure.

Unlike Derek and Drake, Diego jogs while he’s looking for the treasure. Diego also does a good job taking lots of breaks to make sure he doesn’t get too worn out.

After treasure hunting, each of the boys go to physical therapy where they work on making their muscles stronger. Derek and Drake and their parents wanted to know why they are always more tired than their friend Diego after they play. The physical therapist told them that they have to find the right balance - don’t play too hard, and make sure to exercise enough. The therapist then showed them the pirate code that will make them feel the best.
CODE OF D-DIAMOND PIRATES

We, the D-Diamond Pirates work hard to keep our bodies healthy and follow this code:

If you’re working hard enough that your heart is beating faster than the Jolly Roger flag flapping in the wind, you need to take a break.

No jumping or running around and bumping into things harder than a cannon hits a pirate ship, the D-Diamond pirates can’t defend the seas if they have broken bones!

If you’re breathing so fast that your wind breaks the sails, your body is working too hard and you need to rest.

D-Diamond pirates don’t just spend their time ON the water, they enjoy swimming IN the water too!

D-Diamond Pirates always work with their favorite team of mateys, their therapists and doctors, to help their bodies work better!