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SEPTEMBER 1956

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OF THE
NATIONAL
ATHLETIC TRAINERS
ASSOCIATION



8th ANNUAL MEETINGS, LINCOLN, NEBRASKA,
JUNE 17, 18, 19

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THE JOURNAL OF THE NATIONAL ATHLETIC TRAINERS ASSOCIATION

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WHY THE JOURNAL?

With this writing, the Journal of the National Athletic Trainers Association begins what is hoped will be a publication offering service to its organization education and information to other members of the athletic environment and a contribution to the medical professions. It is not brought forth with the idea of shaking the journalistic world to its very foundations. The editors of Life, The Journal of the American Medical Association, the Research Quarterly will not sit up until the silly hours of the morning worrying about competition. It will not even be a source of income to the profession. Is there, then, a need for such a publication? Definitely yes!

First, there is a need for an exchange of ideas and techniques. A profession that pauses to sit down may as well lay down, for it is a dead profession. Through the Journal, research and invention from one athletic trainer can be made known to the entire membership, and the growth of professional knowledge will directly benefit the most important product in America—her young men.

Second, the Journal will be able to disseminate information of professional interest to the athletic trainer from a multitude of sources. For example, a study of heavy resistance exercise at the University of Iowa can benefit the athlete in Florida or Oregon.

Third, the professional stature of the organization can be raised through written contributions by every member; along with the value of this material to himself and his fellow members, it can help to inform the public and the professions we are allied with of the importance of Athletic Training. We owe it to ourselves, and to the coming generation of men to grow enough to insure proper and adequate care for the health and safety of everyone who chooses to participate in high school, college or professional athletics.

This is why we need the Journal.

THE EDITOR

NOW, 7 YEARS OLD

In the seven years of its existence, the National Athletic Trainers Association has benefited the training profession and its individual members admirably. It is high time that each member took it upon himself to improve the organization as a whole. This we can do best by becoming salesmen extraordinary. What are we going to sell? Ourselves and our professions—Not to the coaches we work with; Not to the physicians we are in close contact with; and certainly not to the athletes we have in our care. We have already sold ourselves to them by our loyalty, integrity, and willingness to work with each individual problem.

However, the administrative officers of our high schools and colleges must be made aware of our value. No other faculty member shoulders such a large responsibility. The classroom teacher working with only the mental half of the student is not burdened with the responsibility of his students' health and safety. The athletic trainer cannot make an error in judgement or use faulty technique without danger of grave consequences. He must do more than merely "keep ahead of the student."

The interested public of the sports world should be made aware of the part the athletic trainer plays in any sports program. And here my hat is off to Stanford's Con Jarvis, who appears on the field during the television game of the week not looking like a busboy running out to clear away the dishes.

Before we can be recognized by the medical profession, our job is to prove by our progress and our work that we are justly deserving. This will be a selling job where no one may fall short, or we shall all fail.

In this issue are some of the many articles that have helped our selling job come closer to the professional stature it must achieve.

IMPRESSIONS OF THE ATHLETIC TRAINER

A college president speaks of his athletic trainer

Dr. J. Wayne Reitz,
President, University of Florida

Many people, including some college and university presidents, gain their impressions of the athletic trainer and his duties from the first aid and other acts commonly rendered by him during football games or other athletic contests. While the nature of the services a trainer is required to perform makes it mandatory that he, along with a physician, be on hand at all games, this type of service is but a small fraction of the total contribution he makes. It has been my privilege to observe some of the day to day activities of the trainer at the University of Florida as he discharges his part of the responsibilities of keeping our athletes in good mental and physical condition. In this short article I should like to record some impressions I have gained in my capacity of university president.

The most obvious duty of a trainer is to relieve the coaching staff of the many details required to keep athletes in good condition. This involves numerous duties such as caring for minor injuries, including those which the physician assigns for handling by the trainer, reporting daily to the coach those who may not be able to participate in practice, developing and recommending diets for overweight or underweight players, checking on the training table as to adequacy of menus, and perform routine tasks such as taping and the like to make sure that all men are ready to participate in a practice or regularly scheduled game.

The above obligations, it will be noted refer mainly to manual and teaching skills. These are of vital importance. But the value of a good trainer goes far beyond these. I refer particularly to his personal relationships with each of the men with whom he comes in contact. A trainer is in a key position to aid in the morale and esprit de corps of a squad. Then, in addition to being a good technician, he needs to understand the problems and the hopes and aspirations of young men. He must be a good listener and of such a gentle spirit as to be of help by the very listening. At the same time he must be firm by having it understood that he expects and commands the best possible performance. The manner in which the trainer handles the training room plus his attitude toward all who go to him for help are key factors in team morale.

A good trainer will keep abreast of all new information which will aid him in conditioning and improving the physical strength and prowess of athletes. Like the coach, he must possess those personal characteristics which permit him to help boys with some of their mental and emotional problems. Lacking these, he will fall far short of what is expected of him. Thus the personal characteristics of the trainer are of prime importance. Among other qualities, he must be kind, thoughtful, on the square, and fair in all his dealings. He must possess a high sense of personal responsibility, give unstintingly of his time when conditions require it, and, in general, practice real Christian virtues. When a trainer of this type is available, the coaching staff, the physician, and, yes, the university administration have a much greater feeling of security that athletes are receiving the care and attention they may need to avoid any possibility of

exploitation. I am happy that we have such a feeling of security with respect to our trainer here at the University of Florida.

ATHLETICS IN SCHOOLS

A physician who has been a valued friend and an intense booster of the athletic trainer speaks out from the pages of the AMA Journal.

Dr. S. E. Bilik, 85 Fifth Ave., New York City
(Reprinted from A Letter to The Editor, Journal of The American Medical Association)

To the Editor: — Physicians are deeply interested in modern methods of conducting rigorous combative sports with maximum safety for participants. However, it is questionable whether the article by Novich, "A Physician Looks at Athletics" (J.A.M.A. 161:573 (June 16) 1956) offers a helpful approach to existing problems. The writer implies that there is some sort of a tug of war between coaches bent on misusing youngsters and team physicians striving valiantly to protect them. At Weequahic High School (Newark, N.J.) where Dr. Novich is the team physician, the sports program is directed by Charlie Schneider, a prototype of the scholarly, dedicated physical educator who has for decades guided and fussed over his charges with the care of a mother. There are undoubtedly isolated instances of brutal misuse of youngsters by morons masquerading as coaches, but the great mass of our physical educators are profoundly sincere, conscientious, ethical men who would no more think of harming your child than they would their own.

Dr. Novich only casually alludes to trainers. The modern trainer is a college graduate, often with a master of science degree and not infrequently with a doctor of philosophy. These men are thoroughly versed in conditioning, selection and care of equipment, bandaging, dieting, psychology, physical therapy, and first aid of common athletic injuries. During their undergraduate and postgraduate years, they serve as assistant trainers. For example, Martin Lacey, recently selected to serve as athletic trainer for the University of North Carolina (Dr. Novich's alma mater), toiled six years as assistant trainer at the University of Maryland. The modern trainer thus possesses specialized technical knowledge that makes him as invaluable an aid to the physician as is the nurse, the laboratory technician, or the physical therapist. On June 19 and 20, I was one of a panel of physicians lecturing at the annual trainers convention in Boston, where over 200 trainers from every part of the United States spent some of their meager income to learn what is new and useful in their specialty. The physician who comes in contact with this splendid body of men is left with a profound appreciation to their indispensability in caring for those participating in strenuous sports.

Dr. Novich contends that conditioning should be guided by the team physician. In over 45 years of intensive contact with the athletic activities, I can recall only a handful of physicians qualified to undertake this task, and these men were football coaches (Wilce, Spears, and Stevens). Why dot leave this vital task to the graduate physical educator, the coach, the trainer—the specialists

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ATHLETICS IN SCHOOLS (continued)

who have prepared themselves for this responsibility? Similarly, Dr. Novich's contention that the planning and the selection of athletic equipment should be assumed by the team physician is equally untenable. Manufacturers such as Wilson, Spalding, MacGregor, and Rawlings spend millions of dollars in intensive research aimed at enhancement of the protective features of equipment. The coaches, the trainers, the equipment managers, all add their know-how and experience to the task. Why should a physician meddle in this complex and specialized problem? "Only the physician is equipped to deal with a player who has been hurt.....First aid for boxing and football injuries should be given only by the doctor in attendance." Surely Dr. Novich does not mean that a physician is to be summoned for every little scratch or bruise. That is not the way we manage our minor emergencies in hospitals or during war. The present approach is much more sound: the coach or the trainer, carefully and thoroughly versed in basic first aid, evaluates the injury and, if there is any possibility of it being at all serious, promptly refers the case to the physician.

A PHILOSOPHY OF TRAINING

The American Association of Health Physical Education and Recreation invited a few men to speak on the subject of athletic training at their national meeting last March. "A Philosophy of Training" was presented at that time.

Prof. A. D. Dickinson, The Iowa State Teachers College
Presented at the A.A.H.P.E.R. national meeting, Athletic Section,
March 24, 1956

You and I should congratulate ourselves that we have, in the very palm of our hands, opportunities which no other teacher could possibly have, to help shape the destinies of these boys, intrusted in our care. Believe me, our first thoughts should be of their welfare and health, and not a win or lose record. One of the first things I show my class in the Techniques of Training is a placard which bears the inscription "The Eyes of Parents are Upon You."

Now, we know that when a boy reports to the dressing room or the medical room, he sheds his artificial veneer and his false front with his lingerie. Here is the true mold, and it is a very pliable one.

We are not all unfortunate because our schools are not large enough to hire a full time trainer because the coach who does his own training gains a psychological advantage in that it brings him in close personal contact with the boys.

I really dislike the word "Trainer" as it is used in this situation. It is a misnomer, as far as the profession goes.

If you thumb the pages of the novel written by Noah Webster, entitled, "The Un-Abridged Dictionary", you will find out just what I mean. As a matter of fact, the coach is the trainer - by actual definition, but the word "Trainer" has stuck like a bloody tick from the time race horses demanded a valet, who slept in stables - and probably shared part of the horse's menu. Following this, the boxing profession broke out with a rash of handlers -

men who appeared at the ringside with the bucket and sponge and hurled meaningless advice to the toiling gladiators, and, later, slapped the hell out of them when they got them on a rubbing table after the bout. These also were called trainers. Universities and colleges, back in the salad days when a forward pass was spoken of in awed whispers, figured that if race horses and boxers could stand up under the treatment meted out by these characters, why wouldn't it be a good thing for the football team? So they lowered themselves socially and hired these chaps who left the ringside and stables in droves. So much eating tobacco was sprayed on the dressing room walls of our institutions of higher learning that Congress nearly went into an extra session to pass laws preventing such things. If my memory does not fail me, this was during a Republican administration too. Soon College Presidents, tiring of having men on the staff who signed the payroll with an X, demanded at least an 8th grade diploma. At this point, education took a gigantic step forward.

Now, the modern trainer is as different from the old as the modern surgeons at the Mayo Clinic are from the old Civil War saw-bones.

In the state of Iowa, we sort of double in brass; in fact, our job is three fold. We teach, we coach, and we train. It is like a three-legged stool, but if one of the legs is removed the whole thing will collapse.

The greatest insurance policy any city can write for the safety of its boys, is to secure a coach who has the background, the ambition and the leadership to give back to the parents and society an improved product and not a maimed one.

It should be the job of every school board, superintendent or principal to see that there is at least one man on the staff so prepared that he can look after the health and safety of every boy from the lower levels to the highest. Believe me, a sprained ankle or a sore rear end can hurt the little boy in a Davy Crockett suit just as much as it does our all-state heroes. This should be an all important part of a school's safety program, and this idea is already steadily gaining in momentum.

Our first job is one of prevention, starting with medical and physical examination, surveys of dressing rooms, shower rooms, playing fields, etc., to eliminate all possible hazards. But no matter how great the precaution, as long as contact sports are being played in good Old American style, there will still be injuries. We have to expect that.

As coaches and trainers, we must know what it is all about from a standpoint of anatomy, kinesiology, physiology of exercise, physiology, psychology. We have to know message, manipulation, diet, hydrotherapy, electrotherapy, taping and wrapping, conditioning problems, and so forth. I think the big weakness of our high school coaching clinic set up is that the qualified trainers who have appeared on the programs have been few and far between, and the time allotted for it has been insignificant. You men should do something about it.

The idea seems to be prevalent in far too many places that any coach has sufficient insight to take care of prevention and treatment or anything which might come up, and that there is nothing new under the sun in this particular field. They seem to think it is like falling down a mountainside. By the time you reach the bottom, you are

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A PHILOSOPHY OF TRAINING (continued)

qualified as an expert.

Training is a profession closely allied with medicine. What it does in the field must be entirely scientifically sound and professionally ethical. It cannot be left to chance and luck.

Techniques are changing daily, just as medicine does. Would you call a physician who makes no effort to keep abreast of scientific investigation and research? Of course not! Believe me, everything which is done in the prevention and treatment of athletic injuries should have a scientific reason and basis or it should not be attempted. I mean it when I say that a strip of tape placed as much as one-half of an inch from where it belongs could be the difference between a good support and a poor one. I can remember the days when a trauma, a sprain or a strain was immediately soaked into hot water. Now we know that is the worst thing to do. We still see boys who sprain their ankles on the playing field, have their shoe immediately jerked off—again, the worst thing to do. I can remember early courses in training in which we were given special ankle strapping for a half back, a different one for a line man, another for a basketball player or a track man. Now we know that all taping should be done to prevent motion in the direction of pain and weakness and to relieve tension.

Too many people think the word "Sprain" covers everything. The ankle, for example, can have inversion, eversion, forced extension, forced flexion or combinations—and certainly they are not taped alike, nor is the therapy the same.

I get calls from other schools asking me if I could look at a boy with a "trick knee". I don't know what a trick knee is — but it seems to be a sweeping statement that is all inclusive. I do know an injury to the knee might be bursitis, a damaged meniscus, cruciate tear, medical collateral sprain, etc., and again, certainly the therapy is different.

We must continually try to better our background, use everything at our disposal to avoid errors in diagnosis, prognosis and judgement. We should be able to talk the language - Don't expect players to.

Another way of bettering your background is thru the medium of the National Trainers Association. One of its aims is to disseminate the latest information to high school coaches. You can become a member or an associate member for two dollars. This entitles you to special articles by the best in the field, and also to attend regional and national clinics. The next national conference will be held in Boston in June. You can get a tremendous lot of benefit from these meetings. They have outstanding surgeons, physiologists, research men, etc., on the program. These men do not keep their trick plays to themselves, as I strongly suspect football lecturers do. There are no trade secrets. More and more college and high school coaches are taking advantage of these workshops.

There is a research committee of the association composed of eastern university trainers who have examined thousands of dollars worth of protective equipment and have made recommendations to the manufacturers. You are already getting the benefits of their work.

I'd like to say a word about the pernicious use of high school boys as trainers. Recently I saw a high school football team in the lobby of a hotel. One of the group

had the word "Trainer" festooned upon the back of his jacket. I got the lad to one side, and he proudly admitted that he took care of the boys, all by himself. I have had some of our freshmen boys tell me much the same story.

This sort of a thing always gives me a bad attack of ulcers. Will someone tell me how any high school boy can possibly have the background to attempt this?

Now, I'm for having all the help possible, provided it is thoroughly supervised and trained. Boys can be taught to pack field kits, remove tape properly, put on prophylactic wraps, help with the equipment, etc., — but just to turn them loose to do their damndest — any coach who does that must have malnutrition of the brain.

I'd like to speak about the relationship between the physician and trainer. It is the trainer's job to carry out the recommendations of the doctor at all times.

When a coach takes over a new set up, he should look over the field a little bit and try to select a physician who has an interest in sports if a team doctor has not been provided. After you have one spotted, call him up and ask if you can't stop in for a visit some evening. Do not go parading up to his office during his working hours. He will not like that, and besides you may run into a red hot obstetrics case, like I did. Go up to his house and let him know how badly you need his advice. Explain that your budget does not amount to much, that you do not want to take a chance on an injury you are uncertain about, you need professional help and that you will do anything he might suggest. Send him passes to a couple of games, then try to get him on the bench on the 50 yard line. It will be the worst place to see but he will be delighted — then just settle back and let nature take its course. I'll bet my best fly rod that it won't be long before he will be helping you with the substituting and sailing out on the field at the drop of a helmet.

An interested doctor in high school will arrange for eye checks, ear checks, dental checks. In addition, he knows considerably more about the home life of the boys than you do.

Now, count to ten before you diagnose. Never attempt any amateur doctoring, such as to declare a boy has pulled a muscle in his side only to find out later that he has a red hot appendix. This is one of the best ways to change jobs that I know of.

In talking over the matter of equipment, I have had coaches tell me they couldn't afford a training room. We have two training rooms at Iowa State Teachers and everything but the diathermia is hand made — cabinets, rubbing tables, two whirl pool baths, contrast baths, heat lamps (except the infra red bulbs), receptacles, tuf-skin and powder boxes, etc. Get your industrial arts department working for you.

I have often thought, inasmuch as more injuries occur in practice than in a game; that we should get smart and use the best equipment in practice, and the cheaper stuff in a game. Spend less money for jerseys and more for the sox and shoes. Running is the basis for all sports, but unfortunately there is no spectator interest in good sox and shoes, at least, not on men. It was not so long ago that more players were slowed up, or on the sidelines, because of the lowly blister than from any other injury. The remedy is so simple it is fantastic that it is not universal.

Let me say right here that if a school cannot afford to

Continued on next page

give adequate protection for every member of the squad from the 106 pounder in 9th grade to the varsity senior, then contact sports should not appear on the menu for that school.

It is a pitiful sight to see scrubs going into scrimmage with old, cast off, worn out equipment that could not fend off a mosquito bite.

We have to keep everlastingly checking up on condition after a contest or a scrimmage. The work of the coach-trainer is no blushing bed of roses. It is hard work, and that is why so many try to avoid it. The offenses and defenses are cut and dried, they are comparatively simple, but not so with injuries. No two of them are quite the same. Some injuries seem insignificant on the face of it and prove to be lasting and incapacitating. Others look serious as the devil, and in a couple of days recovery is complete.

Another thing we have to contend with is the return to active participation after illness or injury. No one but the doctor should advise this. You may be called names, but so what? I overheard a disgruntled boy up at our school tell a pal on the sidelines that he was ready to play but the old S.O.B. wouldn't let him. I collared him and told him I would ignore the S.O.B. part, but that I hated to be called "Old". Well, we are still friends.

After recovery from a sickness or an injury, the boy should be taken out by himself and told to go through the movements of his play. This will tell you a lot as to his readiness to return to active participation. A few years ago one of our boys had rheumatic tendencies. I advised him to stay away from damp places. The other day I heard from him. He said he felt fine, and did I think he could have a bath now? He figured that was returning to active participation, I guess.

The human mechanism operates on a series of balances. Many of these balances, if thrown out of kilter, can wreck havoc with a player. One that is misunderstood is the water-salt balance. I think most coaches do give salt tablets to their players during hot weather football, but what difference does it make whether there is profuse sweating in football, basketball, baseball or track. The salt loss is there and must be replaced.

For years there has been, and still is, an idea that the intake of water during practice and contest, no matter what the demand, comes under the category of double distilled trouble. This notion was a running mate to the idea that eating raw meat was a good way of converting a meek unskilled candidate into a holy terror by building up "Redder Blood" courage and other characteristics needed by a champion. Fortunately, this latter gem has fallen by the wayside and is obsolete and passe. It is a deplorable thing that the "No Water" idea did not fade with the raw meat.

Unfortunately a great many coaches have not read an article which appeared in a rather recent AMA Journal, giving the results of the deprivation of water on human functioning when there was a water imbalance.

There must be more water in the body than any other elements in compound to maintain temperature equilibrium, keep the mucosa moist and assist in other important bodily actions. During hot weather this becomes more and more of a problem. Profuse water loss in any activity,

regardless of whether it comes from early season football hot field house basketball, summer baseball or tennis, indicates a compensatory intake of water. This is a must, or a great deal of harm can result.

Waterloss must be replaced either before or during practice. Neglect of this leads to violent headaches, nausea, dizziness, lack of co-ordination, needless temperature elevation even beyond the point of toleration. I think the main reason coaches are against water intake is that they usually call a break in practice and everyone sets off to the old water hole. In 10 or 15 minutes they are called back to practice without a warm up. The coach does not realize that when they rest and cool off, muscles lose irritability and warm up is again necessary. So of course, performance will be poor. The coach just does not have a background in physiology.

What is the recommended procedure? If water is unavailable in practice area, the players should be advised to drink an off-setting amount of water about twenty minutes before heavy exercise when it is certain, because of environment, there will be a considerable loss. Thus, there will be time enough to pass off the excess. If water is available, it should be administered in small amounts whenever thirst indicates the need. It is easy to over-indulge, but this can be controlled.

Then to summarize, it is through publicizing the profession, dignifying it, by skillfully directing work during practice and contests, that the merits of this phase of the program can become so widely known that all college, junior college, and high school administrators will feel that a specialist in this field is a "Must" in their particular school system.

The greatest need is in high school, where today there is still too much ignorance, lack of interest, or misunderstanding.

Here is a place for a great deal of missionary work!

PAINS VANISH WITH BILL'S CHARM

Trainer Linskey Laughs, Talks Athletes Out of Troubles

No trainer can be accused of fracturing his arm from patting himself on the back, and a newspaper article such as this is always a welcome sight.

BILL LINSKEY has kept Cambridge schoolboys in stitches one way or another 10 years now.

Bill is, of course, a 3-D guy—unofficial mayor of Cambridge.

First and foremost, he's the capable trainer of CHLS and Rindge athletes. Secondly, he's a natural comedian to further anesthetize aches and pains. And finally, he's an A-1 orator with a master's degree to prove it.

If he can't rub or laugh the pain away, he'll talk you out of it.

The redhead has had plenty of belly-laughs in his decade with the schoolboys. And few miss the giggles with the guy around seven days a week, ten months a year.

Try these for size:

This one wasn't so funny at the time.

CHLS defenseman GIGI BOUDREAU collapsed on Arena ice one January afternoon in 1951. Linskey was

Continued on next page

PAINS VANISH (continued)

over the boards and to the rescue...almost.

The redhead went into a skid, went into a one and a half twister before expiring on the back of his head. He was knocked colder than the ice pack in hand.

Further aggravating matters, his handy bandage scissors—always ready in hip pocket—penetrated a quarter-inch of his behind epidermis. Two stitches were necessary.

It was a case of being sore from top to bottom.

What's more, three cigars, a fistful of change and, worst of all, a roll of scarcer n' hen's teeth adhesive was missing after the fog cleared.

There was another time—outside New York's Paramount Hotel next to Madison Square Garden—that the trainer was caught as an innocent by-stander.

Bill found Rindge high jump star CHARLEY STEAD signing autographs, "Wally Dukes." Dukes was the Seton Hall basketball star not looking unlike Stead.

One youngster caught on to Stead's game.

"You're not Wally Dukes," he challenged in pure Bronx.

"Sure am," Stead shot back.

"Who you kiddin'?" the kid said, not kidding. "If you're Wally Dukes, who's that with you, ARTHUR GODFREY?"

That mistake has been made before, too.

Then there was the time that Bill's national Red Cross aquatic school training came in handy.

It started simply enough when Rindge fullback FRANK MORETTI entered the training room for whirlpool treatment of an ankle twist.

Moretti, fully clothed, hopped up on the wooden slab that serves as a seat over the large cylindrical bath.

"I'll just remove my shoe and sock, Doc," Moretti advised. "I'll be okay."

Frank had trouble with a shoe string, however, and squirmed on the seat. The seat slipped, Moretti slipped, the whirlpool splashed and Moretti had his bath, clothes and all.

He might have drowned if it wasn't for bubblin' Bill's aquatic background.

Linskey holds office hours at City Hospital Tuesday and Thursday mornings during football season. It gives him a chance to consult with doctors on his various patients and pitch in with plastering casts, etc.

One morning two school boys popped in.

"Hi, Doc," they greeted.

"How do you like that?" One doctor asked another.

"We give the guy a break, he gets the credit. All you have to do is put a band-aid on a kid and you're "doctor!"

"Aagh."

Still another incident is recalled. It happened out of

the country. And maybe it's better it did.

It occurred before Bill's era with the high schools.

Linskey trained the Boston Olympics hockey team 10 years, Northeastern University four years (and coached hockey there a season), the Bruins and Chicago Bears pro football team in charity games as well as serving 29 months in Europe during World War II. To boot, he had signed to train the Celtics in 1946 before accepting the local job.

This happened with the Olympics.

The team was playing at Sherbrooke in a Quebec league game.

Boston was on the short end of a 10-1 score and the team felt it was getting a royal Canadian going-over from the rivals, referees and fans.

Someone with the Boston delegation flipped an extra puck on the ice.

What fun! It was 20 minutes before the fans got back in the stands.

The police threatened to lock up the whole team.

Only a few know today who scaled the extra plug out. Coach HAGO HARRINGTON, Captain FRANKIE SPAIN and — you guessed it — the angelic redhead are still top suspects.

Who do you pick?

George Sullivan

Reprinted from "Sports Digest" feature, Cambridge Chronicle—Sunday, August 2, 1956.

HOW THEY ANSWERED

An indication of where we stand at this time can be seen from the following abstract of a research paper by Eugene Christmas.

Questionnaires were sent to at least one college or university trainer in every state, and to one high school trainer. Names and addresses of the athletic trainers were obtained from the College Blue Book of Athletics. A total of 83 questionnaires were sent out, and there were 61 replies from 39 states.

The following are the questions which appeared on the five-page questionnaire, with summaries of the trainers' answers to these questions:

Rank, in order of importance, qualifications which a good trainer should possess. Thirty-seven of the sixty-one trainers think that ability in training techniques is the most important qualification. Fourteen think that it is second in importance. Seventeen trainers think that willingness to work is the most important qualification, and eighteen think that it is second in importance. Personality is considered the most important qualification by thirteen, and second in importance by twenty-one. Having a degree in physical education is considered most important by five trainers, and second in importance by five more.

Rank, in order of importance, the preparations needed by a trainer after he receives his bachelor's degree. Courses in athletic training and physical therapy are considered very important. Twenty-seven trainers think that athletic training courses are first in importance, and eighteen think that they are the second most important prerequisites. Twenty-six said that physical therapy train-

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HOW THEY ANSWERED (continued)

ing is the most important, and eighteen ranked it second. These two rank far above the others. Six trainers think that attending clinics sponsored by colleges or universities is the most important thing for a trainer to do, and eight think it is second in importance. Seven trainers think that a master's degree in physical education is the most important preparation for a trainer, and eight rank it second. None of the trainers think that attending clinics sponsored by training supply companies is first in importance, and seven think it is second in importance.

Indicate the aspects of your school's athletic training program for which you are responsible. Sixty of the sixty-one trainers prescribe remedial and preventive exercises, after conferences with physicians. Fifty-nine of the trainers administer first aid. Fifty-four trainers grant permission for athletes who have been injured to return to play, after talking with the team physician. Forty-one of the sixty-one trainers said that they grant permission for athletes to return to play without consulting a physician. Thirty-two of the sixty-one trainers grant permission for athletes to return to play after conferences with both the physician and the coach. Twenty-six of the trainers grant permission for athletes to return to play after talking with the coach. It was made clear by many trainers that "return to play" responsibilities were dependent upon the severity of the injuries.

Forty-seven of the sixty-one trainers handle the meal schedules for their teams. Forty-five decide on the diets for the athletes. Some of the trainers stated that they worked with the dietician concerning this problem. Thirty-nine trainers set up the training rules with the help of the coach. Nine set up the rules by themselves. Twenty trainers conduct calisthenics, and there are others who prescribe the calisthenics.

Indicate the types and number of assistants which you have. There are sixteen schools that have full-time staff assistants. Two schools have part-time staff assistants. Forty-nine trainers have student assistants working in the training room under their supervision. These students are picked from (1) athletic training classes, (2) recommendations of others, (3) applications, (4) interviews, and (5) athletic managers.

Indicate how your student trainers are motivated. Twenty-three schools give the student assistants working scholarships, and eighteen pay them small salaries. Four give both working scholarships and monetary rewards. Four give school credit. Three give school credit and monetary rewards. Two give working scholarships and letter awards. Two give letter awards and monetary rewards. One school gives letter awards. One gives room and board, and one gives student assistants their board on the training table during the season. Seven of the schools have student assistants who are also required to do managerial work.

Indicate the facilities available at your present location. All of the schools represented by this survey have fairly modern training facilities. Many of the training facilities throughout the nation include first aid rooms,

hydrotherapy rooms, and electrotherapy rooms. There are some schools that also have dental rooms, rooms for minor surgery, and rehabilitation rooms. Types of equipment include (1) whirlpools, (2) diathermy machines, (3) infra-red lamps, (4) vibrators, (5) medcolators, (6) ultra-violet lamps, (7) microtherms, (8) ultra-sonic machines, (9) sweat boxes, (10) medical chairs, (11) refrigerators, (12) exercycles, and (13) weights.

Is there an athletic dormitory on your campus? Nineteen of the sixty-one schools have athletic dormitories.

Do the coaches really believe that a capable trainer is necessary, and cooperate in promoting a good training program? Sixty out of the sixty-one trainers said that the coaches believe that a capable trainer is necessary, and cooperate in maintaining a good training program.

What type of contract do you have? Thirty-two trainers have written contracts, and sixteen have verbal contracts. Others have no contracts, or have tenure. Some are hired on a year to year basis.

Is your job fairly stable? All sixty-one trainers stated that their jobs are fairly stable.

Indicate salary received annually. (This was strictly an "optional" question.) Twenty-five trainers listed their salaries. Five receive between \$4,300 and \$4,800. Fourteen receive salaries ranging between \$5,000 and \$5,650. Five receive salaries ranging from \$6,000 to \$7,200, and one receives better than \$8,500.

Did you participate in athletics? Fifty-seven of the trainers participated in sandlot, high school, college or professional athletics. The sports most participated in were football, basketball, track and baseball.

Indicate total years' training experience. There are nine trainers who have from three to seven years' experience, eleven who have from eight to twelve years' experience, eleven have from thirteen to seventeen years' experience, ten have from eighteen to twenty-two years' experience, and twelve have from twenty-three to twenty-seven years' experience. Three trainers have from twenty-eight to thirty years experience, two have thirty-three to thirty-seven, two have thirty-eight to forty-two years' experience and one has forty-four years' experience.

Indicate the degrees which you hold. There are two trainers who hold a bachelor's degree, a master's degree, and a certificate in physical therapy. Six have a bachelor's degree and a certificate in physical therapy. Seven have degrees or certificates in physical therapy. Twelve have bachelor's and master's degrees. Twenty-two have a bachelor's degree. Individual cases are (1) bachelor's degree and limited practitioner's diploma, (2) bachelor's degree and corrective therapy diploma, (3) bachelor's degree and diploma in chiropody, (4) chiropody diploma, (5) physical therapy certificate, Naturapathy, and Swedish Massage, (6) graduate of a School of Gymnastics, and (7) diploma in Athletic Training, Conditioning and Management. Five trainers do not hold any degrees.

SEE STATUS OF TRAINERS
ON NEXT PAGE

STATUS OF TRAINERS IN SURVEY

Trainer	Age	Years In Present Position	Total Years Experience	Degrees* Held	Type of Contract	Salary
No. 1	35	3	9	B.S., M.A.	Written	
No. 2	47	10	27	P.S., M.S.	Tenure	
No. 3	56	20	27	None	Verbal	\$5,000
No. 4	45	21	21	P.A.	Verbal	\$4,500
No. 5	61	34	37	Graduate of a School of Gymnastics	Tenure	
No. 6	38	15	20	P.S.		\$5,00 up
No. 7	62	11	44	P.T.	Verbal	
No. 8	48	18	25	P.T.	Written	
No. 9	46	14	26	None	None	
No. 10	45	6	20	P.S.	Written	
No. 11	33	9	9	B. Ed.	Verbal	
No. 12	39	7	14	P.S.	Verbal	\$5,500
No. 13	33	4	6	B.S.	Hired by University	
No. 14	35	8	12	B.S., M.A.	Verbal	
No. 15	52	8	27	B.E., P.T.	Verbal	
No. 16	37	11	16	B.S., P.T.	Yearly	
No. 17	45	18	20	P.T.	Verbal	\$5,600
No. 18	40	6	22	A.B.	Written	
No. 19	47	14	14	B.S.		
No. 20	64	42	42	None	Written	
No. 21		3	23	B.S., M.S.	Written	
No. 22	40	10	25	None	Written	
No. 23	46	9	20	B.S., P.T.	Written	
No. 24	30	3	9	B.S. in P.T.	Written	\$4,800
No. 25	46	11	26	B.S., C.T.	Verbal	
No. 26	35	3	13	B.S., M.A.	Written	
No. 27	63	5	5	B.S., M.S. and P.T.	Written	\$4,500
No. 28	35	6	7	B.S.	Written	\$5,500
No. 29	29	4	7	B.A., M.S.	Written	\$5,100
No. 30	24	4	4	B.S.	Verbal	
No. 31	34	14	14	P.A.	Written	\$5,300
No. 32	34	7	10	B.S., M.A.	Verbal	\$5,300
No. 33	42	3	10	P.T. and Swedish Massage	Verbal	\$4,500
No. 34	31	8	14	None	Written	\$5,650
No. 35	45	15	25	B.A., M.S.	Verbal	\$5,500
No. 36	38	14	18	B.S., M.A.	Written	\$6,200
No. 37	41	2	16	P.T.	Written	\$6,000
No. 38	52	14	14	B.E.	Written	
No. 39	43	6	24	B.A.	Written	\$6,500
No. 40	24	3	6	B.A.	Written	
No. 41	35	7	13	B.S., P.T.	Written	
No. 42	52	8	28	B.S., P.T.	Written	\$8,655
No. 43	62	21	38	Athletic Training, Conditioning and Management	Written	\$4,300
No. 44	35	2	7	B.S., P.T.	Written	\$5,500
No. 45	52	24	28	B.S. M.S.	Written	\$5,000
No. 46	29	8	11	B.S.	Tenure	
No. 47	59	30	36	M.A.		\$7,140
No. 48	32	3	6	B.S.		
No. 49	32	9	9	B.S.	Verbal	
No. 50	48	24	24	B.S.	Written	
No. 51	35	11	15	B.S., P.T.	Verbal	
No. 52	28	10	10	B.S.	Written	
No. 53	48	1	25	D.C., D.O., and P.T.	Written	
No. 54	28	1	10	B.A., M.A.	Written	
No. 55	41	18	22	B.S.	Written	
No. 56	48	3	15	P.S. in P.T.	Verbal	\$5,500
No. 57	51	27	31	B.S., D.S.C.	Written	
No. 58		4	5	B.S.	Written	
No. 59	34	8	9	B.S.		
No. 60	41	6	18	B.S., M.S., P.T.	Written	\$6,800
No. 61	58	15	21	B.S. and Limited Practitioners Diploma	Written	\$5,500

* Key:

- A.B. - Bachelor of Arts
- B.A. and B.S. - Bachelor of Arts and Bachelor of Science
- B.E. and B. Ed. - Bachelor Degree in Education
- C.T. - Corrective Therapy
- D. C. - Doctor of Chiropody
- D. O. - Doctor of Osteopathy
- D.S.C. - Doctor of Surgical Chiropody
- M.A. and M.S. - Master of Arts and Master of Science
- P.T. - Physical Therapy Certificate

CONVENTION NOTES

August, 1956

Bill Linskey - Chmn. Public Relations

Hi Men:

Nice to be with you after a wonderful convention. I realize that the trip to Boston was too far and too expensive for some of our members, but for those who did make the trip it was well worth it.

Chuck Medlar, the program chairman, did an outstanding job in lining up the doctors and trainers who appeared on our program. From all reports, everyone was very happy with the lectures and demonstrations.

The companies that took exhibit space at the meetings were very pleased, and for the most part amazed at the attendance and interest displayed by our trainers while in session. I have had letters from almost all of the exhibitors expressing their praise for N. A. T. A. It's a good sign when they want to be put on the list for next year's shindig.

For my own part I must confess I feel like "Spike" Dixon must have felt after last year's meeting - bushed!!! For months and months, a few men have been working hard to line up doctors, trainers and exhibitors for a short 3 day meeting and when it is over, you collapse.

"Pinky" Newell arrived in town early with some of the loudest creations in sport shirts we here in conservative Boston have ever seen or heard! Boy, did he ever knock the trainers over when he walked into the outing site at M. I. T. Even the chicken in the barbecue did a flip when the shirt showed up.

Early Saturday evening the vanguard of trainers and exhibitors started to show up at the Linskeys and I was kept bust through the night running the car back and forth to the Kenmore. Some one told Chuck Cramer and "Moose" Detty that it was only a five minute walk from the Hotel to Linskey's and they walked - were they ever pooped when they arrived. (It is really four miles). I goofed on that one.

The officials at M. I. T. were wonderful to our group - thanks to Head Trainer, Jimmie Lester. The Rockwell Cage, where the barbecue was held, is a huge affair and most of the trainers took the opportunity to visit Jimmie's training room.

"Pinky" had a new set-up this year as far as collecting dues in advance for our next year. He had the wonderful assistance of Fred McCauley, Medford High School (Mass.), Joe Blankowitsch, Allentown, Pa. High School and Frank Sheridan, Phillipsburg, N. J., High School, who sat at those tables for three days registering and collecting from the trainers.

Pete Collett, of the Mentor, seemed to be all over the place - no matter where you looked, Pete was there.

From an eye witness report the biggest "chicken" man was Whity Gwynne from U. of West Virginia. Whity was smart though, he made his two fine boys go back through the barbecue line for the old man's chicken.

Millard Kelley, Detroit Lions, just couldn't seem to get his size 14's comfortable under the table - they were in the way of Dutch Luchsinger of Miss. State, size 14½'s.

The Cramer entourage, Chuck, Bill, Johnny and Hugh Grubiss really got around that day, too.

Jules Reichel, Syracuse and Ed Zanfrini, Princeton, were busy for a few days trying to corner Chuck Burhard

of J. & J. That must have been some deal they were hashing over at breakfast Monday morning - either a deal or the boys stuck Chuck for the check.

Ed Pillings, U. of New Mexico, had a rough ride up here with his boys, but he recovered at the barbecue.

The program started off on Monday, June 18 at 8:20 a.m. with Chuck Medlar at the wheel - I spoke briefly and was followed by our past Chairman from the Rice Institute, Houston, Texas, the little atom, Ed Wojecki. Eddie is a fine speaker - energetic, and above all, sincere in his profession - a real credit to the N. A. T. A.

I am sure that "Pinky" will be able to give you most of the material that the speakers gave to those of us at the meeting - but I will dwell briefly on all of the speakers.

Tony Dougal, Dartmouth College, gave a fine talk and demonstration on the use of fibre glass in protective pads.

Clarence "Pop" Houston, President of the National Collegiate Athletic Association, gave quite a talk on the trainer and the N.C.A.A. and was warmly applauded for his wonderful remarks.

Following Mr. Houston we had our old and much admired friend, Dr. Edward Sullivan, M.D., Dean of Mass. School of Physio-Therapy, who gave a great lecture and demonstration with his subject: Lower Back Injuries. Dr. Sullivan is a very forceful speaker, very humorous and very frank. The trainers and doctors would love to hear him again - and soon.

Eddie Noonan, former head trainer at Harvard, now in private practice (P.T.), gave a very interesting talk of the treatment of shoulder separations, a subject which Eddie handled very well. He should, with all the experience twenty years at Harvard has given him. Ed has been with Dr. Thondike and Dr. Quigley a long time - wonderful training for any trainer.

Another member of Eastern A.T.A., Dr. Harley Hunsicker, D.S.C., a member of the Penn State Board of Chiropody Examiners, gave a full hour to the care and treatment of foot injuries. I wish that we could have slow motion pictures on his demonstration on pads and strapings - it was very educational.

Due to hospital commitments, Dr. Wm. K. Smith, U. of Pitt., was unable to be here, but again our own Dick Wargo stepped in and did a remarkable job - Dick is the head trainer at the U. of Conn. He gave quite a talk on injury charts, graphs and a very unique record system. A big thanks, Dick for stepping in the breach like that - a fine job!!!

Dr. George Geiss, M.D., Mass. General Hospital, a specialist in Physical Medicine, gave a very interesting talk on the use of Electromyography in relation to athletic injuries.

The meeting broke up into groups as the taping panel went into action, and believe me the tape and questions flew thick and fast. It is a treat to see trainers demonstrate their various techniques for the benefit of others - what a difference between 1956 and 1926 - now everyone is willing to show how he does it and no one has anything to conceal. Share and share alike for the benefit of the injured athlete these days.

"Pinky" will probably give you all the details of the business meeting, but I just want to tell you that Duke Wyre from the U. of Maryland was elected as Chairman of our Board of Directors for the coming year. We know the Duke will do a good job and the entire association wishes

Continued on next page

CONVENTION NOTES (continued)

him the best of luck.

Tuesday a.m. Larry Geraciotti, Boston U., gave a fine resume of the training methods used at the Pan-American games held at Mexico City.

An old friend, Karl K. Klein, gave a fine lecture and demonstration on preventive techniques in relation to knee injuries. Karl is now an assistant professor at the U. of Texas in the dep't of Physical Education.

The author of the "Trainer's Bible" was next on the program, Dr. Samuel E. Bilik who has been a friend, advisor and the adopted father of many of our fine trainers. Dr. Bilik held court in the outer lobby of the Hotel with many of his former pupils (Waite, Witkowski, etc.), and loads of his friends before taking the speakers' platform where he displayed his usual energy in putting his lecture across.

Dr. Thomas B. Quigley, an orthopedic surgeon of local fame, followed Dr. Bilik. Dr. Quigley is an old friend of the Eastern group and is the assistant chief of orthopedic surgery at Harvard University. The slides, in color, of ruptured ligaments and tendons shown by Dr. Quigley, plus his humorous lecture was warmly received by the audience.

Eddie O'Donnell, formerly head trainer at Yale University, now in charge of Physical Therapy & Reahb., Inc., New Haven, Conn., gave a fine talk on Neck Injuries and treatment of same. We in training fields are sorry to lose such a well liked and respected member as Eddie, but our loss is Physio's gain. Good luck, Eddie.

Kenneth Gearhart, head trainer at Poughkeepsie High School, N. Y., gave quite a lecture on the High School trainers and their problems.

For the first time here in Boston we had a N.C.A.A. football official on the program to break down a few of the rules governing protective pads, etc. Mr. LeRoy J. Kelley of the Everett (Mass) School Dep't and Past President of the Intercollegiate Football Officials' Association was the speaker and the trainers and doctors appreciated his interpretations.

All in all the program was tops and again our sincere thanks to Chuck Medlar, the program chairman, and his committee for a fine job.

Gene Paszkiet of Notre Dame had a great re-union with some of his Boston friends.

Ed Prelaz of Marshall College, W. Va., last year's hero, trying hard to duck all the praises that came his way.

Frank Redd and Vic Recine from New Brunswick, N. J. kept busy helping the Linskeys entertain - likewise Mike Close of McGregor and Charlie Yocum of Becton-Dickinson.

Tow Diehm, Kansas State Teachers, and his Missus did the Boston shopping center - I hope that Tow had had enough money to get home.

John Kammer of Loras still continues his record - hasn't missed a Nationa meeting since we started them - keep it up, John - nice to have you around.

Ken Rawlinson of U. of Oklahoma, looks great and would like to go back to Europe on one of those training clinics again - says it kept him busy. All connected with the trip enjoyed putting on the show for our Armed Forces.

Steve Witkowski, Wesleyan U., Conn., and Jay Colville

(Miami U., Ohio) comparing notes on what they will bring to Melbourne, Australia, in October for the 1956 Olympic Games. Good luck, boys - bring home some of the trophies.

Walter and Mrs. Bakke, U. of Wisconsin, brought along some of their State's prominent cheese products and had their picture taken presenting a box of them to our Mayor. I haven't seen the picture in our local papers as yet - Walter will blow his top if it doesn't get into print.

"Kickapoo" Logan and the Logal entourage had an open house Training Clinic in Pasadena, Calif., August 25th and from the glamour of the program I know it was well attended.

Dick Cole, District No. 1 Nat'l. Director, sent out a fine letter to our Eastern members telling them of our new obligation in that all districts are expected to contribute articles for our new National Athletic Trainers' Journal. This Journal has been a long time growing and in order to keep it healthy we have to feed it articles which will be enjoyed and appreciated by the trainers and doctors who comprise our athletic family. So, start thinking seriously about getting your article into print - all of us have one thing that we take great pride in demonstrating - be it a knee taping or a new exercise for an undeveloped or injured muscle - a special brace or heel pad - an opinion in therapeutic treatment. Put your thoughts and ideas on paper and forward them to "Pinky" Newell. We need your special articles.

I have been placing all of my odds and ends left from this convention in a box so that I can ship the material and headaches and the heartaches that go with it to Paul Schneider, the head trainer of the U. of Nebraska in Lincoln, Neb., the site of our 1957 National clinic and meeting. Poor Paul, I hope he stays in good shape for this job, and knowing Paul I am sure he will be a wonderful convention chairman - all kidding aside, Paul, the best of luck to you on this venture.

The Cramers, Chuck and Frank have been running a clearance house for trainers, new jobs, etc. and called the other night to pass on a few of the changes: Marshall Cook from Louisiana to Montana State U. - Jackie Jones to Western Michigan - Gordon Herwig to Southern Illinois - George Anderson to Odessa High School - Bucky Walters from Wash. State to a P. E. teaching job at Sacramento State College - Fred Peterson from U. of Wyoming to a Canadian Pro Football job.

Jay Dakelman of Highland Park High School has written to me concerning a problem with one of his runners. I have looked the situation over carefully and forwarded the letter to Dr. Bilik for a solution. Nice to have these men (athletic Doctors) at our command when we are in the midst of a therapeutic problem. Thanks, Dr. Bilik for the help.

In answer to Ken Rawlinson and others who asked about the addressis of the firms who handle the material Tony Dougal used in his lecture at the 1956 meeting: Save-a-Stick Co., Box 234, Edison, New Jersey and the Rosin and Fibreglass cloth from any boat supply co. or large hardware store. Don't forget that Tony uses plaster of Paris for his moulds, and the usual 3 coats of vaseline to prevent sticking - more on this in a later journal.

As you know, Art Dickinson of Arizona State U. will be our first editor of our Trainers' Journal. In a letter to the Board of Directors in the Boston meeting Art has outlined the aims, etc. of our Journal. Here are a few

Continued on next page

CONVENTION NOTES (continued)

ideas and outlines from the letter:

"The Journal will result in definite benefits to the association: a) It will certainly increase the professional stature of our organization b) In a quarterly compilation, it will lend itself well to soliciting advertisements from manufacturers and dealers, especially so if it is our official publication c) Through use of abstracts and other information outlets, we can gather additional material of interest to all our members.

Until our Journal is established, articles are going to be few in number. I would like to request you to write your members as soon as possible to submit articles for publication. General suggestions for topics could be:

1. New techniques in training, taping, therapy, or rehabilitation.
2. Research of any sort concerning training.
3. Thesis abstracts in athletic training or related areas.
4. Opinions or research on various modalities of Physical-Therapy either new or established devices. The Council on Physical Medicine and Rehabilitation does no more evaluation of equipment and our members' opinion would be valued.
5. Articles of interest to athletic trainers from faculty or staff members, or physicians in your area."

So, my fellow trainers, that is it for now. Good luck and may God bless and be good to you and yours.

Bill Linskey, Chairman-Publicity of N.A.T.A.
163 Magazine Street
Cambridge 39, Massachusetts

THE SECRETARY'S REPORT
Seventh Annual Meeting
National Athletic Trainers Association
June 17-19, 1956

The Seventh Annual Meeting of the National Athletic Trainers Association was held at the Hotel Kenmore in Boston, Massachusetts. The meeting was called to order by the Chairman of the Board, Eddie Wojecki.

The role call was dispensed with.

The minutes of the 1955 meeting at Bloomington, Indiana were read by the Secretary, Pinky Newell. It was moved and seconded to accept them as read; it carried unanimously.

The Treasurer's report was read along with a certified statement from the Purdue State Bank. It was moved and seconded that the report be accepted which was approved.

NATA Treasurer's Report
June, 1956

Balance on hand June, 1955 \$2,090.01

Deposits:

Dues	\$864.00	
Sale of Pins and Emblems	153.00	
Balance of '55 Picnic Fund	238.39	
Bank Error	1.00	1,256.39

Disbursements:

Lafayette Mailing Service (7 articles, 4 newsletters, secretary's report)	548.51	
Secretarial Work	626.00	
Gift (J Cramer & M Hodges)	61.16	
Post Office Permit	10.00	
Postage Stamps	50.00	
150 Certificates	20.30	
500 Membership Cards	8.00	
600 Gold Seals	7.54	
1,000 Yellow Slips	13.00	
1 Signature Stamp	4.50	
700 Headed Stationary		
850 Envelopes, 300 Notes	41.00	
100 Plain Envelopes,		
100 Large Envelopes	6.75	
Refunds (Membership Dues)	6.00	
Overcharge Return)	.50	1,403.26

Balance on Hand June, 1956 1,943.14

Membership June, 1956

- 279 Active
- 130 Associate
- 23 Allied
- 44 Advisory
- 3 Honorary
- 4 In Service

The minutes of the Directors' Meeting were read by the Secretary.

1. The following Committees were appointed or renewed:

HONORARY MEMBERSHIPS AND AWARDS:

Walter Bakke, Chairman, University of Wisconsin; E. W. Pennock, Springfield College; Julius Reichel, Syracuse University; A. C. "Whitey" Gwynne, W. Virginia University; Ollie DeVictor, University of Missouri; Wayne Rudy, So. Methodist University; Naseby Rhinehart, University of Montana; Bob Peterson, University of Calif.; Joe Worden, Vanderbilt University.

MEMBERSHIP COMMITTEE:

Elmer Brown, Chairman, Texas Christian University; Kenny Howard, Alabama Polytech. Inst.; Mel Moretti, College of Pacific; Dean Nesmith, University of Kansas; Joe Stanitus, Amherst College.

TWENTY-FIVE YEAR AWARD:

Porky Morgan, Chairman, Kansas State College; James Hunt, University of Michigan; Ernie Biggs, Ohio State University; Dave Wike, University of Miami.

CODE OF ETHICS COMMITTEE:

Howard Waite, Chairman, University of Pittsburgh; Stephen Witkowski, Wesleyan University; Marty Broussard, Louisiana State Univ.; Jack Williamson, University of Calif.; Robert G. Brashear, M.D., Advisory.

2. The following proposals were brought before the Board for their consideration. They were moved, seconded, and carried.

- a. Due to a change in the athletic training situation at the University of Wyoming, it was necessary to consider a new location for the next annual meeting. Lincoln, Nebraska will be the next site for the 1957 annual meeting. A tentative date was set for

Continued on next page

June 16-17-18. Paul Schneider will be the host trainer.

- b. Two sites were taken under consideration for 1958. New Orleans - presented by Dutch Luchsinger for Bubba Porche, Tulane University. Miami University - presented by Dave Wike, Miami University. New Orleans will be the site for the 1958 annual meeting with Bubba Porche as host trainer.
- c. "Pinky" Newell was re-elected as Executive Secretary.
- d. Publicity will be handled through the districts with Bill Linskey acting as Publicity Director.
- e. Twenty-five year award time should start only when a man accepts full time employment and no student training time be accepted.
- f. NATA will again follow the policy of giving Gold to the renewal members and certificates to the new members. New certificates will be issued every fourth year.
- g. The Association will retain the name to the National Athletic Trainers Association and its members known as Athletic Trainers.
- h. A permanent Committee will be appointed to be responsible for classification of legislation enacted by the association and incorporation of that legislation into the Constitution and By-Laws. Appointed to the committee were:
Chuck Medlar, Penn State University; Buck Andel, Georgia Tech; Ken Rawlinson, University of Oklahoma.
- i. The Program Chairman is to be given an open expense account, subject to the approval of the Board of Directors, to enable him to obtain qualified speakers outside the training profession for all future programs. The Board of Directors will approve all meeting programs in the future.
- j. A special committee was appointed to take under consideration the matter of a Benevolent Fund. Appointed to the committee were:
Chuck Medlar, Chairman, Penn State University; Julius Reichel, Syracuse University; Dick Cole, University of Rhode Island.
- k. A reservation fee will be assessed by mail for a dinner and cocktail party for the 1957 meeting. Acceptance no later than June 1, '57. The fee will be five dollars (\$5.00) for members, three dollars (\$3.00) for wives and free of charge for children.
- l. The added duties of all future awards were given to the Honorary Membership Committee, and the name was changed to the Honorary Awards Committee.
- m. The states of Arizona and New Mexico were placed in district No. 7 for the geographical convenience of that district. This was agreed upon by both district No 7 and No. 6.
- n. The Special Committee on gaining recognition was enlarged, and given the additional duties of investigating the possibility of affiliating with the NCAA. Appointed to the Committee were:
William Newell, Chairman, Purdue University; Millard Kelley, Detroit Lions; Steve Witkowski,

Wesleyan University; Howard Waite, University of Pittsburgh; Dave Wike, University of Miami; "Whitey" Gwynne, W. Virginia University; Eddie Wojecki, The Rice Institute; Ernie Biggs, Ohio State University; Art Dickinson, Jr., Arizona State College; Joe Doller, Chicago Cardinals; Linc Kimura, San Jose State College; Bobby Gunn, Brazosport High School, Texas; Ken Rawlinson, Oklahoma University; William D. Paul, M.D.; Robert G. Brashear, M.D.; O'Donaughue, M.D.; Ed T. Smith, M.D.; James Feurig, M.D.; Advisory.

- o. The Injuries Committee was reappointed:
Dick Wargo, Chairman, University of Conn.; Kenny Howard, Alabama Polytech Inst.; Jack Rockwell, University of Colorado; Jay Colville, Miami University, Ohio; Bobby Brown, Houston Public Schools, Texas; Kearney Reeb, University of Southern Calif.; Douglas Prince, McMasters University, Canada.
- p. It was decided to have a magazine, "Journal OF THE NATIONAL ATHLETIC TRAINERS ASSOCIATION". Art Dickinson, Jr., editor; Bill Linskey, Public Relations.
- q. Pete Collett of the "Mentor" appeared before the with some items to be considered by the Board.

The minutes of the Directors' Meeting were approved, Seconded, and carried.

Committee Reports

HONORARY AWARDS COMMITTEE:

Walter Bakke, Chairman presented to the three Honorary Members, Robert G. Brashear, M.D.; Chuck Cramer; Frank Cramer; an Honorary Award. No other action was taken by the committee.

MEMBERSHIP COMMITTEE:

Eddie Wojecki read a letter from Elmer Brown, Chairman, in his absence.

TWENTY-FIVE YEAR AWARD COMMITTEE:

Porky Morgan, Chairman, announced that the following men were eligible for the twenty five year award:

Carl "Bud" Jorgenson, Green Bay Packers; Charles "Win" Green, Boston Red Sox; and A. J. Duke Wyre, University of Maryland.

CODE OF ETHICS COMMITTEE:

Howard White, Chairman, read the Code of Ethics to the floor and received a standing ovation.

INJURIES COMMITTEE:

A report was given by Chairman, Dick Wargo during the day's program.

SPECIAL COMMITTEE ON GAINING RECOGNITION:

Pinky Newell, Chairman, read a report of the committee's work and a letter written from the Chairman to Dr. Brashear, Advisory member. The committee was given a standing ovation.

Eddie Wojecki announced that NATA now has a representative on the National Football Coaches Association's Rules and Equipment Committee. The first representative will be Eddie Wojecki, The Rice Institute.

E. Wojecki read a report from Floyd Eastwood, Phd., concerning new football head gear research. Frank Kavaragh, a member of the Committee, was asked to say a few words about the research.

It was moved that the report of the Committees be accepted. This was seconded and carried.

Continued on next page

SECRETARY'S REPORT (continued)

Jack Heppinstall, Michigan State University proposed two amendments to the Constitution and By-Laws.

Amendment No. 1 --- No member should be elected or appointed to any national committee unless he is at the national meeting.

This was discussed on the floor. The amendment was withdrawn.

Amendment No. 2 --- At least one third of the members on national committees shall be from the smaller colleges.

This was discussed on the floor. The amendment was withdrawn.

Ed Zanfrini was introduced to the floor as President of the Eastern Athletic Trainers Association by E. Wojecki.

The Olympic Trainers to Australia were introduced:

Steve Witkowski, Head Trainer, Wesleyan University; Elmer Brown, Texas Christian University; Wally Bach, Cleveland Indians; Jay Colville, Miami University, Ohio; Duckey Drake, U C L A; Al Sawdy, Bowling Green; George Cointe, Cornell University; and Jim Emmerich, So. Dakota.

E. Wojecki presented the new Board of Directors:

District 1, Dick Cole, University of Rhode Island; District 2, Chuck Medlar, Penn State University; District 3, Duke Syre, University of Maryland; District 4, Walter Bakke, University of Wisconsin; District 5, Paul Schneider, University of Nebraska; District 6, Bill Ferrell, University of Arkansas; District 7, Ed Pillings, University of New Mexico; District 8, Bob Officer, University of Oregon; and District 9, Sam Lankford, University of Florida.

Duke Wyre, University of Maryland was presented as new chairman of the Board of Directors.

Paul Schneider was asked to say a few words concerning Lincoln, Nebraska, the site of the next annual meeting.

The following men were elected to serve on the Program Committee for the 1957 meeting in Lincoln, Nebraska:

Paul Schneider, Chairman, University of Nebraska; Dean Nesmith, University of Kansas; Porky Morgan, Kansas State College; and George F. Sullivan, University of Nebraska.

N. A. T. A. CLINIC REGISTRATIONS 18-19 June 1956

ABRAHAM, Joseph N.
Hobart College, Geneva, N.Y.
ALTOTT, Joseph
Williams College, Williamstown, Mass.
ANDEL, Buck
Georgia Tech, Atlanta, Ga.
ARIAL, Warren
Wake Forest College, Wake Forest, N.C.
BAGGS, George
Athletic Products Co.
BALL, Frank
Brookline High School, Brookline, Mass.
BAKKE, Walter
University of Wisconsin, Madison, Wisc.
BENSON, James
Johns Hopkins University, Baltimore, Md.
BIGGS, Ernie
Ohio State University, Columbus, Ohio

BLANKOWITSCH, Joe
Allentown High School, Allentown, Pa.
BLEAM, Don
Adrian College, Adrian, Mich.
BOW, David
Hofstra College, Hempstead, N.Y.
BRASHEAR, Robert, M.D.
University of Tennessee, Knoxville, Tenn.
BRISNAHAN, Jim
Indiana University, Bloomington, Ind.
BRONK, John
Phillips Academy, Andover Mass.
BROOKS, Robert C.
Horace Partridge Sales, Brainton, Mass
BROWN, Bobby
Houston School SYS, Houston, Texas
BURHARD, C.F.
Johnson & Johnson, New Brunswick, N.J.
CAPOZZI, Rome M.
Gettysburg College, Gettysburg, Pa.
CASEY, Ed
Seamless Rubber, New Haven, Conn.
CLOSE, Mike
MacGregor, Cincinnati, Ohio
COLE, Richard K.
University of Rhode Is., Wickford, R.I.
COLLETT, Pete
"The Mentor", Arlington, Texas
COLVILLE, Jay
Miami University, Miami, Ohio
CONBOY, Jim
US Air Academy, Denver, Colo.
CONRAY, Donald M.
US Rubber Athletic Div., Mishawaka, Ind.
COPELAND, Jackie
Hardin Simmons University, Abilene, Texas
COSBY, John F.
Gerry Cosby & Co., New York City
COSBY, Gerry
Gerry Cosby & Co., New York City
CRAMER, Bill
The Cramer Chemical Co., Gardner, Kansas
CRAMER, Chuck
The Cramer Chemical Co., Gardner, Kansas
CRAMER, Johnny
The Cramer Chemical Co., Gardner, Kansas
DETTY, "Moose" G.E.
Bike Webb Co., Brookfield, Ill.
DICKINSON, Art
Arizona State University, Tempe, Arizona
DIEHM, "Tow" L.E.
Michigan State, East Lansing, Mich.
DIXON, Spike
Indiana University, Bloomington, Ind.
DOUGAL, Tony
Dartmouth College, Hanover, N.H.
EASTMAN, Paul
Springfield College, Concord, N.H.
FAULS, Don
Florida State University, Tallahassee, Fla.
FERRELL, William R.
University of Arkansas, Fayetteville, Ark.
FALVEY, Jack
Wilson Sports Gds., Boston, Mass.
FLEMING, Paul J.
Graham High School, Bluefield, Va.
FRANCIS, Paul W.
Kingswood School, Wst Hartford, Conn.
FRY, Bill
University of Maryland, College Park, Md.

Continued on next page

REGISTRATIONS (continued)

- GABEL, Ed
Western Michigan, Kalamazoo, Mich.
- GEARHART, Kenneth
Poughkeepsie High School, Poughkeepsie, N.Y.
- GERACIOTI, Lawrence J.
Boston University, Boston, Mass.
- GERMAN, Paul
Bike Webb Co., Chicago, Ill.
- GOSTICK, Glenn
Case Institute of Tech, Cleveland, Ohio
- GRANT, Bob
Purdue University, Wst. Lafayette, Ind.
- GREEN, Charles "Win"
Boston Red Sox & Bruins, Wst. Loxbury, Mass.
- GROCKOWSKI, Walter
Wesleyan University, Middletown, Conn.
- GRUBISS, Hugh
The Cramer Chemical Co., Gardner, Kansas
- GUNN, Bobby
Brazosport High School, Freeport, Texas
- GWYNNE, Whitey A.C.
West Virginia University, Morgantown, W. Va.
- HAMEL, Leo J.
University of Connecticut, Storrs, Conn.
- HEALION, Tom
Northwestern University, Evanston, Ill.
- HESSEL, Aaron
Featherlax Corp., Houston, Texas
- HEPPINSTALL, Jack
Michigan State University, East Lansing Mich.
- HOLLIHAN, Harry W.
Shaler High School, Glenshaw, Pa.
- HOLTBERG, Robert A.
MacGregor Co., Boston, Mass.
- HOUY, Clinton L.
US Air Force Academy, Denver, Colo.
- HUNSICKER, H.M., M.D.
Pennridge High School, Perkasie, Pa.
- HUNT, Jim
University of Michigan, Ann Arbor, Mich.
- HOWELL, Hornsby,
North Carolina A & T, Greensboro, N.C.
- JOHNSON, John N.
Manhattan College, Riverdale, N.Y.
- JONES, Blandford
Sweedish Massage Center, Pottsville, Pa.
- JONES, Earl R.
A.G. Spalding & Bros., New York City
- JOSEPH, Allan
Featherlax Corp., Scituate, Mass.
- KAMMER, John
Loras College, Dubuque, Iowa
- KASSABIAN, Kerkor
Northwestern University, Boston, Mass.
- KAVANAGH, Frank J.
Cornell University, Ithica, N.Y.
- LELLEY, Millard S.
Detroit Lions, Detroit, Mich.
- KEVATOS, Christopher
C. W. Post, Wst Ocean Side, L.I.
- KING, George
University of Buffalo, Buffalo, N.Y.
- KNIGHT, Wesley
University of Mississippi, Oxford, Miss.
- KNOWLTON, Hal F.
Tufts College, Medford, Mass.
- KEEFE, John
Boston, Mass.
- KUCZO, Joe
Georgetown University, Washington, D.C.
- LANE, William J.
St. Joseph's College, Philadelphia, Pa.
- LANIGAN, Charles A.
Brown University, Providence, R.I.
- LANKFORD, Sam R.
University of Florida, Gainesville, Fla.
- LANZI, Joseph R.
Trenton High School, Trenton, N.J.
- LeROUX, Edward
Boston Bruins, Boston, Mass.
- LESTER, James E.
M. I. T., Cambridge, Mass.
- LACEY, John E.
North Carolina University, Chapel Hill, N.C.
- LINSKEY, William F.X.
Cambridge School Dept., Cambridge, Mass.
- LITTLEJOHN, James W.
St. Lawrence University, Canton, N.Y.
- LOCHNER, Robert J.
Rawlings Sporting Gds, Worchester, Mass.
- LUCHSINGER, Dutch W.J.
Mississippi State College, State College, Miss.
- LYDON, Joseph D.
E. F. Mahady Co., Waltham, Mass.
- McAULIFFE, Tim
Tim McAuliffe Inc., Boston, Mass.
- McCAULEY, Fredrich J.
Medford High School, Medford, Mass.
- McCHEONEY, W. W., M.D.
University of Florida, Gainesville, Fla.
- McCONOLOGUE, J.P.
Duke Laboratories, Inc., Staruford, Conn.
- McGILL, Roger
University of Pittsburgh, Pittsburgh, Pa.
- McKENNEY, M.A.
61 Beale Street, Wollaston, Mass.
- McQUAID, Walter O.
Duke Laboratories, Belmont, Mass.
- MACKIE, Gordon
Winnipeg Pro Hockey & Baseball, Canada
- MARTIN, Lewis
Furman University, Furman, N.C.
- MANABLE, Hoy, M.D.
124 3rd Street, Henderson, Ky.
- MEDLAR, Chuck E.
Pennsylvania State College, State College, Pa.
- MOORE, Hamilton A.
Boston Bruins, Boston, Mass.
- MORGAN, Laurence, Kansas State Co
Kansas State College, Manhattan, Kansas
- MORROW, William
Wilson High School, Boston, Mass.
- MORSCH, Richard O.
Haverford College, Haverford, Pa.
- MOSS, James G., Dr.
Cambridge Senior High, Cambridge, Mass.
- MOUTIS, Nick
Phillips Exter Academy, Exter, N.H.
- MOYNIHAN, Paul
MacGregor, Boston, Mass.
- MUNDY, Harold
Athletic Training Rm Supplys, Detroit, Mich.
- MUSHLRIS, S.
135 Freeman Street, Brooklyne, Mass.
- NEWELL, William "Pinky"
Purdue University, Wst Lafayette, Ind.
- NOONAN, John E.
Harvard University, Cambridge, Mass.

REGISTRATIONS (continued)

NYE, Dick
Bike Webb Co., Chicago, Ill.

O'DONNELL, Edward
Yale University, New Haven, Conn.

O'SHEA, Francis J.
Gerry Crosby Co., New York City

PASKIET, Gene
Notre Dame University, South Bend, Ind.

PENNOCK, Erastus W.
Springfield College, Springfield, Mass.

PERKINS, Charles T.
E. F. Mahady, Boston, Mass.

PILLINGS, Edward J.
University of New Mexico, Albuquerque, N.M.

POISSON, Francis
University of Bridgeport, Bridgeport, Conn.

POUD, "Ducky" R.W.
Seamless Rubber Co., New Haven, Conn.

PRELAZ, Ed
Marshall College, Huntington, W. Va.

PRITTS, Ralph
Whitmer High School, Toledo, Ohio

QUIGLEY, Joseph P.
Ft. Monmouth, Eatontown, W. Va.

RAWLINSON, Kenneth
University of Oklahoma, Norman, Oklahoma

REDD, Frank A.
153 Remsen Ave., Boston, Mass

RECINE, Victor D.
New Brunswick High School, New Brunswick, N.J.

REICHEL, Jules
Syracuse University, Syracuse, N.Y.

REUTINGER, Ed
Wilson Sporting Gds., Chicago, Ill.

ROMO, Joe
Lafayette College, Easton, Pa.

ROWAN, Paul
Exhibitor, Lakeforest, Ill.

SCHNEIDER, Paul J.
University of Nebraska, Lincoln, Neb.

SEABURG, Gus
University Garden Apts., Newark, Delaware

SEMPLE, John D.
Boston Garden, Boston, Mass.

SHEEHAN, Thomas J.
Renselaer Polytech, Troy, N.Y.

SHERIDAN, Frank
Phillipsburg High School, Phillipsburg, N.J.

SLAUGHTER, Robert D.
Trinity College, Hartford Conn.

SMITH, Reginald E.
Newton High School, Newton, Mass.

SPERBER, Roy L.
Pluogh, Inc., Memphis, Tenn.

STEBBINS, Carly
Johnson & Johnson, New Brunswick, N.J.

ST. GERMAIN, Jack
Johnson & Johnson, Chicago, Ill.

STULTS, Jim
Colorado A & M, Ft. Collins, Colo.

TAYLOR, Charles
Franklin & Marshall, Lancaster, Pa.

TIMM, Warren
Memphis Naval Air Sta., Special Serv. NAS Memphis

ULINSKI, Ray
Penn State University, State College, Pa.

WAITE, Howard
University of Pittsburgh, Pittsburgh, Pa.

WAPPELL, Fred
Missouri University, Columbia, Mo.

WARGO, Richard A.
University of Connecticut, Storrs, Conn.

WHITE, Bob
Wayne State University, Detroit, Mich.

WIKE, Dave

WILLIAMS, Lewis
Colgate University, Hamilton, N.Y.

WILLOUGHBY, William
Carnegie Tech., Pittsburgh, Pa.

WITKOWSKI, Steve
Wesleyan University, Middletown, Conn.

WOJECKI, Eddie
The Rice Institute, Houston, Texas

WYRE, Duke
University of Maryland, College Park, Md.

YOCUM, Charles
Becton Dickinson & Co., Rutherford, N.J.

ZAITA, Sal
Whitehall Electro Medicor, Paramus, N.J.

ZANFRINI, Edward
Princeton, University, Princeton, N.J.

SUGGESTIONS FOR SUBJECT MATTER BY MEMBERS FOR THE JOURNAL

1. New or variations of techniques used in training, therapy, conditioning, or rehabilitation.
2. Research by members done in any phase of training or of interest to the training profession.
3. Opinions or research on various modalities of physical therapy—either new or established devices. The Council on Physical Medicine and Rehabilitation of the American Medical Association does no more evaluation of new equipment, and our members' opinion will be of value.
4. Articles of interest to athletic trainers from your faculty or staff members, or physicians in your area.
5. Research in Health, Physical Education, or Physical Medicine done in graduate colleges in your area that would be of value in athletic training.

No article can be too big or too small to submit. Someone will certainly benefit by it.

SEE COMING FEATURES
ON NEXT PAGE

IN THE NEXT ISSUE

DONALD ROGERS

A Study of Strength Increases by the De Lorme and Hoettinger-Muller Techniques of Heavy Resistance Exercise.

KARL KLEIN

Progressive Resistive Exercise and Its Utilization in the Recovery Period Following Knee Injury.

EDWARD O'DONNELL
Neck Injuries in Sports

and

OTHER ARTICLES AND FEATURES



