



# ATHLETIC TRAINING

THE JOURNAL OF THE NATIONAL ATHLETIC TRAINERS ASSOCIATION



**IN THIS ISSUE:**

COSTS OF ATHLETIC INSURANCE  
N. A. T. A. CURRICULUM EVALUATION  
LOW BACK PROBLEMS IN ATHLETICS  
MAKING A FIBERGLASS HOCKEY MASK  
MINUTES OF MID-YEAR BOARD MEETING

VOLUME 8  
NUMBER 1  
MARCH 1973





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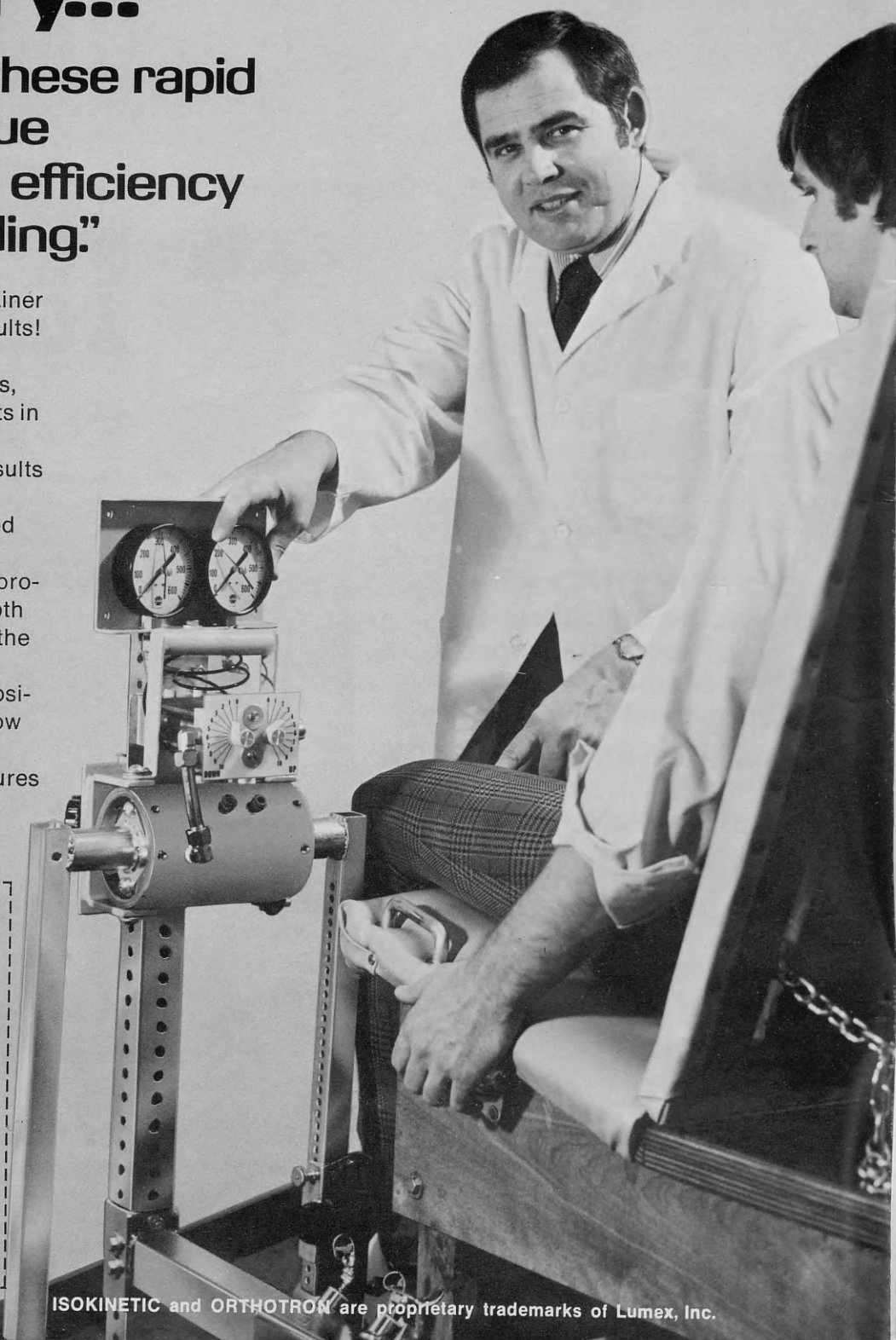
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# ATHLETIC TRAINING

THE JOURNAL OF THE NATIONAL ATHLETIC TRAINERS ASSOCIATION

VOLUME 8

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**Editor-in-Chief  
and Journal Committee Chairman**

Rod Compton  
Sports Medicine Division  
East Carolina University  
Greenville, North Carolina  
Telephone (919) 758-6426

**Editor**

Clinton Thompson  
Department of Athletics  
Colorado State University  
Fort Collins, Colorado 80521  
Telephone (303) 491-6756

**Journal Committee:**

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**Advertising Manager:**

Mrs. Harriett Franklin  
3315 South Street  
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Telephone: 317/447-6025

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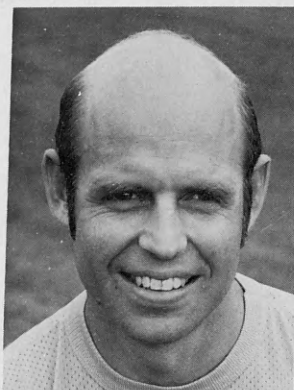
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# The Costs of



# Athletic Insurance



*by Clint Thompson  
Head Athletic Trainer  
Colorado State University*

*Clint Thompson received his B.S. in Physical Education from The University of Texas in 1963 and M.A. in Physical Education from Michigan State University in 1969. Clint served as Assistant Trainer at Michigan State University from 1964 - 1970. Presently he is the Head Athletic Trainer at Colorado State University.*

Due to a recent astounding proposed (300%) increase in the premium charged for athlete insurance coverage to the Athletic Department at Colorado State University, an attempt was made to sample universities and colleges across the country as to their mode of insuring their program. It was hoped that some insight could be gained into a way to receive adequate coverage for the athlete and yet not expend the large amount of money that was being demanded, as an increase in premium rate, just to keep the same coverage as in recent years.

A cooperative return of questionnaires was experienced, 75% of 145 sent. The myriad of ways that schools insured their athletes was somewhat surprising, but at the same time very enlightening. Eighteen different ways of insuring an athlete came to light (Table 1). Twenty-two percent of the answering schools carried their insurance with independent carriers only. The two most widely used policies were those policies available through the National Collegiate Athletic Association (N.C.A.A.) and the National Association of Collegiate Directors of Athletics (N.A.C.D.A.). Fifty-one percent of the answering schools had an affiliation with either the N.C.A.A. or N.A.C.D.A. policy. The diversity of methods with which the schools insure their athletic programs indicates to this author that there could be an attempt to perhaps alleviate the increasing costs of athletic insurance by at least informing those involved of the options selected by other schools. Perhaps there is a better way to cut costs. The N.C.A.A. and N.A.C.D.A. do attempt to give a central source by which schools can take advantage of a package program.

As can be seen in Table 1, twenty-four schools rely upon independent carriers who turn to some twenty-two underwriters for their coverage. Thirty-five schools utilize either the N.C.A.A. or N.A.C.D.A. underwriters. One figure that is surprising to this author is the nine schools that have no insurance coverage but pay for medical costs entirely out of the athletic budget. The Student Health Center or Infirmary is the sole source of coverage for eight schools. This approach may certainly prove fairly inexpensive due to the large group rate available when putting the student population in the package. One school utilized the student athlete's (or his family's) personal insurance in covering athletic injuries. This approach may be an untapped source of coverage but already slow paperwork may be even slower with that type of approach.

Sixty-nine schools (63%) answering the questionnaire use more than one source of insurance coverage. As was mentioned above, thirty-five schools (32%) use either the N.C.A.A. or N.A.C.D.A. policy in the coverage plan.

Since the cost of insurance programs is the stimulation for this compilation of information, it is somewhat informative to compare the deductibles, annual premiums, and maximum coverages associated with some of the policies (Table 2). Costwise, the lowest deductible coupled with an annual premium and high maximum coverage is most desirable. Six schools are associated with such a desirable situation, while the majority of the schools reporting (57) had between \$250 and \$1000 deductibles and \$10,000 to \$15,000 maximum coverages.

(con't. on page 8)

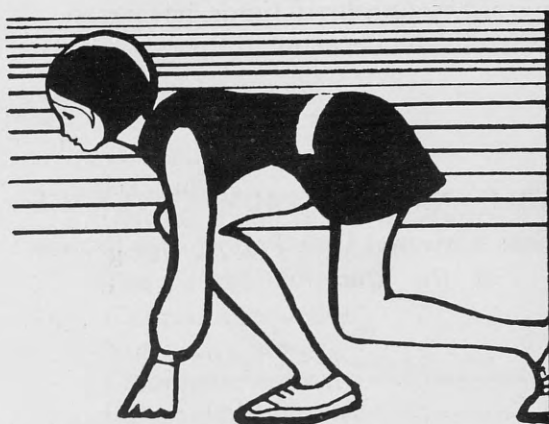


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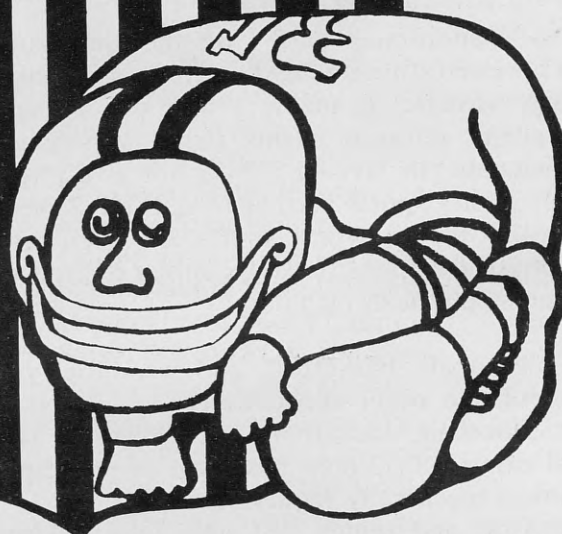
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## COSTS OF ATHLETIC INSURANCE

(continued from page 6)

Colorado State University chose a dual deductible from two different companies, a \$25 deductible with a \$1000 maximum coverage plus a \$1000 deductible with a \$15,000 maximum. This choice cut the anticipated premium in half as compared to a \$25 deductible with a \$15,000 maximum. As can be seen in Table 2 some schools have separate deductibles for football and all other sports since football is the high risk sport. This is assumed to save money on the premium rate.

A noteworthy figure is that seventy-two schools paid less than \$10,000 annual premium. A general cost increase by the insurance companies for the 1972-73 school year may alter this figure.

It is felt by this author that athletic insurance costs can be lessened among other ways, by taking multiple deductions according to sport risk rates or by coupling low maximum coverages with low deductibles, with the disaster-type coverage starting with a high deductible. These figures do not include team travel insurance, only accident policies for participating athletes.

An additional part of the questionnaire and an interesting sidelight to the medical costs of college athletics is the fact that not all schools are giving physical exams to all varsity sports participants. In fact 41.5% do not give physicals to all varsity sports participants. Table 3 provides a breakdown on which sports are given priority for physical examinations. Examples of procedures for giving physicals include:

1. Football, basketball, and wrestling, yearly; all of the other sports every other year.
2. Football, basketball and wrestling, yearly; all other sports only first year of participation unless specifically requested.
3. Golf and tennis first year only; all others yearly.

TABLE 1

- 24 schools insured by independent carrier only
- 22 schools insured by N.C.A.A. policy only
- 13 schools insured by N.A.C.D.A. policy only
- 9 schools covered by athletic department funds only
- 8 schools covered by Student Health Center only
- 6 schools covered by N.C.A.A. policy and Student Health
- 4 schools covered by N.C.A.A. policy and independent carrier
- 4 schools covered by N.C.A.A. policy and athletic department funds
- 3 schools covered by N.A.C.D.A. policy and independent carrier

- 2 schools covered by Student Health Center and independent carrier
- 2 schools covered by athletic department funds and Student Health Center
- 2 schools covered by athletic department funds, Student Health Center and independent carrier
- 1 school covered by university funds (not necessarily athletic department)
- 1 school covered by N.C.A.A. and N.A.C.D.A. policies
- 1 school covered by N.C.A.A. and student athlete's personal insurance
- 1 school covered by N.A.C.D.A. and Student Health Center
- 1 school covered by N.A.C.D.A. and athletic department funds
- 11 school covered by university funds, not necessarily athletic department funds

TABLE 2

## DEDUCTABLE AND MAXIMUM COVERAGE

Some Schools Answered Only Part of This Section of the Questionnaire

Table 2  
DEDUCTABLE AND MAXIMUM COVERAGE  
Some Schools Answered Only Part of This Section of the Questionnaire

Yearly Premiums	Amount of Deductible															Total
	\$0	10	25	50	100	200	250	500	1000	500/250*	100/250*	250/500*	25/100*	100/25*		
Less than \$10,000	4	1	2	1	4	1	16	22	12	5	2		1	1	72	
\$10,000 to \$15,000	2		1	1			4					1			9	
\$15,000 to \$20,000			1					1	1						3	
More than \$20,000					1		1								2	
Totals	6	1	4	2	5	1	21	23	13	5	2	1	1	1	86	
Maximum Coverage																
\$800	1														1	
\$1000			1												1	
\$2500	1		1					1							3	
\$5000				1	3		1								5	
\$10,000	3	1	2				4	7	2	1			1		21	
\$15,000	2				1	2	10	10	4	1					30	
\$20,000					1										1	
\$25,000								1							1	
Unlimited							1								1	
Totals	7	1	4	1	5	2	16	19	6	2			1		64	

\*First figure is the deductible amount for football and the second figure is for all other sports.

TABLE 3

## PHYSICAL EXAMS

Football	100%	give	preseason	physicals
Basketball	98.1%	give	preseason	physicals
Wrestling	80.2%	give	preseason	physicals
Track & Baseball	78.3%	give	preseason	physicals



Swimming 69.8% give preseason physicals  
 Golf 65.1% give preseason physicals  
 Tennis 65.1% give preseason physicals

TABLE 4

PARTICIPATING SCHOOLS

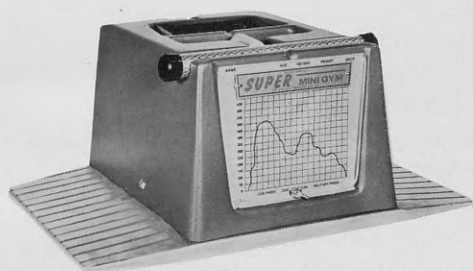
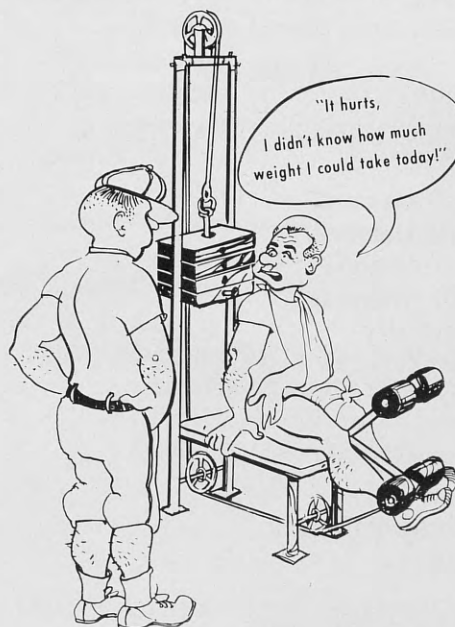
University of Alabama  
 Arizona State University  
 University of Arizona  
 University of Arkansas  
 Auburn University  
 Ball State University  
 Bowdoin College  
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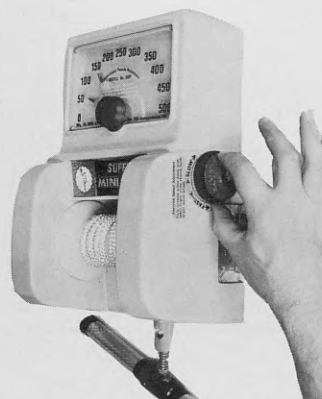
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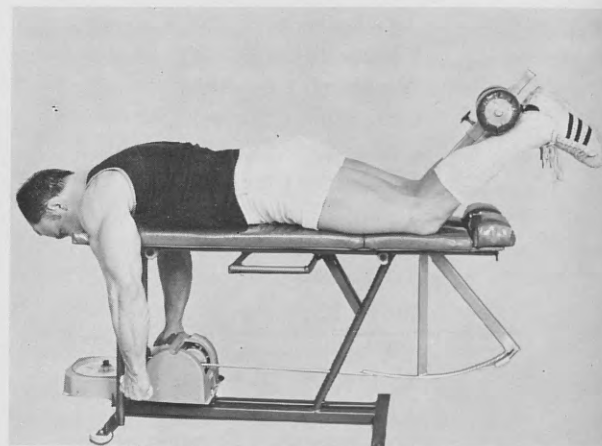
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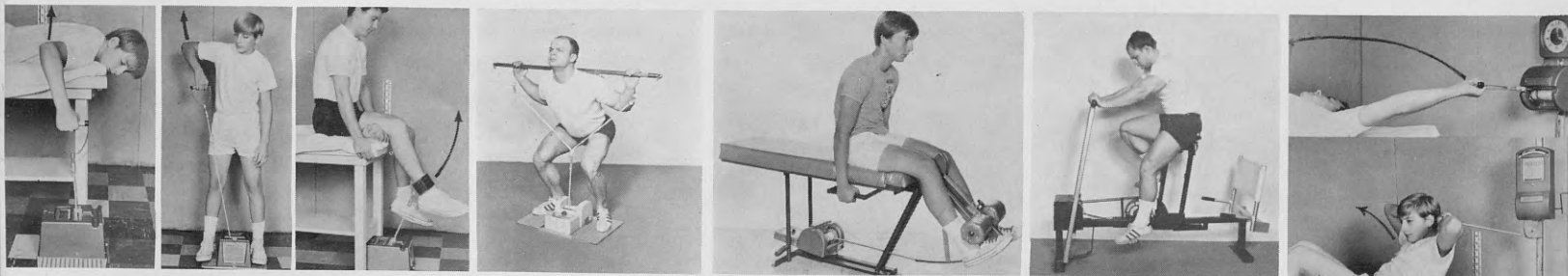
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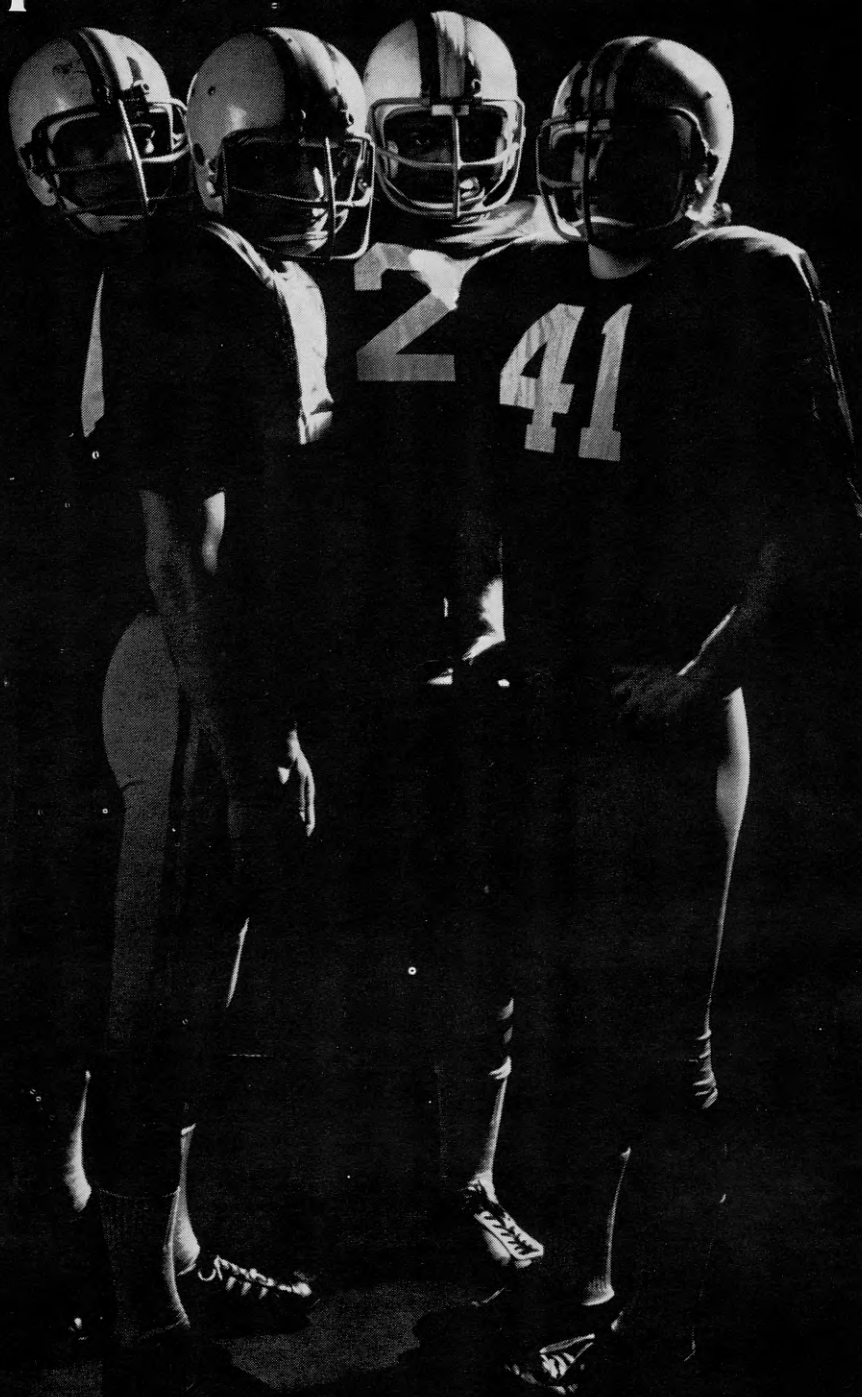




In the time it used to take you to tape the fullback,  
you can tape the full backfield.



**Conventional  
white tapes**



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The Kendall Company, Sports Division,  
Wellesley Hills, Mass.



by John C. Spiker  
Asst. Athletic Trainer  
University of Pennsylvania

*John Spiker received his B.S. in Physical Education from West Virginia University in 1969, and his MEd in Physical Education from the University of Pittsburg, while serving as Assistant Athletic Trainer. He is now enrolled in a certificate physical therapy program at The University of Pennsylvania.*

Athletic participation invites the possibility of injury to the participant. Because of the hazards inherent in sports and the ever-increasing number of athletes, the greatest possible care must be taken to "prevent injury whenever possible and minimize the severity of the injury. To do this, each injury must be treated promptly, and properly with total rehabilitation as the goal."<sup>1</sup> This responsibility falls within the duties of today's athletic trainer. The importance of trainers being properly educated and trained is quite obvious.

The early days of collegiate athletics had very few people who knew a great deal about athletic training. According to Thorndike, Raycroft gives Harvard credit for the earliest scientific report concerned with college athletic training. He refers to the paper written by Dr. Darling in the late 1890's reporting his findings after studying the candidate for various rowing races.<sup>2</sup>

Dolan uses 1924 as the "beginning of a national academic interest in coaching techniques for athletics." He indicates that, because of this new-found academic zest for sports, coaches were expected to "possess a knowledge of and develop a program for prevention of injury from athletics." There was then "thrust upon the athletic competitive scene the athletic team trainer, a 'specialist' in prevention."<sup>3</sup>

# An Evaluation of the NATA's Approved Curriculum

Colleges of that time did not offer a curriculum preparing individuals for an athletic training career. Those young people aspiring to learn about the field could do so only by working with older, more experienced trainers. Those trainers assuming the role of teacher had acquired their knowledge through personal experiences. Thus there was a student-teacher ratio of one-to-one. The result was that a few young people became prepared to work professionally as qualified athletic trainers. These few, however, did not nearly meet the need at that time, let alone the momentous future demand.

The greatest step up the professional ladder for the athletic trainer was the developing and organizing of the National Athletic Trainers Association in June, 1950, at Kansas City, Missouri. "Since that memorable event, the athletic training profession has advanced from its primitive infancy to a mature science that requires specialized technical knowledge."<sup>4</sup>

The National Athletic Trainers Association has recognized the need for trainers at the secondary school level. Dr. Marvin A. Stevens emphasized the need for proper care of secondary school athletes when he stated, "There is no question that most high schools are disgracefully lax in preventing and treating sports injuries. Preventive measures cost money, but if a school can't afford them it has no business sponsoring teams."<sup>5</sup>

The state of Texas has been the most progressive in attempting to provide protection for its secondary school athletes. It became the first state to license athletic trainers. This act became effective on January 1, 1972.<sup>6</sup> Other states will inevitably follow suit, thus, creating a much greater demand for the properly prepared athletic trainer.

It is the responsibility of our educational institutions to provide the larger number of athletic



trainers needed in secondary schools. Those trainers who came from the one-to-one student-teacher era cannot possibly satisfy the ever-increasing demand. Because of this shortage of qualified personnel, various colleges and universities throughout the country have developed programs preparing individuals for careers as athletic trainers. There are currently 16 National Athletic Trainers Association approved schools in the United States. These schools include the following:

University of Arizona  
University of Montana  
Long Beach State College  
University of New Mexico  
Western Illinois University  
Oregon State University  
Ball State University  
West Chester State College  
Indiana State University  
Lamar University  
Purdue University  
Southwest Texas State University  
Northwestern University  
Texas Christian University  
Mankato State College  
Washington State University

To become a competent athletic trainer at any level of competition, from grammar school through professional sports, requires a special type of educational preparation. It was the goal of the author to evaluate the National Athletic Trainers Association's approved program of education designed for those people aspiring to be athletic trainers. The program was approved by the National Athletic Trainers Association in June, 1970. The author was deeply concerned as to the validity of this approved program and has conducted this investigation in an effort to support the program or provide data which would support recommendations for changes in the program.

## PROCEDURE

The study was begun by constructing two questionnaires pertaining to the National Athletic Trainers Association program. The first questionnaire was an exact duplication of the approved curriculum with spaces inserted after each course to agree or disagree and an added area for recommendations. The second questionnaire differed from the first in that an area that appeared redundant was omitted and arrangement of the courses was slightly changed.

Both questionnaires were sent to a jury of four people. The members of the jury included: Mr. A. C. "Whitley" Gwynne, athletic trainer,

West Virginia University; Mr. Roger McGill, athletic trainer, University of Pittsburgh; Mr. G. Wilson Myers, athletic trainer, University of Pittsburgh; and Mr. Walter O. Willoughby, former athletic trainer, Carnegie Mellon University and University of Pittsburgh. The jury was asked to select the questionnaire that they thought would be the most appropriate and return it filled out. Recommendations concerning the construction of the questionnaire and the accompanying letter were also requested. All four members selected questionnaire number two as the most suitable. No other recommendations were made in regard to changes in the questionnaire or the accompanying introductory letter.

Active persons with experience in the field of athletic training were selected to participate in this study. A list of active athletic trainers who had a minimum of twenty-five years service were sent questionnaires. This list was acquired from Lawrence "Porky" Morgan, athletic trainer at Kansas State University. Mr. Morgan had this list because he is in charge of the twenty-five year service awards given annually by the National Athletic Trainers Association. The questionnaire and accompanying letter approved by the jury were sent to forty-four (44) available trainers.

The author received thirty (30) replies. Three of those sent questionnaires had died during the latter part of 1971. One person was in the hospital and unable to answer. One envelope was marked "return to sender," so that person was considered unavailable. One other active trainer had been on the original committee that formulated the curriculum and did not wish to express his personal feelings concerning the curriculum. With these six persons not counted, there were thirty-eight (38) potential replies. This resulted in a return of 79 per cent.

After receipt of the completed questionnaires, the author computed the number of people who agreed or disagreed with each course. Percentages of agreement were then calculated for each of the three parts of the questionnaire and for each specific course.

## RESULTS

The part of the questionnaire that dealt with specifically required courses received an overall agreement of 91 per cent. Seventy per cent of those polled agreed with the selections in the area entitled Recommended Courses. The third part, which considered Strongly Advised Electives, produced an overall agreement of 66 per cent.

The first part of the questionnaire was concerned

(con't. on page 14)

with Specifically Required Courses. Of these fourteen required courses, only two had more than two votes disagreeing that the course should be required. Of the other twelve required courses, the lowest percentage of agreement was 93 per cent. The two courses in the area of Specifically Required Courses that received some noticeable disagreement as to whether they should be required were "coaching techniques, and organization and administration of health and physical education programs." Each of these courses had 17 votes for requirement and 10 votes against requirement. (Editors Note: It should be noted that these two requirements have been changed in status from required to recommended).

The second part of the questionnaire dealt with Recommended Courses. There seemed to be no general trend in this area, so each course is described separately.

The first course listed in this area was "general physics". Agreement for inclusion was indicated by 88 percent of the respondents. "Pharmacology", the second course listed in this area, had an agreement of 71 per cent. The third course, "histology," had an agreement of 60 per cent. The last course in this area was "pathology" which received an agreement percentage of 67.

The third and final area of the questionnaire was entitled Electives Strongly Advised. "Additional biological and social sciences" received an agreement of only 52 per cent. "Physical education such as group activities, dancing, etc.," was the only course on the entire questionnaire that had fewer people agree than disagree with it appearing on the recommended curriculum. Only 38 per cent agreed that it should be a Strongly Advised Elective. Ninety-two per cent agreed that "hygiene" should be a Strongly Advised Elective. "Speech" was agreed upon by 82 per cent of the respondents.

Additional recommendations made by the individuals who were polled were also recorded. Three people suggested a course dealing with massage. Two other trainers recommended that preparation for an athletic training career include physical therapy school. Two more individuals suggested a greater concentration in the area of therapeutic techniques. Each of the following areas was mentioned once as being in need of greater course work concentration: muscle testing, health, psychology in athletics, prescription of exercise, budget making, supplies, equipment and facilities, record keeping, public relations, training of women athletes, stretching, legal aspects of training, adhesive taping, medications, officiating, rules of sports, black studies, ambulatory techniques, sports medicine (taught by team physician) and observing in medical school.

## SUMMARY AND CONCLUSIONS

The purpose of this investigation was to determine the validity of the National Athletic Trainers Association's recommended curriculum for athletic trainers. Forty-four active athletic trainers, with a minimum of twenty-five years experience, were sent questionnaires. The replies indicated that those people polled were in agreement with every course listed on the approved National Athletic Trainers Association's curriculum except one. As a result, this study has basically served as an endorsement of the National Athletic Trainers Association's approved curriculum.

The conclusions reached as a result of this investigation were:

1. Athletic trainers were in much greater agreement when considering Specifically Required Courses than when considering the other areas designated Recommended Courses or Strongly Advised Electives.
2. The National Athletic Trainers Association's approved curriculum should remain as originally constructed with one exception: "Physical education such as group activities, dancing, etc." should be deleted from the curriculum. ■

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<sup>7</sup>National Athletic Trainers Association, *loc. cit.*



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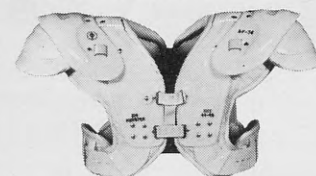
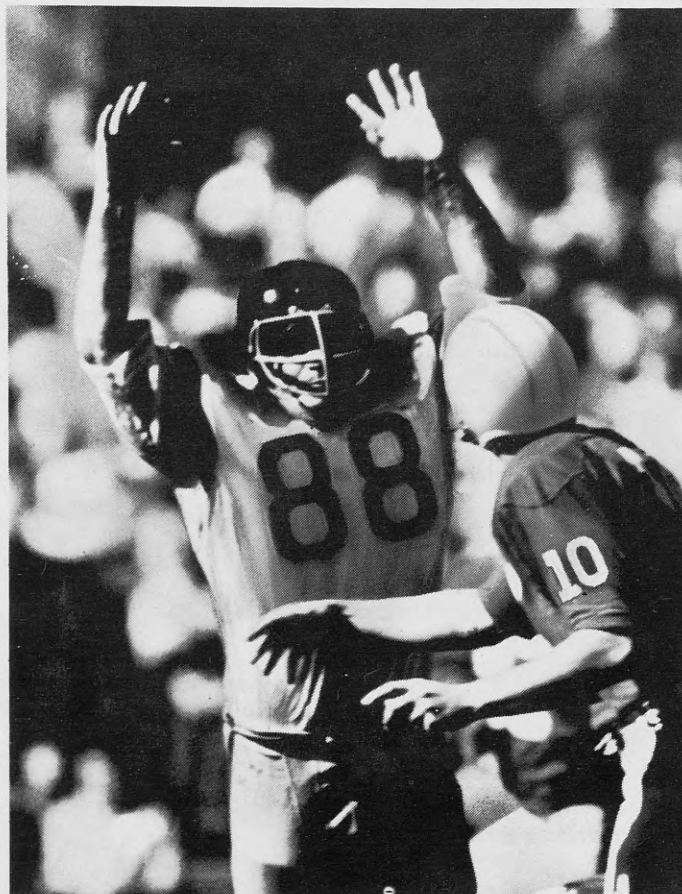
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# Low Back Problems In Athletics



by Francis J. Welk  
Assistant Trainer  
University of Pennsylvania

Francis Welk graduated from The State University of New York at Buffalo in 1970 with a B.S. in Physical Therapy. He is now in his third year as Assistant Athletic Trainer at the University of Pennsylvania and is working toward a M.Ed. in Physical Education at Temple University.

The injury which creates the least complications and aggravation for those engaged in the practice of sports medicine is the one that has been prevented. While much effort has been given to the treatment of a rehabilitation from injury, only recently has some of this energy been channeled into the prevention of these problems. This paper presents some theories which hopefully will encourage further investigation into the prevention of low back disorders and accordingly lessen the number of these problems seen.

This author shares the theory of Klein (2), Morris (4), Moe (3) and others that the acute type of low back strain seen most often in athletics has its etiology in the positioning of the pelvis and in the structures that control this positioning. Anatomically, there exists a virtually motion free union of the pelvis and spine. The motion that warrants consideration is the flexion and extension of the lumbar spine made possible by the articular surfaces of the vertebral bodies lying in a nearly sagittal plane. Accordingly, movement of the pelvis in the same plane will result in compensating movements along the lumbar convexity of the vertebral

column. When various forces cause an anterior tilt of the pelvis, i.e., the symphysis is lowered and the ischial tuberosities are raised, flexion of the spine occurs which results in the increased lordotic curve which is to be avoided. (See Figures 1 and 2). When placed in this lordotic position, the spine is no longer best equipped to support the weight of the upper trunk, nor are the intervertebral discs or the nerve roots best protected from changing weight and force distributions.

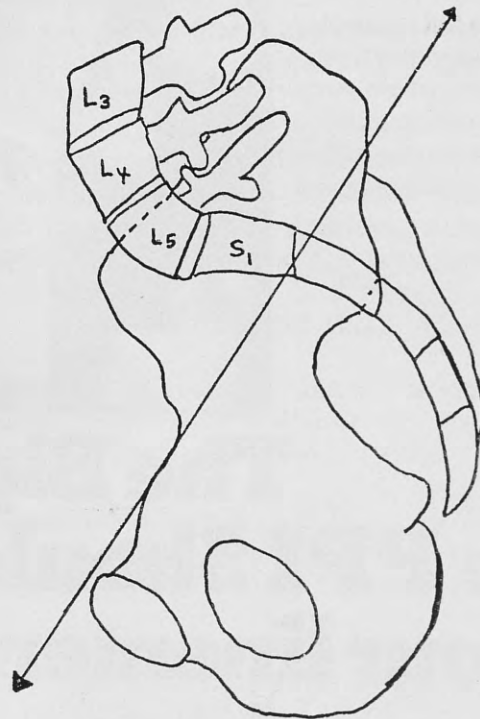


Figure 1  
Anterior tilt of the pelvis with flexion and increased lordosis of the lumbar spine.

With this basic theory outlined, the most important factors that control the angle of inclination of the pelvis can now be examined. Eliminating possible osseous or neuromuscular pathologies, factors which can cause lordosis include: 1) tightness of the hamstring muscles, 2) weakness of the abdominal muscles, 3) obesity, 4) hip flexion contractures, and 5) tightness of the spinal extensors. The first two are present in the symptoms of the young athlete, while the entire listing becomes more common as he retires from activity and undertakes a more sedentary life.



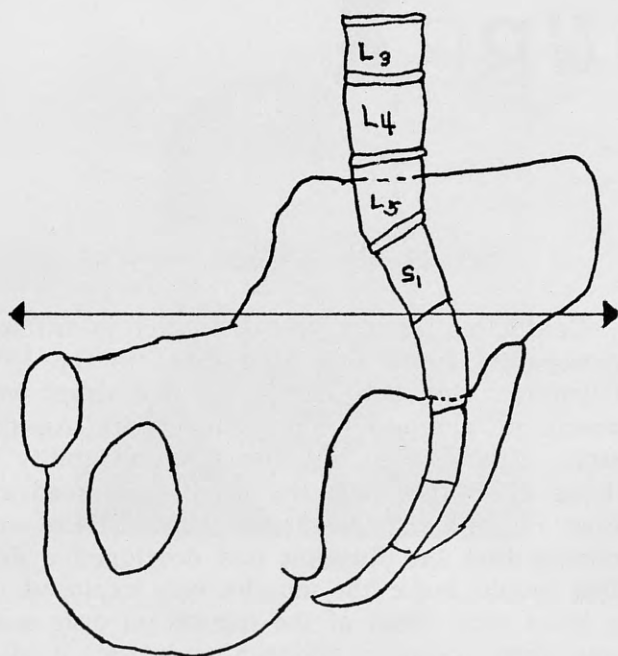


Figure 2

Backward tilt of the pelvis with extension and elimination of lordosis of the lumbar spine.

Range of pelvic motion in the standing human is limited naturally by tension of the capsule ligaments of the hip joints, specifically the ilio-femoral ligament. Further backward tilting of the pelvis is possible only when the knees are flexed, which in turn, causes hip flexion and a slackening of these ligaments (1). When the hamstrings are tight or on a stretch, as in straight leg raising with the knee extended, the range of backward tilt is limited by the extension of the hip joint. Weak abdominal musculature and obesity are closely correlated. As the muscles for anterior pelvic motion are lost and increasing weight is added forward to the center of gravity of the pelvis, the symphysis pubis is lowered and with the anterior support of the spine decreased, the degree of lumbar lordosis increases. While the tightness of hip flexors and back extensors is also involved, they hopefully would not be found with any great incidence in the athlete, but appear as more and more time is spent sitting and these muscles achieve a shortened length.

Up to now the physiological factors of this problem have been discussed. However, in athletic activity, one is dealing not only with an anatomic model, but also with tremendous ranges of motion and enormous quantities of human strength and speed. Remaining within the realm of kinesiology, a number of situations in sport are found which place the back in a rather precarious position.

Certain of these are probably unavoidable, such as, the "plant and jam" action of the javelin thrower, the torquing motion of the weightman in track and the multitude of arching maneuvers in gymnastics to name but a few.

With contact injuries eliminated, a great percentage of the lumbar spine problems in sport come as a result of improper technique in weight lifting. This exists only because of carelessness of the athlete, coach and trainer. Lifters must constantly be reminded to keep the pelvis rolled back at all times so that the base of support lies directly underneath them and so that only a minimum of weight is being lifted by the spinal musculature. They must be encouraged to work with an amount of weight suitable to them and to achieve this weight gradually and systematically. Attempting to progress too rapidly often results in improper technique and substitution of spinal extensors for thigh or shoulder muscles. In bench work, it is only with the knees flexed that the pelvis can be placed in position to properly protect the spine. As many times as the athlete has been reminded of these things, it is usually easy for the trainer to tell what stage of off-season conditioning program has reached by the number of low back cases which appear in the treatment room.

When back injury prevention is discussed, this author feels one must look years into the future of the athletes. It is the responsibility of the team trainer to explain to those who will no longer under his direction the necessity to avoid returning next homecoming twenty or thirty pounds heavier. They should be shown how as their life style changes so must their exercise patterns be adjusted to this change. Specifically they should be instructed in the concepts discussed in regard to prevention of back problems. Hopefully by integrating them into their daily patterns of life, some pain and inconvenience can be avoided. ■

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# P O P O U R R I

## ATHLETIC SAFETY

Everybody's getting into the act. The concern for safety in athletic programs seems to have gathered momentum. Even Popular Mechanics has an excellent article devoted to that topic in their October, 1972 issue. The article discusses the game from the standpoint of equipment and facility design and its role in injury epidemiology.

## SUMMER CLINICS

Congratulations are in order for the Southern California Athletic Trainer's Association. They held their first annual summer clinic last August. The clinic was attended by 69 trainers and student trainers. Ninety five per cent of the audience ranked the clinic as excellent.

## KEEP YOUR FEET HAPPY

Podiatry seems to be continually in the news as podiatrists attempt to stress proper foot care and importance to the public. A recent article listed some do's and don't's which should be interesting and applicable to athletes.

Things to do: 1) Wash feet daily using wash cloth between toes. 2) Dry feet well. 3) Rub lubricating cream on dry, scaly skin, 4) Dust your feet, if they sweat profusely with an antifungal foot powder. 5) Wear only your own shoes or slippers. 6) Walk barefoot only on pliable materials (carpeting, beach sands, grass, etc.) 7) Wear shoes a quarter inch wider and socks a half to three quarters of an inch longer than the foot. 8) Change shoes and socks daily. 9) Clip toenails straight across. 10) When walking or standing, hold yourself erect with weight distributed equally over both feet.

Things not to do: 1) Do not overtreat a foot problem. 2) Do not unnecessarily expose your feet or legs to dampness and cold. 3) Do not cut corns with razor blades and scissors. 4) Do not sit with knee crossed or wear circular garters for prolonged periods.

## DRUGS AT THE OLYMPICS?

Conflicting reports have been cited in different newspapers concerning drug usage in the 1972 Olympics. One headline stated that drugs were nearly nil among Olympic competitors. Another story claimed that the use and availability of drugs at Munich was the most widespread and open in the history of modern games. There were reports that the Russians had developed a drug that would make the muscles very explosive for a short time. Most of the reports on drug usage was from hearsay evidence, however it does indicate a problem still exists. One doctor stated that more athletes are found using drugs among the losers than the winners.

The International Olympic Committee has a doping commission that spot checks every sport every day. Various forms of stimulants are the target in these checks. It would seem that this type of control would limit drug usage among competitors drastically.

## ACUPUNCTURE—THE NEXT TOOL FOR THE TRAINER

Several articles across the country indicate a widespread interest in a new (to this country) if unscientific, method of treating one's ills. Acupuncture has accumulated a large number of skeptics, but according to some articles there are a few converts.

Ed Lothamer, of the Kansas City Chiefs, said that he was a skeptic until treatment relieved him of low back pain and stiffness.

Some believe that acupuncture is really hypnotic in nature. It is claimed that most any one anxious for cure can be talked into relief of minor aches at least temporarily. This could be especially true if part of the individual's problem was the psychological stress of worry concerning the pain.

Regardless of what acupuncture really does there is no denying that it has caused widespread interest. Can you imagine its use in the training room? Most athletes won't let the trainer pull tape off him, let alone stick him with needles. ■



# Making a Fiberglass Hockey Mask



*Michael C. Willie came to Ann Arbor from New York City. He studied at The University of Michigan, where he earned undergraduate and graduate degrees. He has worked as an athletic trainer and instructor at The University of Michigan for the past seven years. He is a member of the NATA and the American College of Sports Medicine.*

*by Micheal C. Willie  
Asst. Athletic Trainer  
University of Michigan*

The planning and designing is one of the most important steps in the making of a hockey face mask. The mask should (1) provide maximum protection (2) while affording some comfort to the wearer (3) and lastly, it should be aesthetically pleasing. Things to remember when planning a mask are:

- A. Draw a picture of it. (Figure 1)
- B. Consider the size of the mask.
- C. 1. Will it cover the chin?  
2. How far up will it go on the forehead?  
3. How much of the ears will be covered?  
4. Where will the pressure rest?
- C. Locate and size the features.
  1. Eye holes
  2. Breathing holes
  3. Vent holes
  4. Strapping
- D. How heavy will the mask be, considering weight vs. strength?

Ice hockey is a high speed collision sport played with steel-bladed skates, hardwood sticks and a frozen hard rubber puck, all of which are capable of inflicting serious injury, especially to the young man who chooses to play goalie. New pads and methods of protection have been developed to reduce the incidence of injury. The goalie's face mask is one of the best examples of this. In the space of 15 years, it has become a required tool of the trade. Only a few of the "old" professional goalies do not wear a face mask, and almost all amateur levels of hockey require its use by league dictate.

There are many ready-made masks now on the market; such as those made of plastic, the cage type, and those made of plexiglass. But it is the feeling of most players and coaches that a properly made fiberglass protector made from a plaster mold to fit the exact contours of the individual's face affords the best protection.

The following presentation explores some general principles used in making a face mask and is a step by step procedural explanation of one method used.

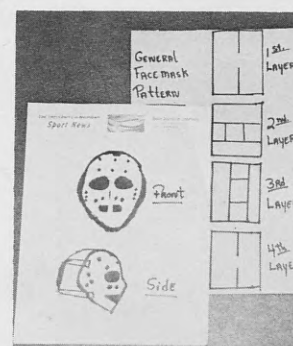


Figure 1

Some planning suggestions are:

1. The usual thickness of fiberglass is four layers with reinforcement.
2. If the ears are covered, be sure to have holes to permit sound to enter.
3. There should be at least four pressure points: forehead, chin, both cheeks.
4. There should be NO pressure on upper lip. Direct pressure could result in losing front teeth. Force from a blow to chin could result in driving that part of the mask on the upper lip up into the nose.
5. The chin should be covered by mask even when mouth is open.

6. That part of the mask that covers the chin should not be hooked under the chin because when the mouth is opened the mask would be pulled down making the player unable to fully see out of the eye holes.

7. Plan to have enough vent holes.

8. For strength all holes in the mask should be round and not angular, ● not ◆, because of the weave of the net.

9. Faces have structural differences. Try to plan a mask that will be appropriate for the individual face.

10. Remember, the goal is a face mask that has maximum protection, maximum comfort and aesthetic appeal.

### STEP ONE: FIRST, OR NEGATIVE, MOLD OF THE FACE

#### Materials:

Plaster-of-Paris splints  
3" stockinet  
1" tape  
index cards or match book covers  
bandage scissors  
pail  
shears

1. Cut plaster splints to 6" strips.
2. Fill pail with warm water.
3. Cut a 15" piece of stockinet
4. Tape one end of stockinet.
5. Place stockinet over player's head.
6. Cut nose opening in stockinet. (Figure II)

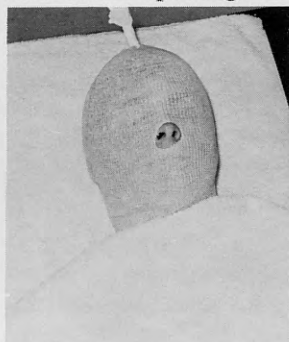


Figure II

7. Put towel-bib up to chin to minimize messiness.
8. Apply casting material over stockinet using product directions (Figure III).

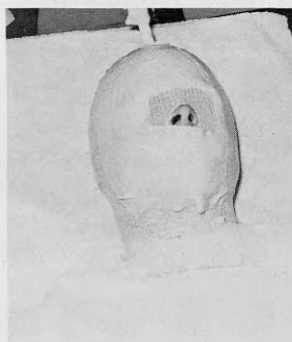


Figure III

9. Cut index card in a V-shape to fit nose and add rigidity to nose structure. Be sure to add 1/2" length to the nose.

10. Apply casting over index card on nose. (Figure IV).

11. Put index card over chin. Card should extend at least 1 1/4" below the chin (Figure IV).



Figure IV

12. Allow cast to set until firm.
13. To remove cast from face, cut stockinet up the back of head and slip cast off face.

### STEP TWO: MAKING THE SECOND, OR POSITIVE, MOLD OF FACE

#### Materials:

cardboard box, i.e., a shoebox  
approximately 6 lbs. of dental stone (Duroc)  
towel, water  
apron  
tongue depressors  
mixing bowl  
petroleum jelly  
6 tape tube cores  
scissors  
newspaper  
tape

1. Crinkle newspaper into box to act as base.
2. Lubricate the inside of the plaster mask thoroughly with petroleum jelly and place in the box, open end up. (Figure V).

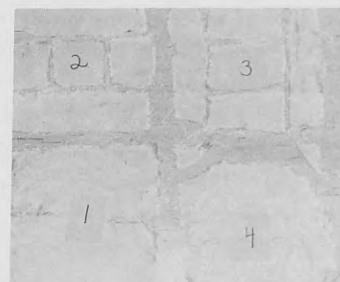


Figure V

Mix the dental stone with water according to product instructions. This first mixture should be fairly thin so that it can be smoothed over the surface of the mold.

(con't. on page 22)



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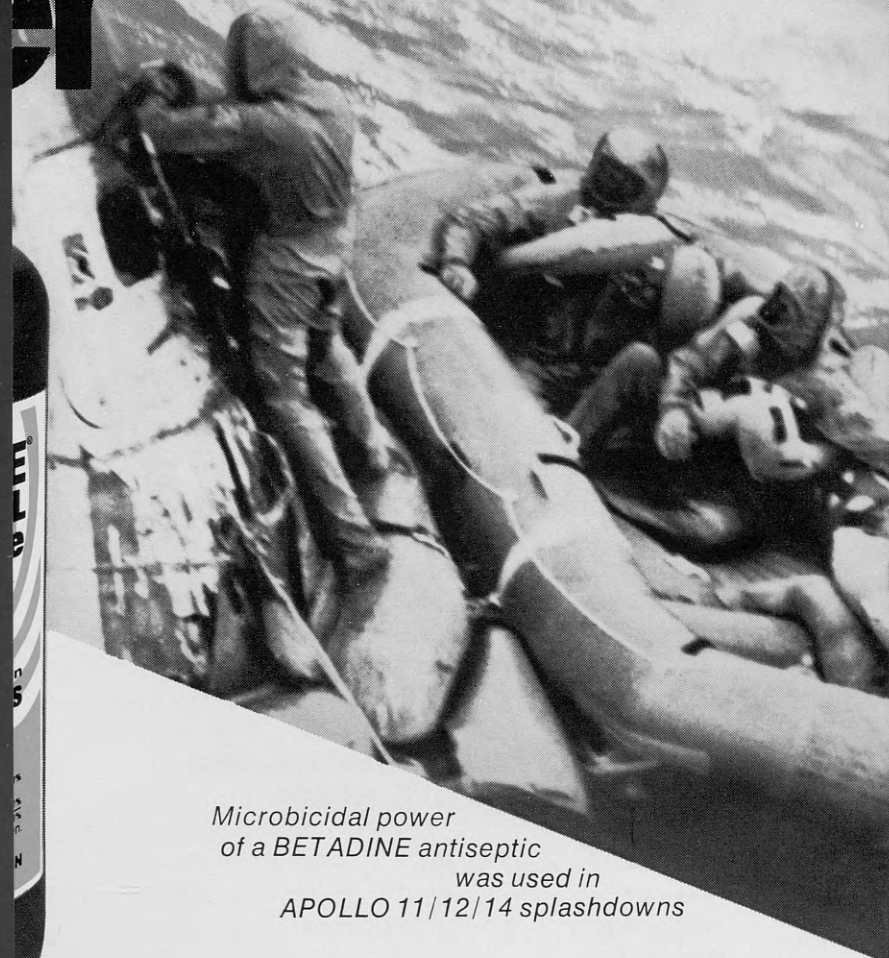
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gallon.

6. That part of the mask that covers the chin should not be hooked under the chin because when the mouth is opened the mask would be pulled down making the player unable to fully see out of the eye holes.

7. Plan to have enough vent holes.

8. For strength all holes in the mask should be round and not angular, ● not ◆, because of the weave of the net.

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Plaster-of-Paris splints  
3" stockinet  
1" tape  
index cards or match book covers  
bandage scissors  
pail  
shears

1. Cut plaster splints to 6" strips.
2. Fill pail with warm water.
3. Cut a 15" piece of stockinet
4. Tape one end of stockinet.
5. Place stockinet over player's head.
6. Cut nose opening in stockinet. (Figure II)

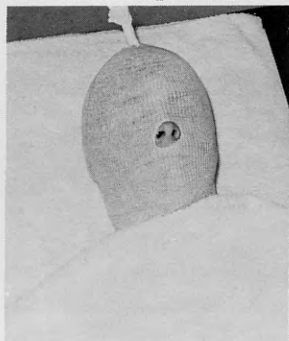


Figure II

7. Put towel-bib up to chin to minimize messiness.
8. Apply casting material over stockinet using product directions (Figure III).

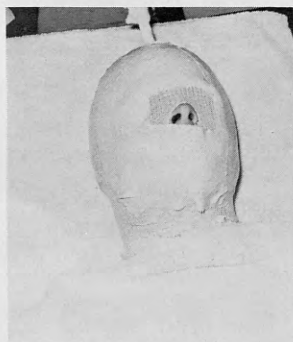


Figure III

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# Microbicidal power



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APOLLO 11/12/14 splashdowns*

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**BETADINE Whirlpool Concentrate promptly reduces bacterial contamination of water** in whirlpool baths and tanks before and during physical therapy procedures... kills microorganisms in the bath, including *Pseudomonas* strains, *E. coli* and staphylococci.

**Virtually nonstinging, nonirritating and nonstaining** to skin, mucous membranes, and to natural fabrics, BETADINE Whirlpool Concentrate substantially provides the efficacy of iodine without its drawbacks. It is also economical to use. As a rule, one fluid ounce of BETADINE Whirlpool Concentrate disinfects about 20 gallons of water. In the presence of heavy concentration of organisms in the water or of open wound infections, concentrations may be increased to as high as 10 ppm. A complimentary dilution chart, giving specific amounts for various tank sizes, is available upon request. Supplied: One (1) gallon.

**Purdue Frederick**

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(con't. from page 20)

4. The mixture should be poured into the center of the plaster mask mold and spread to the edges with a tongue depressor until there is one fairly smooth layer covering the entire surface of the mold ( $\frac{1}{2}$ " thick) (Figure V).
5. Let the dental stone firm up.
6. At this point the tape tube cores are used to reduce the quantity of dental stone needed. Tongue depressors can also be added in this way. Be sure to include one upright tape core to use as base and stand.
7. Mix more dental stone. It should be thicker than the first mix. Pour it over the tubes (Figure VI).

Figure VI



8. Write the player's name and the date on a tongue depressor and place it in the wet dental stone. This makes a permanent name tag for the positive mold. The mold can be stored and used for future repairs or new mask-making.
9. Let the dental stone dry.

### STEP THREE: ADJUSTING THE POSITIVE MOLD

Materials:

screwdriver  
alcohol  
rough rasp  
rag  
drill  
dental stone  
water  
mixing bowl  
pencil



Figure VII

1. Remove the dental stone form from the plaster cast with the aid of screwdriver (Figure VII).

2. Petroleum jelly can be removed with aid of alcohol.
3. Rough rasp can be used to smooth bumps and uneven spots (Figure VIII).

Figure VIII



4. Determine where the form is to be built up. Areas to be built up are: above eyes, around ears, bulge of nose, tip of nose and the oral area. Use the original form and plan diagram as a guide. Mark the areas with heavy pencil.
5. Drill several  $\frac{3}{16}$ " diameter holes where the additional dental stone will be added. The  $\frac{3}{16}$ " holes will help the new dental stone adhere to your form where it might otherwise slide.
6. Rough the form with the rasp and dampen it to aid in attaching the new material.
7. Apply a thick mixture of dental stone to the areas to be built up.
8. When the new dental stone is dry, apply a runny mixture of dental stone to give the form uniform smoothness.
9. Finish can be achieved by wetting your hands to smooth over the form.

### STEP FOUR: FINAL FITTING

Materials:

hardened dental stone form  
petroleum jelly  
plaster-of-Paris splints  
scissors  
pail of warm water

1. Make a plaster cast of the dental stone form by applying the casting materials to it.
2. Let it dry.
3. Fit the plaster cast to the athlete. It will fit him like the finished mask will. If adjustments are necessary, go back to Step Three.

### STEP FIVE: MAKING THE FIBERGLASS MASK

Materials:

1 square yard cellophane  
Ortho Bond A and B



Ortho Net (Approximately 2 square yards)  
 net  
 scissors  
 petroleum jelly  
 rubber gloves

1. Make a pattern of the dental stone form by placing cellophane over the form. Draw an outline for the form and then cut. Be sure to be generous with the pattern. (Figure IX).



Figure IX

2. Place the pattern on the fiberglass net, which is on the floor. Cut four copies of the pattern, for four layers. The first and fourth layers should be left intact. The second and third are cut into smaller pieces to help increase rigidity. (Figure X). Although the mask is for the most part four layers thick, it will be up to six or more layers thick where the pieces are overlapped.



Figure X

3. Lubricate the dental stone form well with petroleum jelly.
4. Now apply the fiberglass to the form along with the resins, mixed as directed on the product, using rubber surgical gloves.
5. Let the fiberglass cure at least 24 hours on the dental stone form (Figure XI).



Figure XI

## STEP SIX: FINISHING THE FIBERGLASS MASK

Materials:

gloves  
 hack saw

cast trimmer  
 screwdriver  
 rattail file  
 rough rasp  
 round rasp

1. Wearing gloves, remove fiberglass from the plaster form, using a screwdriver if necessary. If there is a problem removing the mask, first trim the excess fiberglass and then drop the form repeatedly on the floor from about 18 inches. It should work loose.
2. Using the cast cutter, a hack saw or a bandsaw, cut the fiberglass to generally correspond with the dental stone form in size.
3. Eyeholes:
  - a) Mark eyeholes on the mask with a dark pencil. Magic marker pens are impossible to get off fiberglass. Start with small holes because they can always be enlarged.
  - b) Using an electric or hand drill, follow the marked outline of the desired hole and drill several small holes.
  - c) Using rattail files and other tools, shape and smooth the edges of the holes to the desired shape. The eye holes will not be finished until the final fitting of the mask and/or until the mask has been worn on the ice.
  - d) Fiberglass dust can be irritating to the skin and eyes. Each time it comes into contact with the skin or eyes, wash thoroughly with soap and water.
4. Breathing holes:
  - a) Mark with pencil while the player holds the mask to his face. Check to see that the puck will not fit through the holes.
  - b) Cut the holes, using the same technique as above.
  - c) These two holes are the primary source of air and the goalie's verbal communication.

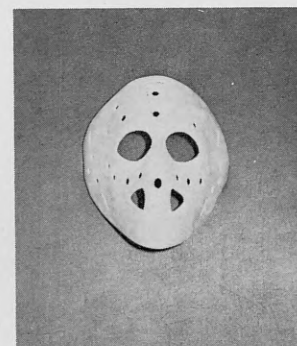
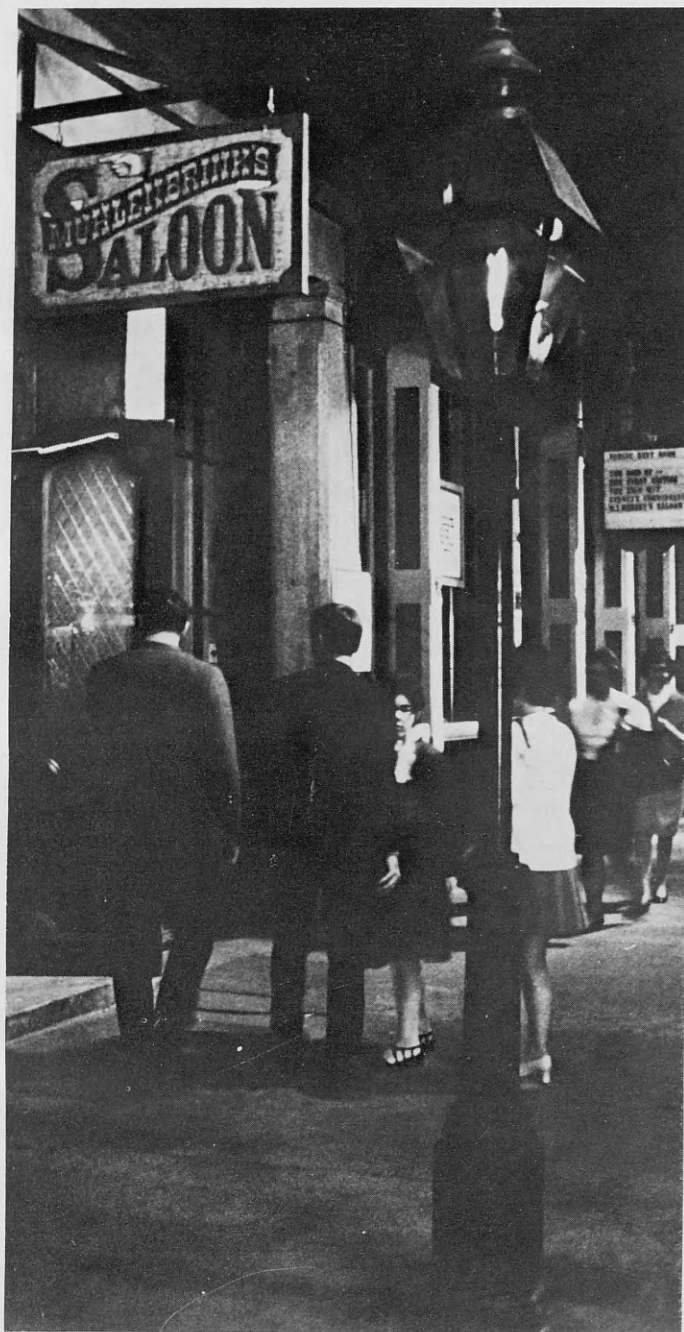


Figure XII

Style of holes pictured (Figure XII) with the bar in the middle, adds rigidity to the mask and affords more protection to the oral area while allowing the greatest flow of air.

- d) Additional air holes can be cut in front of the nasal opening using the same procedure as above. (con't. on page 26)

# Meet ATLANTA 1973 Convention



It seems like we just left that great get-together at St. Louis and Atlanta and the twenty-fourth annual meeting of the National Athletic Trainers Association. The Sheraton-Biltmore Hotel conveniently located 5 minutes from Downtown Atlanta, will be home base.

The program committee is putting the final touches on a very fine Cardio-Pulmonary Resuscitation course. An Olympic report by the Olympic Athletes will be on tap Monday morning. In the afternoon, Fred Hoover will discuss football helmet, Joe Dollar will discuss foot problems and there will be a discussion on Emergency Care. It will include on-field inspection, trauma and cervical plexus injuries, internal injuries, cardiac care and criterion for resuscitation. An effective means of weight control in athletics will be discussed by Atlanta Falcons and Pat Dyer from Georgia Tech., program co-chairman will be over by 3 each day.

As is always the case, the meeting is designed for the whole family. In Underground Atlanta, Johnson & Johnson will host a cocktail party on Monday evening. Ticket arrangements have been made with the Atlanta Braves for the Wednesday program will be over at noon, so families wishing to go to Florida for the easy 6-hour drive on Wednesday.

It sounds like a very interesting, different program and plenty of fun-making and it should be a most interesting meeting. All in Atlanta urge you to attend this exciting convention.

## LEFT: "OLD ATLANTA" SPRINGS TO LIFE

A scene in Underground Atlanta, a \$12 million restoration project completed in 1973, breathes new life into the area beneath the viaducts in downtown Atlanta. The ground level stores were abandoned except for storage for many decades, the area is again a vibrant, exciting Gay Nineties atmosphere. A diverse array of bars, boutiques, restaurants and attractions are available to offer something for everyone.

## BELOW: ATLANTA'S SKYLINE LOOKING WEST

This evening shot captures the lights of Atlanta's major financial institutions in the downtown corner. All of Atlanta's five major banks have their headquarters in this area. The National Bank Tower being the most prominent with 41 stories, the tallest building in the city. In the upper right-hand corner is the \$100 million-plus Peachtree Center. The famous Hyatt Regency Atlanta is a part of this unit with the Polaris.





# TA ion Site

uis, and already it is time to start thinking about  
hle c Trainers Association on June 10-13, 1973.  
om Downtown Atlanta, Georgia, and 5 minutes

very fine program. Sunday afternoon will be the  
he Olympic trainers and a very stirring Opening  
ver will give a report on studies being done on the  
ill be an interesting talk on mouthpieces. Tuesday  
on, transportation of the injured athlete, cervical  
rior for return of the injured athlete to participa-  
cussed on Wednesday morning. Jerry Rhea of the  
airman, report that the meeting will start at 9 and

family. Cramer's will have their Sunday party at  
arty preceeding the Annual Banquet on Monday  
Braves baseball team, which will be in town. The  
o to Florida's Disney World will be able to make

ty of family entertainment. Add this to the usual  
a urge everyone to make plans now to attend this



GUESTS VISITING Six Flags Over Georgia thrill with excitement when riding the hollowed-out logs through a splashing water trough on the Log Flume ride located in the Georgia section of Six Flags Over Georgia. The Log Flume ride uses 26,000 gallons of water each minute to propel the hollow logs. Six Flags Over Georgia is located 10 minutes west of Atlanta on I-20.

object covering four square blocks under-  
ores were the center of business activity  
s forced operations to the second level.  
again surging with activity in a gaslight,  
s, restaurants, night clubs and historical

acial institutions in the upper left-hand-  
ter offices in that vicinity with the First  
es, the tallest structure in the Southeast.  
chtree Center development. The world  
Polaris revolving above.



## ATLANTA STADIUM FRAMED BY A GROWING SKYLINE

Atlanta's skyline of 1972 looms tall behind the city's \$18 million stadium and a 100-acre expressway interchange where three major interstate highways connect. This aerial view looks south to north. The stadium was completed in 1965 in a record 51 weeks and is the home of the baseball Atlanta Braves and the football Atlanta Falcons. The interchange where Interstate Highways 75, 85, and 20 intersect is one of the few nationally where six legs of interstate highways cross. The Georgia State Capitol with its gold dome is in right center. The tall building in left center is the 41-story First National Bank Building, tallest in the Southeast.



(con't. from page 23)

5. Vent holes:

- a) Mark holes with a pencil. They can be in symmetrical formation.
- b) Drill the holes. Then use a rattail file, as above.
- c) Make enough holes to assure a good air flow.

6. Ear holes:

These should be arranged on any mask that covers the player's ears. These holes are usually a little smaller or the same size as vent holes. Because part of the goalie's protection is sound, as well as sight, it is important that he hear what is going on around him. If there are no earholes, sound will be muffled and appear as if it were behind the goalie, coming through the back of the mask.

NOTE: Faces are not necessarily symmetrical. Each mask should be cut, fitted, cut some more, fitted again, etc., until it is best for the individual. One eyehole or one ear flap might be bigger than the other.

7. Strap holes:

Mark the holes with a pencil line. There should be five holes, one above and below each ear and one in the middle of the forehead. The holes should be at least  $\frac{3}{4}$  inches from the edges of the mask. They should be  $1\frac{1}{8}$  inches long (Figure XIII). Drill with a  $\frac{3}{16}$ " bit, or any bit the same thickness as the strap. Drill a hole at one end of the marked line and using a small round rasp, follow the line. Smooth the edges with sandpaper.



Figure XIII

8. Sand and wash the mask.

9. A final coat of resin can be applied as waterproofing. It will give the mask a shiny finish.

10. Fitting and supporting the mask. There are several companies that make goalie mask straps and head pieces. However, good support and protection can be gained by using other materials:

1" heavy duty elastic strapping. Two 12" pieces, one 16" piece.

1 Etha foam square, 4" X 4".

1 4" X 4" piece of Iso-prene, cut, heated, and molded to back of player's head.

adhesive tape



Figure XIV

Elastic is drawn through the strap holes in the mask, above and below each ear, and back from the hole in the middle of the forehead. (Figure XIV). The elastic above and below the ears adjusts the tightness of the mask to the face. The strap running across the top of the head and looping around the lower back strap adjusts the vertical fit of the mask. It keeps the mask up. These straps are fastened by tape until they are ready to be sewn. The player should be able to remove the mask by loosening only the lower strap on one side.

Once a comfortable fit of the mask has been obtained, use the Ethafoam or other sponge and Iso-prene to form a head pad. The 4 x 4 Ethafoam square can be trimmed. It is fitted to the inside of the straps. The Iso-prene is heated, molded to the back of the player's head, cooled until rigid, and then placed on the outside of the straps, opposite the Ethafoam. Use tape to attach the Ethafoam and Iso-prene pads to the straps and to seal the pads together. (Figure XV).



Figure XV

11. Padding the mask. If the mask does not fit perfectly or if there is too much pressure in one place, use adhesive foam squares (Arno or Spenco). This will lift the mask off of the face. The disadvantage of this procedure is that the farther the mask is raised off the face, the larger the eye holes must be and the less protection the mask affords.

12. Rivets, sewing or another method of attaching the straps permanently should be used after the straps have been stretched and the mask has been properly fitted. ■





## Abstracts

### "COMPARISON OF WEEKLY STRENGTH CHANGES FOLLOWING ISOMETRIC AND ISOTONIC TRAINING"

Alfred E. Coleman, JOURNAL OF SPORTS MEDICINE: No. 12, 26-29 1972.

This investigation was designed to examine the relative effectiveness of two different methods of developing muscular strength. The purpose of this study was to compare the strength changes of isometric and isotonic training.

Twenty three subjects were used for the experiment. They trained three days a week for twelve weeks. Both training methods utilized exercises of similar load, duration of the time, and range of motion.

The training loads were recorded during each exercise session. The isotonic scores were combined and the isometric scores were combined. These scores were put on a randomized block factorial design. On the basis of the data gathered it was found that muscular strength following isometric and isotonic training will occur at a similar rate.



Dave Julius



### "LIFE EXPECTANCY OF COLLEGE OARSMEN"

Curtis Prout, MD JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION: No 13 1709-11 June 26, 1972.

For 100 years, college rowing has been accused of producing injury and early death and the reason for this is the misunderstanding or misinformation concerning many early deaths of college oarsmen, after leaving school and still in their 20's or early 30's, died. It was believed that the sport was a factor but with further investigation it was found that many of these deaths were caused by other things unrelated to rowing.

These misconceptions led to many studies and investigations concerning the sport of rowing and the effect on the heart and early death. One of the things found, first by Sir James McKauff in 1927, was that the effect of vigorous exercise on the healthy heart of the trained athlete is harmless. To substantiate this another study done in 1939

by Hartley and Llewellyn on 767 Oxford and Cambridge oarsmen found that their life spans when compared with insured lives was far superior in "deaths under 50" although the difference grew less with each year of age.

Finally in the last study discussed in the article a group consisting of 172 graduates of Harvard and Yale, each of whom rowed at least once in the four-mile varsity race, was studied. The years of the races selected were from 1882 to 1902 to insure a complete mortality experience. For each oarsman, a classmate was picked at random to serve as a control. The number of oarsmen in each class was compared with an equal number of non-oarsman selected from that class by the random number method. Their ages were the same. The height, weight, age while rowing, age at death, and when available, the cause of death of each oarsman was recorded. Every man who rowed in the Harvard-Yale varsity race in these years is included.

The average life span was calculated for the crew numbers and the control groups. At both Yale and Harvard the average for the crew was higher than for the controls. The difference between the two groups at Yale was 6.35 years, and at Harvard 6.24 years.

From the studies it can be seen that oarsmen seem to live longer. It is unknown if the rowing was a factor, but studies do seem to indicate that rowing does not hurt longevity.

Ron Bimslager

#### **"ECCENTRIC VS CONCENTRIC MUSCLE TRAINING FOR STRENGTH DEVELOPMENT"**

**Birger L. Johnson; MEDICINE AND SCIENCE IN SPORTS: Vol. 4 Nos. 2, 111-15, 1972.**

The study was conducted to compare the training effects of two strength training methods: 1) a training program using isotonic eccentric contractions 2) a training program using isotonic contractions. Nine male college students acted as subjects for the study and no conditioning exercises other than the experimental routines were allowed during the eight week training period.

In addition to the two types of contractions utilized two different movements were studied: 1) bench press and repress and 2) knee extension and lowering. The exercise routine was performed three times weekly (MWF) over an eight week period. Each movement was done ten times in one set on each of the training days. The weight used during each week was 80% of the subject's maximum as determined by a maximum lift on Friday of the preceding week.

Both concentric and eccentric contractions showed significant increases in strength. However neither concentric or eccentric was shown to be superior to the other in its ability to develop strength.

It is felt that the results of the study have implications for therapy and rehabilitation, since eccentric contractions may enable a person to work with resistance that would be too difficult or painful to overcome concentrically.

Ken Klipp

#### **"THE HOLY CROSS COLLEGE FOOTBALL TEAM HEPATITIS OUTBREAK"**

**Leonard J. Morsem MD and Warren E. C. Wacker, MD: JOURNAL OF AMERICAN MEDICAL ASSOCIATION, Feb. 7, 1972; Vol 219, No 6 706-8.**

An infected group of children, an imperfect drinking water supply, a warm August day, a football tear in training, and a local fire were links in a chain that resulted in an outbreak of Infectious Hepatitis for the Holy Cross football team. These illnesses resulted in the cancellation of the teams schedule.

No other individuals, including faculty, students, employees, and other athletes using the same facilities as the freshman football team has become ill. The confinement of the illness to one group suggested a common source, such as contaminated water or food as the cause.

The investigation led to the practice field. The water supply to the practice field was used for both irrigation and drinking purposes.

Upon investigating the water, it was found that a break in the line had occurred, surface water would siphon back into the system when pressure got low.

The next two links in the chain of events were the weather conditions. One adult and four children who lived in a condemned house near the practice field, had Hepatitis. The weather had been warm with no rain fall. The children used the field as a playground and liked playing around in the water accumulated around the faucets. Frequently the children would forget to turn off the water and it would run through the night forming large puddles.

The final clue was a fire near the field. When the hydrants were used, it created low pressure in the water system causing the standing water near the faucets to be siphoned back in the water system.

The surface water, presumably contaminated with hepatitis virus excreted by the infected children, was drunk by the football team the next day and the whole football team caught it.

This incident shows how an infectious disease can wipe out a team and quickly.

Dave Werkman



## **"MAXILLOFACIAL INJURIES IN FOOTBALL PLAYERS: AN EVALUATION OF CURRENT FACIAL PROTECTION"**

Eugene Rontal, MD and Michael Rontal, MD. *JOURNAL OF SPORTS MEDICINE*, 11, 241-45, 1971.

When it comes to injuries in football, the first thing most people think of is injury to the knee. However, those who have had to treat athletes for injuries know that a large number of injuries are from facial fractures, contusions, and lacerations. This article deals with the facial injuries that occur in football despite face masks and face guards. The advent of hard plastic head gears has allowed to attachments of shielding devices. There are three types of facemasks; the single bar, the double bar, and the full cage mask. All face masks guard the face against horizontally directed forces from large objects. However, it is from angular forces that the facial area is most susceptible to fractures and other injuries. Facial injuries are divided into three areas (nasal, zygomatic, and mandibular). Except when the full cage facemask is used the nasal pyramid is always exposed to injury. The use of "forearm hitting" and the closed fist over the mask are two such injurious techniques. These devices are used most by defensive players. The other major source of nasal injuries is caused by the tendency of the helmet to rotate downward on the nose during impact. In the region of the zygoma there is less entrance space for injurious forces, so that fewer injuries are expected. As with the nose, the full cage facemask prevents this type injury. The mandibular area is well protected by present face masks as long as it is tucked down on the chest or shoulder pads. Forces from all directions are well absorbed and cannot reach the mandible while in this position. The full cage facemask has protective advantages, but the single and double bar types are still used. Most end and backfield men object to the use of the full cage facemask. They complain that the peripheral vision is obscured which was demonstrated clinically by Schneider in his study of visual field defects associated with facemasks.

The total increase in facial protection given by the full cage facemask is well worth the visual impairment. Nasal lacerations from rotation of the helmet has been eliminated some by the addition of padding to the upper ridge of the helmet. To aid in the prevention of the mandibular injuries the NCAA has declared spear tackling illegal. Also a heavier padded chin strap is needed. The final prevention is to urge the education of players, coaches, trainers, and team physicians in the mechanisms and sequelae of facial injuries.

James F. Smitley

## **"THE PROBLEM OF LOSING WEIGHT ENCOUNTERED BY YOUNG WRESTLERS"**

Stanley W. Henson, Jr., MD *JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS* Oct. 71: 49-50.

Weight reduction is for the purpose of achieve an optimum weight level for the best possible physical performance. After this weight has been reached many wrestlers will still desire to go down a few pounds. This can be done but several things must be taken into consideration. The optimum weight must be determined. Then a slow process of weight loss should begin. If possible this should be done before the actual season. The weight loss should be stored fat and not body fluid. To do this an adequate diet must be maintained but caloric intake must be adjusted. Supplements of Vitamin B complex might be taken as they act as enzymes to speed up the oxidation of fats. Water loss should be avoided as it dehydrates the body causing weakness and other deteriorations of the body.

Denis Rawe

## **"LESIONS OF THE PITCHING ARM"**

Hugh S. Tullos, MD, and Jow W. King, MD *JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*: vol 220, No 2, 264-71 April 10, 1972.

There are many pros and cons over little league baseball or baseball which involves adolescents. There are many indications that prolonged repetition of throwing can be physiologically harmful to the arm of the adolescent.

Study of the throwing act divides it into three parts, the cocking phase, the accelerating phase, and the follow through phase. Increased external humeral rotation and diminished internal humeral rotation is caused from the total act of throwing itself.

The cocking phase of the throw seems to cause biceps tendinitis and triceps tendinitis. Both of these cause great pain, especially in the upper arm around the biceps and triceps muscle.

Most of the lesions of the pitching arm come from the acceleration phase of the throw. The three lesions which occur from this phase are "little league shoulder," or fractures of the proximal portion of the humerus, "medial elbow stress syndrome," which causes compression of the radial head against the capitulum of the humerus, and "medial epicondyle fracture," or a fracture to the epicondyle of the humerus.

The final phase of the throw is the safest of the three. It does not have any ill effect on adolescents unless a curve ball is thrown repeatedly. In this case, the "pronator teres syndrome or lesion" may exist.

Dan Wright

# Trainer Certification

In order to be Certified by the National Athletic Trainers Association one must complete the following:

## GENERAL REQUIREMENTS:

1. College Graduate.
2. Work under an N.A.T.A. certified trainer.
  - A. Approved curriculums (2 years).
  - B. Physical therapy degree (2 years).
  - C. Apprenticeship (1800 hours).
3. Pass N.A.T.A. examination.
4. Two years N.A.T.A. continuous membership prior to examination.

## FIVE WAYS TO BECOME AN ATHLETIC TRAINER

1. Approved Athletic Training Curriculums.  
Undergraduate—Men

CALIFORNIA STATE COLLEGE, Long Beach, California 90801, Contact: Daniel D. Arnheim, Ph.D.

WESTERN ILLINOIS UNIVERSITY, Marseilles, Illinois 61455, Contact: Duke LaRue.

BALL STATE UNIVERSITY, Muncie, Indiana 47304, Contact: Ron Sendre.

INDIANA STATE UNIVERSITY, Terre Haute, Indiana 47809, Contact: Mel Blickenstaff.

PURDUE UNIVERSITY, West Lafayette, Indiana 47907, Contact: William E. Newell.

NORTHEASTERN UNIVERSITY, Boston, Massachusetts 02115, Contact: Prof. Kerkor Kassabian.

MANKATO STATE COLLEGE, Mankato, Minnesota 56001, Contact: Gordon L. Graham.

UNIVERSITY OF MONTANA, Missoula, Montana 59801, Contact: Walter C. Schwank.

UNIVERSITY OF NEW MEXICO, Albuquerque, New Mexico 87106, Contact: L. F. "Tow" Diehm.

OREGON STATE UNIVERSITY, Corvallis, Oregon 97331, Contact: Bill Robertson or Kick Irvin.

WEST CHESTER STATE COLLEGE, West Chester, Pennsylvania 19380, Contact: P. B. Donnelly, Southwestern Texas State College, San Marcos, Texas 78666, Contact: Dr. Bobby Patton.

LAMAR STATE UNIVERSITY, Beaumont, Texas 77705, Contact: Paul Zeek.

TEXAS CHRISTIAN UNIVERSITY, Fort Worth, Texas 76100, Contact: Elmer Brown.

WASHINGTON STATE UNIVERSITY, Pullman, Washington 99163, Contact: Dick Melhart.

## Graduate—Men

UNIVERSITY OF ARIZONA, Tucson, Arizona 85721 Contact: Gary Delforge.

INDIANA STATE UNIVERSITY, Terre Haute, Indiana 47809, Contact: Mel Blickenstaff.

## Undergraduate—Women

INDIANA STATE UNIVERSITY, Terre Haute, Indiana 47809, Contact: Mel Blickenstaff.

## Graduate—Women

INDIANA STATE UNIVERSITY, Terre Haute, Indiana 47809, Contact: Mel Blickenstaff.

2. Physical Therapy Schools

Most require a "B" average along with a good background of science in order to be admitted. A list of these schools and their entrance requirements may be obtained by writing to: American Physical Therapy Association, 1156 15th Street, N.W., Washington, D.C. 20005.

3. Apprenticeship.

This category may be attained in schools which do not offer approved curriculums. Above general requirements must be met and letters of recommendation from the team physician and the N.A.T.A. supervising trainer included.

4. Athletic Trainers Actively Engaged in the Profession, but not yet certified. This group may be certified by meeting the above general requirements, and showing proof of (5) years experience as designated by the N.A.T.A.

5. Endorsement may be obtained for those who have passed a class in athletic training or an approved N.A.T.A. workshop. The student must have a teaching license and at least a minor in physical education or health. N.A.T.A. membership and examination requirements cannot be extended beyond five years.

For further information contact: Mr. Mel Blickenstaff, N.A.T.A. Recruitment Chairman, Athletic Trainer, Indiana State University, Terre Haute, Indiana 47809. ■



# Calendar of Coming Events

1. **March 5-8, 1973.** The American Academy of Orthopaedic Surgeons is sponsoring an interesting course on "Skiing Injuries" at exciting Snowmass-at-Aspen, Colorado. The course chairman is Dr. Arthur E. Ellison, Adams Road, Williamstown, Massachusetts 01267.
2. **March 11, 1973.** The Sixth Annual Dickinson Sports Medicine Clinic will be held Sunday, March 11, beginning at 8:45 a.m. Co-sponsored by Dickinson College and the Cumberland County Medical Society, the day-long session will be held in the Holland Union Building on campus. Further information can be obtained from Bruce Vogelsong, Head Trainer, Athletic Department, Dickinson College, Carlisle, Pa. 17013.
3. **March 17, 1973.** The Muelback Hotel in Kansas City, Missouri, will be the site of the Kansas-Missouri Athletic Injury Seminar and Workshop. Dr. Albert Miller, 9620 Antioch Road, Overland Park, Kansas 66212, is in charge of arrangements.
4. **March 17, 1973.** District 5 will have a meeting in conjunction with the Missouri-Kansas Osteopathic meeting in Kansas City, Missouri. For details contact William Flentje, Athletic Department, University of Missouri, Rolla, Missouri 65401.
5. **March 23-24, 1973.** The N.A.T.A. District No. 4 Clinic and Meeting will be held at the Paul Bunyan Motel on Highway 51 (Snelling Ave.) in St. Paul, Minnesota. More information can be secured from Gary Smith, Bierman Athletic Field Building, University of Minnesota, Minneapolis, Minnesota 55455.
6. **March 24, 1973.** A Conference on Sports Injuries is being sponsored and held at Mohall High School in Mohall, North Dakota. Contact Denis Isrow, Athletic Department, North Dakota State University, Fargo, North Dakota, 58102 for more details.
7. **March 24-25, 1973.** The 6th Annual Sports Medicine Seminar, sponsored jointly by The Sports Medicine Clinic, the Washington Osteopathic Medical Association and Seattle Pacific College, will be held at the Sea-Tac Motor Inn in Seattle, Washington. For further information contact Dr. Keith D. Peterson, The Sports Medicine Clinic, 5409 17th Northwest, Seattle, Washington 98107.
8. **March 31, 1973.** Bernard R. Cahill, M.D. is chairman of the 5th Annual Midlands Sports Injury Conference to be held at St. Francis Hospital in Peoria, Illinois. For more details Dr. Cahill can be reached at 416 St. Mark Court, Peoria, Illinois 61603.
9. **April 5, 1973.** The Michigan State Medical Society is sponsoring its annual Athletic Injury Conference at the Kellogg Center at Michigan State University in East Lansing, Michigan. Chairman of the conference is Gerald A. O'Connor, M.D., 326 North Ingalls Street, Ann Arbor, Michigan 48104.
10. **April 29-May 2, 1973.** The American Academy of Orthopaedic Surgeons will sponsor another course on "The Shoulder in Sports". This will be held at Callaway Gardens, Pine Mountain, Georgia, with Jack C. Hughston, M.D., 105 Physicians Building, Columbus, Georgia 31901, in charge of the course.
11. **May 4-5, 1973.** The Third Annual East Carolina University Sports Medicine Conference will be held in Minges Coliseum and Allied Health Building at East Carolina University, Greenville, North Carolina. Details can be obtained from Rod Compton, Sports Medicine Division, East Carolina University, Greenville, North Carolina 27834.
12. **May 7-9, 1973.** The Olympic Hotel in Seattle, Washington, will be the scene of the annual meeting of the American College of Sports Medicine. For further information contact Donald E. Herrmann, Executive Secretary, American College of Sports Medicine, 1440 Monroe Street, Madison, Wisconsin 53706.
13. **May 13-16, 1973.** A Canadian meeting entitled "The Child in Sport and Physical Activity" will be held at Queens University, Kingston, Ontario. Professor R. Carnegie, School of Health and Physical Education, Queen's University, Kingston, Ontario is in charge.

# Calendar of Events (con't.)

14. May 25-27, 1973. "Water Sports Injuries" is the name of an American Academy of Orthopaedic Surgeons sponsored clinic in Miami Beach, Florida. The course chairman is Newton C. McCollough, III, M.D., P.O. Box 875, Biscayne Annex, Miami Beach, Florida 33152.
15. June 4-6, 1973. The University of Michigan Extension Service Conference Department is holding its Eighth Annual Conference on Initial Management of the Acutely Ill or Injured Patient at Towsley Center on the University campus in Ann Arbor. More information can be gotten from the Extension Service at 419 Maynard Street, Ann Arbor, Michigan 48104.
16. June 10-13, 1973. The 24th Annual Meeting of the National Athletic Trainers Association will be held at the Sheraton-Biltmore Hotel. Complete details can be secured from Otho Davis, Executive Secretary, N.A.T.A., 3315 South Street, Lafayette, Indiana 47904.
17. June 24-30, 1973. The annual conference of the American Physical Therapy Association will be held this year at the Shamrock-Hilton Hotel in Houston, Texas. For more information contact Royce P. Noland, American Physical Therapy Association, 1156 15th Street Northwest, Washington, D.C. 20005.
18. June 24-27, 1973. Cramer-Northeastern Louisiana State are co-sponsoring a Student Trainers Workshop at the campus of Northeastern Louisiana State in Monroe, Louisiana. Charlie Martin is in charge of the course and can be reached at Athletic Department, Northeastern Louisiana State University, Monroe, Louisiana 71201.
19. July 9-20, 1973. An athletic Training Workshop will be held at Western Illinois University in Macomb, Illinois. For details contact "Duke" LaRue, Athletic Department, Macomb, Illinois 61455. ■

## ANNOUNCEMENT

The Lenox Hill Hospital announces the active formation of the INSTITUTE OF SPORTS MEDICINE AND ATHLETIC TRAUMA. Its founding director is Dr. James A. Nicholas, Director of the Department of Orthopedic Surgery. Its function will be directed toward a clinically oriented research program. Its missions will include, other than funding, dissemination of data acquired from the studies of recreation and leisure time injury. It will study the epidemiology of sports injury, as well as elaborate on performance tests for injury proneness and protective equipment for high risk individuals. It will study the three sectors in the life span of the individuals involved in sports, including the young adolescent-adult, adult and later aged individuals. It will particularly stress the running, kicking, sustained resistance and throwing mechanisms in all their variations as they pertain to injury, body build and treatment.

The target areas of the Institute for education will include, not only the orthopedic surgeon, but those paramedical groups who are concerned with recreational sports and education.

It is hoped that residency and fellowship programs will permit elective studies in this area by interested orthopedic surgeons and residents.

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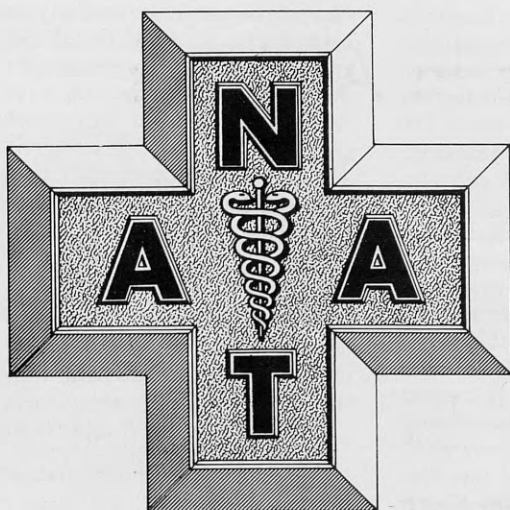
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**NATIONAL ATHLETIC TRAINERS' ASSOCIATION**  
 Mid-Year Board of Directors Meeting  
 January 11-12, 1973  
 Palmer House  
 Chicago, Illinois

The first session of the Mid-Year Board of Directors Meeting was called to order at 9:15 A.M. January 11, 1973, by President Bobby Gunn. The following were in attendance:

District 1	Frank George
District 2	Francis J. Sheridan
District 3	Joe Gieck
District 4	Roland "Duke" LaRue
District 5	Bryon Bird
District 6	Eddie Lane
District 7	Rodney Kimball
District 8	Lewis Crowl
District 9	Warren Morris
District 10	Sayers "Bud" Miller
President	Bobby Gunn
Executive Director	Otho Davis
Parliamentarian	Bruce Melvin

I.

The meeting was opened with a prayer by Mr. Gunn.

II.

Corrections were discussed in reference to the minutes of the twenty-third annual meeting in June, 1972. They were as follows:

A. Number XXXVII. . .Monday, June 12, 1972 - Business Meeting - To be included:

Changes in the Consitution, which were mailed to the certified membership for consideration, were discussed and voted on.

ACTION: Approved

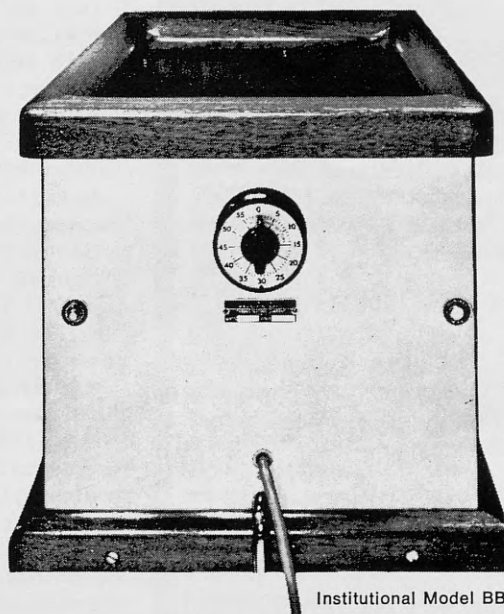
B. Number XXXIX. . .Tuesday, June 13, 1972 - Board of Directors Meeting - To be inserted in motion:

A motion was made by Mr. Sheridan and seconded by Mr. Lane that the George E. Fern Company be awarded a THREE-YEAR CONTRACT for the management of the Exhibits Program of the N.A.T.A.

A motion was made by Mr. George and seconded by Mr. LaRue to accept the corrections for the June, 1972, minutes.

ACTION: Approved

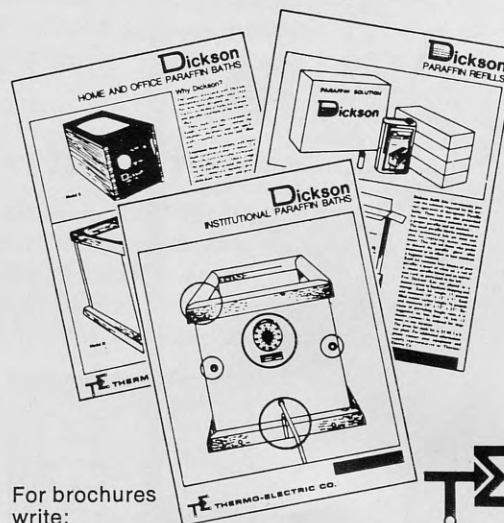
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III Tabled from the June, 1972, meeting was the discussion of the use of the N.A.T.A. logo on a watch face and the sale of such watches. The N.A.T.A. would receive five dollars (\$5.00) for each watch sold. All sales would be handled through the N.A.T.A. office.

A motion was made by Mr. Kimball and seconded by Mr. Bird to permit the use of the N.A.T.A. logo on a watch face for sale to N.A.T.A. members, whereby the association would receive five dollars (\$5.00) for each watch sold with all sales being handled through the N.A.T.A. office. ACTION: Approved

IV.

Tabled from the June, 1972, meeting was the discussion of a proposal from the Richard Rosen Company of New York City, publishers of guidance books, in reference to the N.A.T.A. writing a book about the profession of athletic training. The N.A.T.A. would be paid a royalty of twenty cents (20c) for each book sold by the Richard Rosen Company.

A motion was made by Mr. Crowl and seconded by Mr. Miller to refer

the proposal to the public relations committee to study and to establish guidelines and recommendations for presentation to the board of directors in June, 1973.

ACTION: Approved

V.

The movie "THE ABSENT LINK" was discussed. It was reported that during the first three months of viewing the attendance had been 5,357 in 148 showings. The film has been listed in eight promotions totaling 27,000 impressions during this same period. The film was not made available until July 1, 1972.

A motion was made by Mr. Sheridan and seconded by Mr. Morris to inform the districts to make use of the movie.

ACTION: Approved

VI.

Mr. Dick Hoover resigned as chairman of the audio-visual aids committee. Mr. Gordon Stoddard, University of Wisconsin, was recommended as the replacement for Mr. Hoover as chairman of this committee.

A motion was made by Mr. Bird and seconded by Mr. LaRue to accept the resignation of Mr. Dick Hoover as

chairman of the audio-visual aids committee and to accept the appointment of Mr. Gordon Stoddard as the new chairman.

ACTION: Approved

VII.

Mr. Al Hart, drug education committee chairman, reported that the first communication to the N.A.T.A. membership would be in the mail shortly from the national office. This includes a pamphlet from the NCAA drug education committee and a letter explaining the purpose and function of the drug education committee.

The committee chairman is still selecting the members of his committee.

VIII

The ethics committee chairman, Mr. L.F. "Tow" Diehm, had no action to report. He did request the addition of Mr. Bruce Vogelsong, Dickinson College, Carlisle, Pennsylvania, and Mr. Wayne Rideout, Bryan High School, Bryan Texas, to the ethics committee membership.

A motion was made by Mr. Gieck and seconded by Mr. Lane to accept the addition of these two men to the ethics committee.

ACTION: Approved

# GUARD-TEX

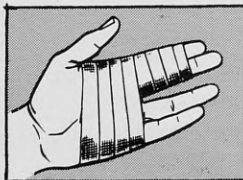
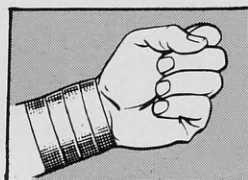
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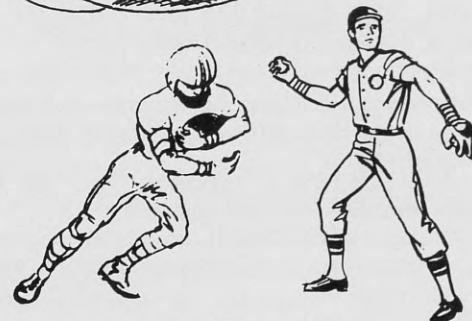
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IX.

Mr. George Sullivan, honor awards committee chairman, reported that a letter has been sent to all district directors in regard to soliciting candidates for the Helms Hall of Fame, Honorary Membership, and Twenty-five Year (25) Awards.

The district directors were asked to review their format for qualification regarding the Hall of Fame to see if more teeth were apropos. Certain certified members are deeply concerned as to some members feeling that they have qualified for the Hall of Fame because they have received the Twenty-five (25) Year Award.

It was also noted that final acceptance of nominations for all three categories mentioned above will be March 1, 1973.

A motion was made by Mr. LaRue and seconded by Mr. Miller to accept the report by Mr. Sullivan about the honor awards committee.

ACTION: Approved

X.

Mr. Clyde Stretch, journal committee chairman, is no longer in athletic training; therefore, he is not actively engaged in the profession and can not hold an association appointment.

A motion was made by Mr. Sheridan and Seconded by Mr. LaRue to appoint Mr. Rod Compton, East Carolina University, as journal committee chairman.

ACTION: Approved

XI.

A motion was made by Mr. Sheridan and seconded by Mr. Crowl to change the number of publications of Athletic Training, Journal of the National Athletic Trainers' Association from six (6) issues to four (4) per year.

ACTION: Approved

XII.

A motion was made by Mr. Sheridan and seconded by Mr. Bird to permit the executive director to change publishers of the periodical as he deems necessary.

ACTION: Approved

XIII.

Mr. A.G. Edwards, placement committee chairman, reported that a presentation had been made to school administrators, athletic directors, and high school principals through the National Federation of State High School Athletic Association. The presentation was as follows:

The National

Athletic Trainers' Association is a professional association dedicated to rendering a para-medical service to athletes at all levels of competition. At the present time

athletics has established itself in a very prominent and important position within our educational institutions and communities; in a sense reflecting the American way of life. Through the N.A.T.A., its officers, committees and professionally trained members, we are continually striving to enhance competitive athletics and to help eliminate a great percentage of the potential problems confronting school athletic programs.

Functioning within the N.A.T.A. is the placement committee which concentrates its efforts on establishing communications between member athletic trainers and prospective employers. At present, we are placing important emphasis on an increased awareness of our services for school administrators, athletic directors, and high school principals.

The N.A.T.A. and allied professions stress the importance of providing proper supervision for the prevention of injury and the maintenance of good health for those student athletes who participate in your athletic program. Foremost in your mind should be the expected injury involved with athletic participation which is inevitable due to the very nature of sports. It also must be remembered that the individual participating on a secondary school level is more immature and underdeveloped compared to the college athlete, and consequently it is extremely important that the mental and physical needs of these student athletes be satisfied and not neglected as is so often the case. Furthermore, it should be paramount in your thinking that your responsibility is to provide the best possible environment for the athlete to function and that the most important person able to create and maintain this environment is the professionally educated athletic trainer.

The athletic trainer will afford your faculty with a high skilled, professionally trained individual who is a medical technician working in conjunction with and under the medical profession. This close association and cooperation aids administrations with the ever-increasing problem of legal liability arising from neglect.

Most often the ground for this legal action arises from having unqualified persons such as coaches, janitors, equipment men, etc. administering to the injured athlete. Unfortunately there are too few schools that have a professionally

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*Jim Bryan*

\*Athletic trainer with U.S.A. team in national and international competition.

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trained man in the athletic training position.

The athletic trainer also presents a more human approach to competitive athletics. In the process of carrying out the para-medical duties of his profession, the trainer builds a closer relationship with the athlete, very often closer than that of any other member of your faculty of school administration. Therefore, the trainer has an opportunity to promote better relations within your school and community as well as with the parents of the athlete and the patrons of your athletic program.

The membership of the National Athletic Trainers' Association is comprised of professional, conscientious individuals who not only have an excellent academic background but also are professionally prepared for athletic training. The N.A.T.A. has expended a great deal of time, thought, and effort in forming a foundation for the educational preparation and certification of our membership.

It is quite apparent that with the present day budgetary problems in our educational systems it is impossible for most school administrations to employ full time trainers. The N.A.T.A. placement committee, therefore, would like to propose and emphasize the hiring of athletic trainers on a "teacher-trainer-faculty" basis. By doing so, one will be hiring an individual who has met the requirements of educational certification agencies and also has met the professional, educational, and certification requirements of the N.A.T.A. The implementation of this procedure would be commensurate with the cost of the "teacher-assistant-coach" hiring policy common in secondary school athletic programs.

The N.A.T.A. placement committee desires a close personal and favorable working relationship with all school administrators, athletic directors, and high school principals as we think that we can be of great assistance to you and your athletic program.

A motion was made by Mr. LaRue and seconded by Mr. Sheridan to accept the report of the placement committee given by Mr. Edwards.

ACTION: Approved

XXIV

Mr. Richard Malacrea, chairman of the public relations committee, submitted the following report:

The public relations committee, consisting of a chairman and ten

(10) members, representing each of the ten districts of the N.A.T.A., has been formed. Each of the district chairmen has been advised of the structure of the committee and the primary objectives have been outlined (see enclosure). These objectives are in keeping with the functions and responsibilities of the committee as set forth in the manual of the restructure of the N.A.T.A.

There have been no specific projects formulated that can be worked on as short term goals. There has been some activity of a reporting nature, examples of which can be seen in the enclosure.

A letter has been forwarded to ABC television requesting a copy of the segment filmed in the training room of the University of Oklahoma and shown on national television preceeding the Oklahoma-Nebraska game. To date there has been no reply to this request.

Authorization has been secured to allow a five minute television tape to be used by other stations, on a loan basis, from the New Jersey Broadcasting Authority. A more detailed description may be seen in the enclosure.

As chairman of the committee I have twice appeared on Channel 52 of the N.J.B.A. The first appearance was a seven minute segment in the sport section of the evening news report. The second time was a twenty minute exposure on the premiere showing of the program "That's It In Sports." Also, in October, 1972, I assisted Dr. Thomas Shaffer of Ohio State University in conducting a round table in sports medicine at the annual meeting of the American Academy of Pediatrics.

### PUBLIC RELATIONS COMMITTEE Structure:

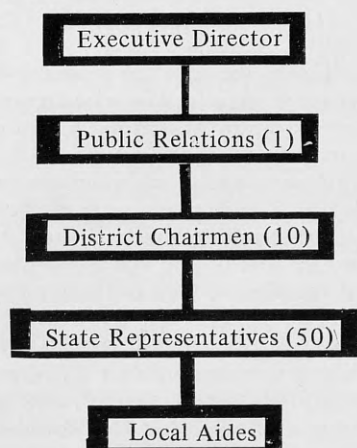
The first priority was to establish the committee and to give it some kind of physical form. This, to a degree, has been accomplished. You will find in the enclosures the names of the ten committee members of the realigned districts.

The second stage of the formation is for all of the members of the committee to appoint an aide in each state of the states in his district who will be responsible to him in committee functions.

The charge to the committee chairman, as outlined by the president and the executive director, was to form a public relations committee and to mold it into a viable working force. We are well on our way in this phase of the organization of the committee.



Diagrammatically, the structure is as follows:



## PUBLIC RELATIONS COMMITTEE

### Objectives:

The primary objective is to bring before the public at large and to special groups the many faceted role that the athletic trainer plays at all levels of the spectrum of sports, ranging from the growing number of youth leagues to the professional sports. We must tell the story of the athletic trainer and answer questions, such as: Who is he? — What is he? — How does he function? — What has been his preparation? — How will programs be enhanced by the presence of a certified athletic trainer? — This will demand that we, of necessity, utilize as many avenues of exposure as we possibly can and are available to us, including:

radio

Television (local, national, N.E.T.)

lay and professional periodicals

service clubs

private organizations

parent groups

newspapers

It will be the responsibility of the local aides, through you and the state representatives, to promote this type of exposure at the local level for the N.A.T.A. It will also be necessary to identify N.A.T.A. members in each state who can be called upon to represent us when requests for personal appearances are received. Service groups, schools, and other organizations can be made aware of the availability of service from a "Speakers Bureau" through the state representatives.

A secondary objective is to collect and record all notices, interviews, appearances, photos, etc. so that we may identify just where the trainer and his activities are being publicized and in what manner it is being done. This information should be funneled

up the structural ladder in order to keep the national office abreast of what is being done by the committee and by individual members. This same structure allows for the transmission of information in both directions so that it is possible to keep all informed of what is happening at the national level.

These objectives are a rather broad and a continuing area of action for the committee. In the future we will develop projects with greater concentration for a shorter period of time in specific areas. It is my hope that these projects will develop out of the committee in a sharing and cooperative effort. It is essential then that we share ideas, methods, and information.

I would like to cite here some of the types of activities that have been reported:

1. Jim Whitesel (District 10) reports that he is having his state representative distribute copies of the N.A.T.A. brochure, "The Athletic Trainer," to all high school counselors. (These brochures are available through Mel Blickenstaff, Indiana State University, Terre Haute, Indiana).

2. Mike Ritz (District 3) mailed in a copy of the article by Dr. Combs, appearing in Medical Tribune, which stressed the importance of having a qualified athletic trainer at the high school level.

3. Director Frank George (District 1) has spoken about the need, qualifications, and responsibilities of the athletic trainer before the New England Chapter of the American College Health Association.

4. Joe Abraham (District 2) reports that Dick Malacrea assisted Dr. Thomas Shaffer (Ohio State) in a recent round table discussion on sports medicine at the annual meeting of the American Academy of Pediatrics.

5. A five minute piece of television film (color) is available, showing the nature of knee injury in football, various styles of football shoes, and a short display and discussion of synthetic turf. This was done on local news show with Dick Landis hosting Dick Malacrea. Write to:

George Perkins, News Director

N.J. Broadcasting Authority

Channel 52

1573 Parkside Avenue

Trenton, New Jersey

Rawlinson, University of Oklahoma, appeared with some of his staff in a five minute glimpse into the training room and equipment area of the University of Oklahoma. This was shown prior to the

Oklahoma-Nebraska football game.

7. Fred Kelly (District 1) used his district newsletter to solicit information on what is being done by the members in his district in the area of public relations and related activities.

A motion was made by Mr. Gieck and seconded by Mr. Bird to accept the report of the public relations committee presented by Mr. Malacrea. ACTION: Approved XV.

Mr. Mel Blickenstaff, recruitment committee chairman, submitted the following report:

### MEMBERS:

Mel Blickenstaff, Indiana State University (Chairman)

Jerry Kimbrough, Michigan State University

Bill Linsky, City of Cambridge (Massachusetts) Schools

Jerry Rhea, Atlanta Falcons

Jim Welsh, San Jose College

### MEETINGS:

Stouffers, June 10, 1972, St. Louis, Missouri

Members Present: Mel Blickenstaff, Jim Bryan, Jerry Rhea, and Jerry Kimbrough

### DISCUSSION:

1. Jim Bryan resigned from the committee. He is leaving Columbia University to become associated with the Becton-Dickinson Company.

2. He was replaced by Bill Linsky, City of Cambridge (Massachusetts) Schools.

3. Previous problem: How to replace name of Jack Rockwell and add name of new schools to N.A.T.A. brochure.

4. How to keep up with mailing service of N.A.T.A. brochure and the accompanying inquiries.

5. How to finance the operation of mailing between 20-30 thousand brochures and answering upwards of 400 letters.

6. There is a need for new N.A.T.A. brochures.

### ACCOMPLISHMENTS: (June 1, 1972 — December 1, 1972)

1. Total N.A.T.A. brochures distributed — 9,353

2. Letters answered because of tear sheet of N.A.T.A. brochure — 438

3. Personal letters requesting N.A.T.A. curriculum information — 100+

4. Have acquired a work-study secretary for two days per week, two hours per day.

5. Article published by Joyce Lain Kennedy in Career Corner of syndicated newspapers.

#### FUTURE PROJECTS:

1. 8,000 N.A.T.A. brochures remain to be distributed.
2. New brochure has not been started but will be in the very near future. We have many good ideas for new cover and interior changes.
3. Information article to be distributed to each state's guidance counselor's newsletter.
4. The same information as sent to the guidance counselors will also be sent to state principals, superintendent, and school board newsletters.
5. Basic career information is to be sent to several career publications.

A motion was made by Mr. LaRue and seconded by Mr. Sheridan to accept the report of the recruitment committee given by Mr. Blickenstaff.  
ACTION: Approved

#### XVI.

Mr. Gordon Graham, research and injury committee chairman, submitted the following report:

1. An article, "Research Design and the Athletic Trainer," by Kenneth S. (Casey) Clarke, has been submitted to Clyde Stretch for consideration for publication in *Athletic Training*, *Journal of the National Athletic Trainers' Association*. This is the first of the services to members of the N.A.T.A. that we discussed in our June 13, 1972, meeting. Dr. Virg Christensen, in charge of research funding for Mankato State College, is presently working on an article relative to grantsmanship for athletic training.
2. Two replies have been received relative to obtaining information of grants available for research in athletic training. We may have taken on a larger project than expected. It appears that we must first categorize the area of research we are interested in (i.e., equipment, products, techniques, etc.) and pursue grant possibilities from there. As Dick Milder found out, each association has its own grant proposal form. I believe much of the information we are seeking will come out in the article about grantsmanship.
3. Let's collect research grant forms from within our own school so that we can get together in Atlanta and formulate a simple but effective form of our own.
4. Kenneth C. Clarke Ph.D., of Mankato State College, and I have been contacted regarding directing a large research study on the injury

factor in using the swivel cleat. We are presently setting up the format of the research study which will involve our committee and other members of the N.A.T.A. It will also involve the newly-formed Sports Medicine Foundation of which Dr. Clarke is presently part-time director.

Briefly, Dr. Clarke would be project director and I would serve as project coordinator. Each of our committee members plus others would be designated as area coordinators under which one will select local coordinators and high school representatives. The collection of data on test schools and control groups would go up the ladder of command where questions can be answered regarding diagnosis of injuries and recording of data. We would have a seminar on injury recording in Atlanta - the "we" being the area coordinators. It will take some time, but give it some thought.

5. Send me your positive or negative on this: Kenneth C. Clarke, Ph.D., would conduct a seminar course for six hours, as a concurrent session, at the N.A.T.A. meeting in Atlanta. The course would be entitled "Research Appreciation" or "Reading Research." He would do this without honorarium nor expenses. I think that our organization is large enough to now have concurrent sessions. We could hold this on Monday and Tuesday afternoons from 1-4 or 1:30-4:30, on Monday afternoon and Tuesday morning. This program would be sponsored by the injury and research committee. Have your comments sent to me by January 5, 1973.

A motion was made by Mr. Kimball and seconded by Mr. LaRue to accept the report by Mr. Graham of the research and injury committee.

ACTION: Approved

#### XVII.

A liaison report with the American Academy of Pediatrics was submitted by Mr. Richard Malacrea, Princeton University. The report is as follows:

On October 15, 1972, the American Academy of Pediatrics held their annual meeting in New York City. I assisted Dr. Thomas Shaffer, Ohio State University, in conducting a round table of sports medicine in the afternoon of the opening day.

I have enclosed a copy of the program outline. However, the proposed program proved to be too lengthy for the time period

allocated to the discussion group. The areas covered were sections I, II, III, IV, X, XI, and XII (also XIII).

Midway through the program we entered into a discussion and demonstration of various pieces of protective football and ice hockey equipment, including mouthpieces. We had a wide range of equipment from that which would be used by the tiny tots of Pop Warner football and Pee-Wee hockey to those pieces which would be used at the university and professional level. This portion of the program generated a great deal of interest, for it seemed that this group of physicians had not before had the opportunity to examine, at first hand, and have discussed the selection and quality comparison of protective equipment as well as fitting and maintenance procedures. In fact, interest was keen to the point that the participants declined to take a mid-session break and permitted us to go thirty minutes over our time allocation of three hours.

Attendance was not as great as we had anticipated that it would be. There were approximately 45 persons in the group who, to the best of my knowledge, were physicians.

A spin off of this meeting is that I have been invited to be a program participant in the annual meeting of Chapter 2, District II of the American Academy of Pediatrics. This is a New York group whose chairman is Dr. Joseph T. Findaro. The topic of discussion is to be conditioning and first-aid on the field.

#### XVIII.

A liaison report with the A.M.A. Medical Aspects of Sports was submitted by Mr. Richard Hoover, Northwestern University. The report is as follows:

The contact meeting in Cincinnati, Ohio, November 25-26, 1972, was attended by Mr. Ron Sendre, Ball State University. The N.A.T.A. role was the presentation of a resume (attached) with questions from the group on accredited schools. No particular points were taken; just routine questions of information. Dr. Fred Allman of Atlanta, Georgia, presented a report about the American Sport Foundation. This was well received and highly complementary to athletic training.

The meeting presentations were well attended on November 26, with excellent presentations by



most. Again, the N.A.T.A. and athletic training received a very positive and complementary review by all presenters.

In a brief conversation with Dr. Tim Craig, secretary (A.M.A. Medical Aspects of Sports), the question arose as to N.A.T.A.'s decision regarding the possibility of becoming an allied health profession. The answer was given that the N.A.T.A. was studying the matter.

#### XIX.

A liaison report with the American College of Sports Medicine was submitted by Mr. Gary Delforge, University of Arizona. The report is as follows:

Although no direct liaison contacts with the American College of Sports Medicine have been made since I represented the N.A.T.A. at the ACSM annual meeting in Philadelphia, May 1-3, 1972, significant progress has been made in the ACSM with regard to the development of regional ACSM groups (see June, 1972, report for information regarding initial development of these groups).

The following progress has been made since June, 1972:

1. Our initial meeting of an intermountain region sports medicine group was held on August 2, 1972, in Boulder, Colorado. Represented were local members of the ACSM, the American Medical Joggers Association, and the N.A.T.A. Dr. Art Dickinson, University of Colorado, who spearheaded the meeting was supplied with a list of all District No. 7 N.A.T.A. members so that their participation could be invited.

Plans are currently being made to hold an annual workshop-type meeting. N.A.T.A. members will be included as an integral part of this workshop.

2. A Mid-West regional meeting of the ACSM was held in Iowa City, Iowa, on December 8-9, 1972. A list of all N.A.T.A. members was forwarded to Dr. Merle L. Foss, University of Michigan, who contracted Mid-Western athletic trainers to invite their attendance and participation. Sayers "Bud" Miller, University of Washington, served as a program speaker.

#### XX.

A liaison report with the American Corrective Therapy Association was submitted by Mr. Frank Randall, Iowa State University. The report is as follows:

The American Corrective

Therapy Association meeting was held in Memphis, Tennessee, July, 1972.

Gene Smith, Memphis State University, and I were the primary athletic trainers on the program; however, there were others who gave talks on some phase of athletic training.

My presentation was about helmet construction over the past ten years, head injuries, and the relations of one to the other.

I believe these people are very interested in N.A.T.A. and possibly some closer ties with us. They have a similar curriculum to ours, and I talked with them with the understanding that they should contact Bobby Gunn if they desired some type of closer alignment with N.A.T.A. in the area of degrees and major fields of study.

We both agreed that if a course of study could be offered at the university level with a major in athletic training or corrective therapy being two of the options in physical education that both programs would benefit.

The corrective therapists have recommended schools which offer adaptive or corrective therapy programs as we do in athletic training. Therefore, I believe that it might be beneficial for both groups to have closer ties.

I do, however, believe that they have more to gain by their alliance with us than we do with them. They seem to be a less organized and much smaller group; however, this may be because the physical therapists have taken over some of their areas. I don't know.

The ones most interested in a closer working alliance between the two groups are the younger members. They seem to be very enthusiastic and anxious to become more involved with and informed about the young athlete and his problems as well as the physically unfit in the school programs.

I would recommend that we continue and encourage further investigation into a closer alignment with this group. Their 1973 meeting will be in San Diego, California.

#### XXI.

A liaison report with the American Physical Therapy Association was submitted by Mr. Frank George, Brown University. The report is as follows:

As you know, the board of directors decided not to end a liaison conference this year because it was held at the same time as our own

N.A.T.A. convention. On my own, I was able to make the last two days of their conference as it ran longer than our convention. My report follows:

This first subject was discussed at our last board of directors meeting. I had a long talk with the APTA vice-president who was involved with their program planning. Regarding their sports medicine section at this past conference, they planned to use a team approach to knee injuries. That is to have an orthopedic surgeon, a health service physician, and a trainer or physical therapist who worked together at the same school all speak on this same subject. They had hoped to find a medical team where the trainer was a member of both N.A.T.A. and APTA. As you know, before I spoke with them at their 1971 conference, they were considering a trainer who is not an N.A.T.A. member. They could not find a medical term suitable to them, where all members were available to speak with a trainer who is a member of both N.A.T.A. and APTA. They decided that by using a person who was a member of their own organization (APTA) but who was not working as a trainer, or calling herself a trainer, they would not be offending N.A.T.A.

In this part of the report I have listed lectures which were presented at the APTA conference which would be of interest to an athletic trainer.

A six-hour section on the knee in sports was presented. There were also lectures on therapeutic exercise, ice massage, ultrasound, shortwave, microwave, isotonic and isometric exercise programs for strength and endurance, another on a controlled rapid cooling device, the effects of stress on the soft tissues of the feet, and sections on anatomy, kinesiology, and research.

In this next part of the report I will include subjects which are posing a problem for APTA and which also have been discussed in the committee reports of N.A.T.A. A section was presented on CRITICAL ISSUES FOR EDUCATION IN PHYSICAL THERAPY. There were lectures on:

- 1 Continuing education: whose responsibility it is.
- 2 The challenge of clinical education: the difficulties which arise in training student therapists in the clinics.
- 3 On not turning out physical therapists: the effect of the lack of job opportunities.

A lecture was also given on state licensure and a regulations program.

Another major area of concern to the physical therapist, and it may be to the athletic trainer, is the relationship with a physician's assistant. One of the schools in our league is hiring a physician's assistant for the coming school year. Do we as trainers accept prescriptions from physician's assistants: do we keep an athlete from practice or a game on the orders of a physician's assistant? It may be a problem facing us in the near future.

This is a report on their House of Delegates meeting and some of the major subjects covered. This meeting is sort of a combination of our board of directors and national business meetings.

1 Two hours were spent on arguing for and against the subject of setting up a task force to study the method of electing officers to national office. The motion was defeated.

2. They spent a very long time on a motion that "candidates for national office of APTA make known their opinions of major issues concerning APTA." This passed and will be carried out in the following manner. Nominations will be made in January, questions will be presented in February, and nominees will report on the questions in the April journal of APTA.

3. Placement problems were discussed.

4. A federal legislation committee was discussed; hopefully, the membership will get information before a law concerning APTA is passed, not after the law has been passed. They employ a lobbyist in Washington now and can not afford more lobby fees now.

5. They passed a motion permitting students a vote on the district level (state level). They will be permitted a vote on all business at chapter meetings.

## XXII.

There was discussion in reference to sending a liaison representative to the American Physical Therapy Association meeting in 1973.

A motion was made by Mr. Crowl and seconded by Mr. Gieck to appoint Mr. Frank George, Brown University, as the 1973 liaison representative to the American Physical Therapy Association meeting.

ACTION: Approved

## XXIII.

There was discussion of the minutes

of the Joint Commission on Competitive Safeguards and the Medical Aspects of Sports meeting held June 14, 1972, St. Louis, Missouri. Any member desiring a copy of these minutes may write to Mr. William Newell, Purdue University. Also, a copy is on file in the N.A.T.A. office.

## XXIV.

The use of the N.A.T.A. logo being used by commercial firms on premium items not approved or sanctioned by the board of directors was discussed.

A motion was made by Mr. Gieck and seconded by Mr. Kimball to deny the use of the N.A.T.A. logo on commercial product premium offers by any commercial firm to its customers.

ACTION: Approved

## XXV.

There was discussion in reference to the date on which a member is suspended and must apply for reinstatement for failure to pay membership dues.

A motion was made by Mr. Gieck and seconded by Mr. Sheridan to change the By-Laws to read as follows: If dues for the year are not paid by MAY 1st of that same year, the member is suspended and must apply for reinstatement. (Previously this date was June 30th).

ACTION: Approved

## XXVI.

There was a discussion in reference to the membership committee and membership classification.

A motion was made by Mr. Miller and seconded by Mr. LaRue that the membership committee study the membership classifications and make a report to the board of directors prior to the June, 1973, board meeting.

ACTION: Approved

## XXVII.

Mr. Fred Hoover, national convention chairman, presented a report about the 1973 convention in Atlanta, Georgia. Convention materials will be mailed to the membership.

## XXVIII.

There was a discussion in reference to the report submitted by Mr. Lindsay McLean, certification committee chairman. The report is as follows:

### MEETINGS:

The last full meeting of the board of certification was held June 10, 1972 in St. Louis, Missouri. Complete minutes of this meeting are either attached to this report or are available upon request. The next

meeting of the board is scheduled. The next general meeting of the board is scheduled for the Saturday preceding the start of the N.A.T.A. convention in Atlanta.

## ACCOMPLISHMENTS: JUNE, 1972 to JANUARY, 1973

1. Twenty-eight candidates took the certification exam in St. Louis, with six failures. Two previous failures retook the written part of the exam in August, 1972. Both passed and were certified. Eighty-eight have now taken the exam.

2. James E. Dodson was named to the board of certification, replacing George Sullivan.

3. The approved reading list for study was revised and is available upon request from the chairman of the board of certification.

4. Discussions were initiated with the Schering Corporation for possible study aids to assist candidates in the academic preparation for taking the certification exam. Such material would be distributed to N.A.T.A. approved schools and to certified athletic trainers employing the apprenticeship program.

## NEW BUSINESS:

1. The certification exam will be administered on a regional basis January 21, 1973. Although all applications are not in at the time of this report, it appears that the exam will be given to approximately fifteen (15) or twenty (20) candidates in Grossingers', New York; Ft. Worth, Texas; Palo Alto, California; Chicago, Illinois, and Seattle, Washington.

A motion was made by Mr. Sheridan and seconded by Mr. Kimball to approve the report by Mr. McLean of the certification committee.

ACTION: Approved

## XXIX.

It was recommended by Mr. McLean that the membership of the board of certification be retained.

A motion was made by Mr. George and seconded by Mr. Gieck to accept the recommendation to retain the board of certification.

ACTION: Approved

## XXX.

It was recommended by Mr. McLean that changes be made in the procedures for certification under Section I.

A motion was made by Mr. Sheridan and seconded by Mr. LaRue that the Procedure for Certification, Section I, be as follows:



NATIONAL ATHLETIC TRAINERS' ASSOCIATION  
PROCEDURE FOR CERTIFICATION  
Revised: January, 1973

SECTION I: ATHLETIC TRAINERS ACTIVELY ENGAGED WITHIN THE PROFESSION - This section deals with athletic trainers actively engaged within the profession but not yet certified.

The N.A.T.A. interpretation of "actively engaged" is as follows:

A person who is on a salary basis (no fee) employed by an educational institution, professional athletic organization, or other bona fied athletic organization for the duration of the institution's school year or the length of the athletic organization's season and who performs the duties of athletic trainer as a major responsibility of his employment; or whose responsibility is the teaching in an N.A.T.A. approved athletic training curriculum is actively engaged in athletic training.

A person may become certified by:

1. Proof of five (5) years of athletic training experience beyond that as a student athletic trainer on an undergraduate level (effective July 1, 1975).

2. Passing an examination which includes the basic principles of athletic training.

3. Proof of graduation from an accredited four year college or university.

4. By presentation of a letter of recommendation from an N.A.T.A. certified athletic trainer.

5. By presentation of a letter of recommendation from his acting team physician.

6. Proof of two (2) years of continuous active membership in N.A.T.A. immediately prior to making membership in N.A.T.A. immediately prior to making application for certification.

ACTION: Approved

XXXI.

There was discussion in reference to a letter and request by Gary Delforge, University of Arizona, for a change in the certification procedure. (Write to the executive director of a copy of the letter.)

A motion was made by Mr. Lane and seconded by Mr. Kimball that a graduating undergraduate or graduate student who has met all of the academic and clinical experience requirements for N.A.T.A. certification be allowed to take the exam upon proof of meeting such

requirements, but that N.A.T.A. certification be given only after satisfaction of the two year student or active membership requirement is met.  
ACTION: Motion Failed; 2-Yes, 8-No

XXXII.

The Schering Corporation has made a proposal to the N.A.T.A. to assist in the audio-visual, certification, or educational programs of the association. Mr. Lindsay McLean discussed the proposal with the board of directors.

A motion was made by Mr. Miller and seconded by Mr. Crowl to establish a conditional approval of the proposal from the Schering Corporation, according to the review and guidelines as set forth by the N.A.T.A. audio-visual aids committee.  
ACTION: Approved

XXXIII.

There was discussion in reference to wood plaques for certification of members. Also, the design of a new certificate for certified members was discussed.

A motion was made by Mr. Gieck and seconded by Mr. Sheridan to have the executive director investigate the cost of reissuing the N.A.T.A. membership certificate to certified members.

ACTION: Approved

There was discussion in reference to the membership records in Districts 1 and 2. Individuals are being allowed to belong to the Eastern Athletic Trainers' Association (District 1 and District 2) and not required to belong to the N.A.T.A. This is in violation of the N.A.T.A. By-Laws.

A motion was made by Mr. Bird and seconded by Mr. Lane that the board of directors instruct the directors of districts 1 and 2 to bring their membership files and status up to date and to instruct their secretary, Mr. Joe Abraham, to make the necessary corrections to comply with the by-laws of the N.A.T.A.

ACTION: Approved; 8-0-2

XXXV.

Mr. Dave Thomas, representing the Kendall-Bike Company, appeared before the board of directors and discussed awards which Kendall was interested in presenting athletic trainers. Following the discussion, Mr. Thomas was going to report to the Kendall officials who would then make their recommendations to the board of directors.

XXXVI.

A letter was submitted to the board of directors from Mr. George Sullivan, University of Nebraska, requesting the board of directors to go on record as wishing for favorable response on the re-establishment of Jim Thorpe's amateur status. A petition was included, which is as follows:

PETITION

TO:

THE HONORABLE  
RICHARD M. NIXON  
PRESIDENT  
OF THE  
UNITED STATES  
WASHINGTON, D. C.

WE, THE UNDERSIGNED, being of firm conviction that the late JIM THORPE, famous Indian athlete and a native of the State of Oklahoma, was the greatest athlete who ever lived, do hereby respectfully appeal to the President of the United States for the return to the Oklahoma Athletic Hall of Fame all the medals earned and awarded to the said late JIM THORPE, while he was a member of the United States Olympic Team, and that the name of JIM THORPE be restored to the Olympic Record Books.

NAME

ADDRESS

The above petition was signed by the members of the board of directors and mailed to Harold V. Brown, Jim Thorpe Athletic Award Committee, Box 246, Yale, Oklahoma 74085.

The board of directors recessed at 5:00 P.M., January 11, 1973, with instructions to reconvene at 9:00 A.M. the next day.

Friday, January 12, 1973, the board of directors reconvened at 9:10 A.M. Those in attendance were the same persons as the previous day.

XXXVII.

There was a discussion in reference to the United States Olympic Committee and the 1973 Quadrennial Meeting of the U.S.O.C.

A motion was made by Mr. Gieck and seconded by Mr. Lane to request Mr. Chuck Medlar, N.A.T.A. representative to the U.S.O.C., to attend the Quadrennial Meeting in Colorado Springs, Colorado, February 8-9, 1973, with instructions to abstain from voting on all issues.

ACTION: Approved

### XXXVIII.

Mr. Frank George submitted the following revised number of certified athletic trainers to be submitted to the Olympic selection committee, based on one (1) name for each sixteen (16) certified members from each district:

District 1	--	Six (6)
District 2	--	Eleven (11)
District 3	--	Four (4)
District 4	--	Ten (10)
District 5	--	Three (3)
District 6	--	Five (5)
District 7	--	Two (2)
District 8	--	Five (5)
District 9	--	Three (3)
District 10	--	Two (2)

A motion was made by Mr. Sheridan and seconded by Mr. Kimball to accept the revisions made by Mr. George for the number of names to be submitted to the Olympic selection committee from each district.

ACTION: Approved

### XXXIX.

The report submitted by Mr. Sayers "Bud" Miller, professional education committee chairman, was discussed. The report is as follows:

#### MEETINGS

The Committee on professional education has not formally met since the last N.A.T.A. annual meeting in St. Louis, Missouri June, 1972. However, communications between committee members has been maintained via a series of letters and a round robin series of telephone calls by the committee chairman to each of the committee members including the subcommittee on graduate and continuing education. The following members have been in attendance at least one of our St. Louis meetings and in communication by telephone or mail: Mel Blickenstaff, Gary Delforge, L.F. "Tow" Diehm, Phil Donley, Pat Dyer, Ron Sendre, Paul Zeek and Sayers "Bud" Miller, Chairman.

#### SCHOOLS SEEKING APPROVAL OF THEIR ATHLETIC TRAINING CURRICULUMS

At the present time the committee has received the required materials for the approval of athletic training curricular by the N.A.T.A. from Central Michigan University, Kearney State College (Nebraska), Louisiana State University, and Ohio University. These materials are being reviewed by the committee and final recommendations concerning these curricular will be ready for the

N.A.T.A. Board of Directors meeting in June (1973). Committee members also report that the curriculum materials for N.A.T.A. approval from Temple University, South Dakota University, Eastern Kentucky University, North Dakota University, North Dakota State University, Southern Mississippi University, and East Stroudsburg State College (Pennsylvania) should be received by the committee in the very near future for our evaluation.

#### REVIEW OF THE N.A.T.A. PROCEDURE FOR THE EVALUATION AND APPROVAL OF ATHLETIC TRAINING CURRICULUMS

At the present time the committee is also reevaluating our present check list and approval procedures. We think this check list and the approval procedures should be made more extensive so that better and more complete evaluations of curricula can be made through the review of written materials. A more thorough evaluation of written materials will keep the use of personal visitations to a minimum. Final revisions will probably be completed at our next committee meeting in Atlanta (June, 1973).

#### REVIEW OF THE N.A.T.A. PROCEDURE FOR THE EVALUATION AND APPROVAL OF ATHLETIC TRAINING CURRICULUMS

At the present time the committee is also reevaluating our present check list and approval procedures. We think this check list and the approval procedures should be made more extensive so that better and more complete evaluations of curricula can be made through the review of written materials. A more thorough evaluation of written materials will keep the use of personal visitations to a minimum. Final revisions will probably be completed at our next committee meeting in Atlanta (June, 1973).

#### N.A.T.A. ENDORSEMENT OF STUDENT ATHLETIC TRAINER AND ATHLETIC TRAINING WORKSHOPS, CLINICS, AND SEMINARS

Application forms for N.A.T.A. endorsement of workshops, clinics, and seminars have been completed and are being sent to all committee members, district secretaries, and members who have requested the N.A.T.A. to endorse their clinic or workshop in the past. Certificates of attendance are in the process of

being printed and should be available for distribution by the first of the year. In addition, Bud Miller is preparing an article for *ATHLETIC TRAINING*, Journal of the National Athletic Trainers' Association notifying the N.A.T.A. membership of this type of endorsement for athletic training and student athletic trainer workshops, clinics, and seminars.

#### CONTINUING EDUCATION REQUIREMENT FOR ALL CERTIFIED ATHLETIC TRAINERS

This matter has been assigned to Mr. Gary Delforge and his graduate and continuing education subcommittee. A progress report on this matter will be forthcoming.

#### EDUCATIONAL WORKSHOPS

The committee is exploring the possibility of offering an educational workshop in connection with the N.A.T.A.'s annual meeting in Atlanta this year. Mr. Pat Dyer has been given the responsibility for planning this workshop. It is hoped that the workshop will be held for a good part of one day prior to the national program. The workshop would only cover one topic in the field of athletic training. Since our poorest scores on the N.A.T.A. certification examination has been in the area of basic science, it was thought that the subject matter to be covered should either be anatomy or physiology, specifically for athletic trainers. There will probably have to be a fee for this course to cover the costs of instructors and facilities. In addition, a minimum and maximum requirement will have to be set on the attendance to assure a financial success and not to overtax the facilities. You will be informed of our progress in this matter as details of the workshop are worked out.

#### BASIC ESSENTIALS OF A TRAINING ROOM

The committee has not made any significant progress in this matter since our last report to the board of directors.

#### BASIC ESSENTIALS OF STUDENT ATHLETIC TRAINER AND ATHLETIC TRAINING WORKSHOPS, CLINICS, AND CONFERENCES

The committee has not made any significant progress in this matter since our last report to the board of directors.



## STUDENT TRAINER EVALUATION SHEET

The committee has not made any significant progress in this matter since our last report to the board of directors.

### A CONTINUING STUDY ON THE SALARY STATUS AND IMAGE OF OUR N.A.T.A. MEMBERSHIP (Especially the recent graduates of athletic training curricula)

This survey questionnaire has been developed by the committee under the direction of Phil Donley. It has been sent out to the membership of the N.A.T.A. and over 200 forms returned at the time of this report.

### A CONTINUING STUDY OF THE FINANCIAL ASSISTANCE AVAILABLE FOR STUDENT TRAINERS

The committee under the direction of Phil Donley has developed a survey questionnaire that is designed to inform us of the financial assistance available for students preparing for a career in athletic training, either by the approved curriculum procedure or by the apprenticeship procedure. This questionnaire has also been sent to the membership. Returns have been slower than those for the aforementioned study.

### N.A.T.A. AND AMERICAN CORRECTIVE THERAPY ASSOCIATION JOINT STUDY OF THE UNDERGRADUATE CURRICULUM

In June just prior to the N.A.T.A. annual meeting in St. Louis, I received a proposal for a curriculum that would qualify a student for both athletic trainer and corrective therapy from Clyde Carpenter, vice-president of the ACTA. The late arrival of this proposal did not permit me enough time to discuss this proposal with my committee and then send it along with our recommendation to the board of directors at its June meeting. The proposal from the ACTA is attached to this report. After reviewing this proposal, which actually contains two alternatives, the committee unanimously rejected both alternative proposals for the following reasons:

1. Neither proposal would meet the specific student requirements of the N.A.T.A. approved educational program. In the first alternative the student would be lacking the following

requirements: chemistry and/or physics, nutrition, and/or 600 hours of clinical supervision under a certified athletic trainer. In the second alternative, the student would be lacking nutrition and 400 hours of clinical supervision under a certified athletic trainer. The committee strongly believes that all of our N.A.T.A. educational requirements would have to be met before considering any proposal from the ACTA.

2. Also, on the advice of one of our committee members who completed the corrective therapy curriculum at one of the ACTA accredited schools, we rejected this proposal since he did not think that the training in these two areas are similar in any way. It was believed that the ACTA had far more to gain from a joint curriculum than the N.A.T.A.

3. However, the committee does think that if the ACTA would require all of the N.A.T.A. educational requirements in their curricula that corrective therapy may become a procedure for certification similar to physical therapy. The corrective therapy degree graduate would have to meet the same requirements as stated in Section III of the N.A.T.A. procedures for certification, except substituting corrective therapy for physical therapy. Of course, this would have to meet the approval of the certification committee. It is the strong belief of the committee that we do not join our curriculum with that of any other professional field. If any curriculum of a professional field was found to be akin to that of the N.A.T.A., then we believe it should become a procedure for certification. If we had joint curriculum with another professional field and desired to make changes in our curriculum, then we would have to get approval on this change from the other group too. The red tape may become too difficult to unwind.

Before reporting back to Mr. Carpenter, I will need the official recommendations of the board of directors. We hope that the board of directors will agree with the professional education committee's recommendations.

### FORMATION OF A NATIONAL ORGANIZATION OR ASSOCIATION FOR EQUIPMENT MEN

The committee thinks that the N.A.T.A. should actively assist equipment men to form an affiliated organization or association. We believe that their first meeting would and should be planned for the same dates as the N.A.T.A. annual meeting in Atlanta, Georgia. With these dates scheduled, equipment men throughout the nation should be notified through the assistance of Bike or Cramers.

### RECONSIDERATION BY THE BOARD OF DIRECTORS OF THE CERTIFICATION COMMITTEE'S REPORT AT THE JUNE, 1972, BOARD OF DIRECTORS MEETING

The professional education committee supports the certification committee's requested changes in the procedures for certification. Therefore, we ask that you reconsider the certification committee's report to the board of directors made last June. Our committee believed that the following two recommendations would better support our athletic training curricula and the apprenticeship procedures of becoming a certified athletic trainer:

#### 1. Under section

I, it is recommended by the board of certification that two letters of recommendation be required by the applicant as is now required under Section IV.

2. It is recommended that Section I be eliminated from procedures for certification, effective January 1, 1977, (five years from this date), and that this information be provided on all current copies of the procedures for certification.

At the present time Section I permits the student either in one of our N.A.T.A. approved curricula or serving apprenticeship under one of our certified athletic trainers who dislikes his supervisor or the required course work to bypass these procedures and qualify for certification through Section I. This type situation weakens our curriculum and does not support the certified athletic trainer supervising his students either in the curriculum situation or in the apprenticeship situation.

A motion was made by Mr. George and seconded by Mr. Crowl to accept the report submitted by Mr. Miller for the professional education committee.

ACTION: Approved

#### XL.

There was discussion by the board

of directors in reference to the recommendation by the professional education committee to reject the proposal for a joint curriculum from the American Corrective Therapy Association.

A motion was made by Mr. Crowl and seconded by Mr. Sheridan to reject the American Corrective Therapy Association's proposal.

#### RECONSIDERATION BY THE BOARD OF DIRECTORS OF THE CERTIFICATION COMMITTEE'S REPORT AT THE JUNE, 1972, BOARD OF DIRECTORS MEETING.

The professional education committee supports the certification committee's requested changes in the procedures for certification. Therefore, we ask that you consider the certification committee's report to the board of directors made last June. Our committee believes that the following two recommendations would better support our athletic training curricula and the apprenticeship procedures of becoming a certified athletic trainer:

1. Under Section I, it is recommended by the board of certification that two letters of recommendation be required by the applicant as is now required under Section IV.
2. It is recommended that Section I be eliminated from procedures for certification, effective January 1, 1977, (five years from this date), and that this information be provided on all current copies of the procedures for certification.

At the present time Section I permits the student either in one of our N.A.T.A. approved curricula or serving apprenticeship under one of our certified athletic trainers who dislikes his supervisor or the required course work to bypass these procedures and qualify for certification through Section I. This type situation weakens our curriculum and does not support the certified athletic trainer supervising his students either in the curriculum situation or in the apprenticeship situation.

A motion was made by Mr. George and seconded by Mr. Crowl to accept the report submitted by Mr. Miller for the professional education committee. ACTION: Approved

#### XL.

There was discussion by the board of directors in reference to the recommendation by the professional

education committee to reject the proposal for a joint curriculum from the American Corrective Therapy Association.

A motion was made by Mr. Crowl and seconded by Mr. Sheridan to reject the American Corrective Therapy Association's proposal for a joint curriculum and also not to merge the N.A.T.A. educational program with that of any other professional field.

ACTION: Approved

#### XLI.

There was discussion in reference to the N.A.T.A. actively assisting equipment men to form an affiliated organization or association. It was agreed that the N.A.T.A. would give assistance where possible, but the N.A.T.A. would not initiate the move for such an organization.

#### XLII.

The report submitted by Mr. Gary Delforge, chairman of sub-committee on graduate and continuing education was discussed. The report is as follows:

#### MEETINGS

The first meeting of the newly formed sub-committee on graduate and continuing education was held in conjunction with the professional education committee meeting in June, 1972, at the N.A.T.A. annual meeting in St. Louis, Missouri. Gary Delforge, University of Arizona, was appointed chairman of the sub-committee. Mel Blickenstaff, Indiana State University, was appointed a member of the sub-committee.

Purposes, functions, and future projects of the sub-committee were discussed at the initial meeting. It was decided that the following projects should receive the initial attention of the sub-committee:

1. Formulation and distribution of guidelines (course work requirements, clinical experiences, etc.) for the development of the N.A.T.A. approved graduate certificate curricula in athletic training. Progress: The sub-committee is currently in the process of developing guidelines. At the present time the first draft of these guidelines (see enclosed copy) has been formulated. Steps toward final adoption include review, revision, and approval by the professional education committee and submittance to the board of directors for final approval.

2. Development of an N.A.T.A. certificate of graduation to be presented to all students who complete graduate certificate program requirements in various universities throughout the United States.

Progress: A certificate is currently being developed. Adoption of the proposed certificate is dependent on the professional education committee acceptance and approval of the board of directors.

3. Compilation of a list of all students graduating from N.A.T.A. approved graduate certificate programs.

Progress: This will be done as students graduate from those schools currently approved and from any graduate programs receiving future N.A.T.A. approval.

4. Development of guidelines and approved professional activities (attendance and participation in clinics, workshops, college courses, etc.) for continuing education credit.

Progress: No progress has been made in this area.

#### N.A.T.A. APPROVAL OF GRADUATE CURRICULUM IN ATHLETIC TRAINING

In June, 1972, Indiana State University and the University of Arizona became the first two universities to have their graduate curricula in athletic training approved by the N.A.T.A.

A motion was made by Mr. George and seconded by Mr. Crowl to accept the report by Mr. Delforge.

ACTION: Approved

#### XLIII.

There was discussion about the need to divide the responsibilities of the chairman of the sub-committee for graduate and continuing education.

A motion was made by Mr. George and seconded by Mr. LaRue that a new sub-committee for continuing education be formed with Phil Donley as chairman and that Gary Delforge remain as chairman of the sub-committee for graduate education.

ACTION: Approved

#### XLIV.

Mr. William C. Newell, chairman of the grants and scholarships committee, submitted the following report to the board of directors:



The association recognizes that not all students and their parents can afford to finance education entirely from their income and assets. For this reason, a four-fold program of financial assistance is being established. The aid will be available in the form of scholarships, grants, loans, and part-time employment.

Most of the financial aid will be awarded according to the applicant's or nominee's scholastic ability and financial need. Each type of assistance will have its own standards for ability and need.

## ARTICLES OF OPERATION

### ARTICLE 1. NAME

This committee shall be known as the committee on grants and scholarships of the N.A.T.A.

### ARTICLE 2. PURPOSE

This committee is intended to promote and encourage scholarship through gifts, loans, and grants-in-aid. Among the goals and objectives of the committee shall be the establishment of guidelines and criteria for the awarding of grants and scholarships; the stimulation and development of scholarships sponsored by industry, individual donors, service clubs, minority groups, associations, athletic conferences, and professional sports leagues; and the formulation of recommendations for rules and administration of self-help programs, either loan or job, to include college loan, National Defense loan, Education Act loan, and State Guaranteed or Federal Insured loan.

### ARTICLE 3. MEMBERSHIP

The membership will not exceed twenty (20) or be less than twelve (12), except by revision of these articles. Appointments to membership on the committee shall conform with the established procedures of the national organization. The board of directors is encouraged to provide for continuity through a recommended organizational term of membership.

### ARTICLE 4. OFFICERS

The officer of the committee shall be a chairman. The officers of the committee shall be appointed by the president of the national organization with the approval of the board of directors.

The chairman shall be responsible for the preparation of the agenda for the committee and will carry primary responsibility for liaison with the parent organization.

The chairman shall maintain records of any meetings of the committee, circulate these to the board of directors, and keep them informed as to actions and progress of the committee. He shall carry on the correspondence of the committee. Any monies received shall be duly noted and deposited in the accounts of the national organization.

The chairman, as the only officer of the committee, also fulfills the duties of the secretary-treasurer.

All committee functions between regularly scheduled meetings will be handled by the officers.

### ARTICLE 5. AUTHORITY

Decisions of the committee will not commit the N.A.T.A. to a policy or action position except as such decisions are endorsed by the board of directors of the N.A.T.A. The chairman is responsible for reporting committee actions through the executive director and the president of the association to assure their dissemination and implementation. No action shall be undertaken by the committee which shall place obligation on the N.A.T.A. without such action having been reviewed and approved by the governing body of that organization.

### ARTICLE 6. COMMITTEES

The chairman shall be empowered to appoint, from the membership, committees on an ad hoc basis as needed.

### ARTICLE 7. MEETINGS

The majority of the work of the committee will be performed by correspondence (Article 4.)

Such meetings as are deemed necessary will be called by appropriate notification of the chairman.

All committeemen will be notified of such meetings, but athletic trainer committeemen only will be expected to attend meetings when called. This is due to the inability of the members, other than athletic trainers, to attend meetings for reason of their other commitments.

No travel expenses for such meetings will be provided by the N.A.T.A.

### ARTICLE 8. FINANCES

The national association may budget monies to defray the necessary administrative costs of carrying on the work of the committee. These funds may be dispensed on order of the

committee as certified by the chairman. No financial obligation shall be assumed by the committee in excess of the funds created by this budget without the concurrence of the executive director and the board of directors of the N.A.T.A.

### ARTICLE 9. REVISION

These articles of operation may be revised on majority vote of the committee and ratification by the board of directors of the National Athletic Trainers' Association.

A motion was made by Mr. Crowl and seconded by Mr. Sheridan to accept the articles of operation of the grants and scholarship committee.

ACTION: Approved

### XLV.

There was discussion on the grants and scholarship committee members.

A motion was made by Mr. Gieck and seconded by Mr. Miller to accept the grants and scholarship committee members as submitted by Mr. Newell. They are as follows:

Dr. Robert G. Brasheau, M.D.  
Dr. Don L. Cooper, M.D.  
Mr. Elvin "Ducky" Drake  
Mr. Morris Frank  
Mr. A.C. "Whitey" Gwynne  
Mr. Thomas J. Hamilton  
Mr. Kenny Howard  
Mr. Chuck Medlar  
Dr. Don H. O'Donoghue, M.D.  
Dr. W.D. Paul, M.D.  
Mr. Ken Rawlinson  
Mr. Jules Reichel  
Dr. William K. Smith, M.D.  
Mr. Howard Waite.

ACTION: Approved

### XLVI.

The grants and scholarship committee requested that three folders be developed for nomination of candidates for three separate scholarships.

A motion was made by Mr. George and seconded by Mr. Kimball to amend the request as follows:

Two folders, one for college or university undergraduates and the other for post-graduate level, should be used in the nomination of candidates for the two scholarship awards to be presented by the National Athletic Trainers' Association each year, provided the funds are available through the grants and scholarship committee.

ACTION: Approved

### XLVII.

There was discussion in reference to the Internal Revenue Service, United States Treasury Department,

encouraging the association to establish a separate organization for educational funds. The present association exemption of section 502 (C) (6) does not permit a tax deduction for those who wish to donate or contribute to the association for educational purposes. An exemption has been applied for under section 501 (a) and described in section 501 (c) (3) of the Internal Revenue Code. This exemption is for organizations that are organized and operate exclusively for educational purposes.

A motion was made by Mr. Miller and seconded by Mr. LaRue to table the above discussion for further study. ACTION: Approved to Table

#### XLIII.

There was discussion in reference to a permanent fund of grants-in-aid being established to be placed with a savings or investment fund over a period of two years to draw interest. After that time, the interest only will be meted out as a form of tuition reduction or rebate. This will be based on need, minority group, disadvantaged — no repayment involved. For this fund, service clubs, minority groups, professional sport leagues, foundations, etc. will be invited to participate.

The membership of the association will be given an opportunity of pledging.

A motion was made by Mr. Sheridan and seconded by Mr. Lane to table the above discussion for further study. ACTION: Approved to Table

#### XLIX.

The grants and scholarship committee requested permission to seek restricted scholarships, geographically and district sponsored, by industry sponsorship or individual donor sponsorship, for those who wish to set a specific criteria or a special disbursement of funds.

A motion was made by Mr. George and seconded by Mr. Miller to table the above request for further clarification. ACTION: Approved to Table

#### L.

The grants and scholarship committee suggests that the board leave the committee membership as it now exists for two years or until June, 1974. There are nine (9) athletic trainer members. Three could be appointed or reappointed for a three year term that would end June, 1977. Three others should be appointed or reappointed for a three year term from 1975 to 1978; then three more would be appointed or reappointed for a

three year term from 1976 to 1979. This will place the committee on a rotation basis of three year terms.

Non-athletic trainer members may be replaced or new ones appointed as needed.

A motion was made by Mr. Crowl and seconded by Mr. Miller to accept the above suggestion by the grants and scholarship committee.

ACTION: Approved

#### LI.

There was a discussion of a National Amateur Sports Foundation Bill, United States Senate Bill number S-4038 by Mr. Mike Gravel (Alaska).

#### LII.

There was a discussion in reference to the N.A.T.A. being incorporated.

A motion was made by Mr. Gieck and seconded by Mr. Sheridan for the executive director to continue on plans for incorporation of the N.A.T.A.

ACTION: Approved

#### LIII.

There was discussion in reference to N.A.T.A. members submitting their names directly to the United States Olympic Committee for consideration as candidates to the Olympic Games. This past year several N.A.T.A. members were on U.S.O.C. training staffs and their names were not submitted by their names were not submitted by their respective district peers for representation.

The N.A.T.A. Statement of Policy on the procedure for the selection of Olympic and Pan American Game trainers is as follows:

1. All members of the N.A.T.A. must submit their names for consideration for selection as an athletic trainer for the Olympic or Pan American competition through their respective districts of the N.A.T.A. for presentation to the N.A.T.A. Olympic Selection Committee.
2. Failure to go through the N.A.T.A. Olympic Selection Committee will result in review by the N.A.T.A. Code of Ethics Committee.
3. No member of the N.A.T.A. will directly submit his name to the United States Olympic Committee nor encourage his name to be submitted.

Also, Article II, Section 3 of the N.A.T.A. Code of Ethics states:

An N.A.T.A. member who wishes to be considered for assignment to represent the N.A.T.A. as an Olympic or Pan American Games trainer or to represent the N.A.T.A.

in any other responsibility, shall seek this consideration only through the N.A.T.A. officers and/or committees designated to handle such representation.

In the future any violation of the above will result in disciplinary action by the N.A.T.A. Ethics Committee and the N.A.T.A. Board of Directors.

#### LIV.

There was discussion of the preliminary report by the ad hoc committee studying the allied health affiliation with other allied organizations. A detailed report will be given at the board of directors meeting in June, 1973.

#### LV.

There was discussion in reference to a college trainer, being released from his duties as athletic trainer because a team physician does not believe in the use of adhesive tape. Also discussed was the report of a trainer being released at a university because of a coaching change in football and the new head coach bringing in a personal friend to be the head athletic trainer.

The board of directors discussed possible action and investigation procedures to follow in such cases.

A motion was made by Mr. Gieck and seconded by Mr. Miller that should an athletic trainer wish the board of directors to investigate a particular case on employment he must file a written request with the board of directors who will contact the individual's employer requesting the circumstances leading to the dismissal prior to action by the board of directors.

ACTION: Approved

#### LVI.

Mr. Mike Duberstein, Washington, D.C., appeared before the board of directors to discuss a possible bill for athletic trainers to be introduced into the United States Congress. The bill initially seeks to amend the Elementary and Secondary Education Act of 1965, which was the first basis of federal aid to education legislation.

Following a lengthy discussion, a motion was made by Mr. Gieck and seconded by Mr. George to endorse and pledge cooperation of the bill as modified.

ACTION: Approved

(NOTE: Copies of the bill will be sent to the membership as soon as changes are made and received from Washington, D.C.)

The board of directors meeting was adjourned at 4:30 o'clock p.m., January 12, 1973.



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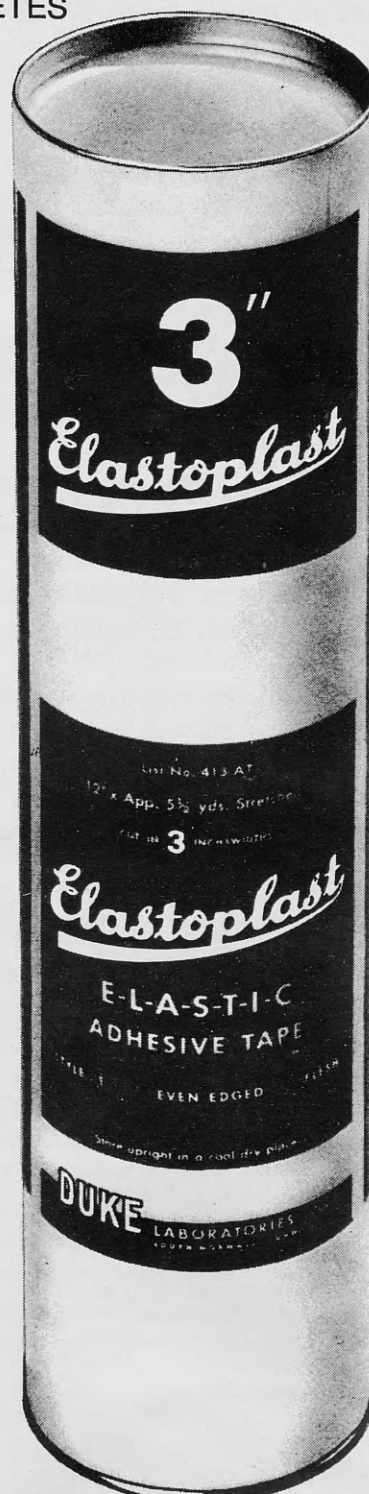
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# Editor's Comments

In our effort to try to cover the various aspects of sports medicine and the athletic trainer, the next issue of *ATHLETIC TRAINING* will include two (2) new sections.

One section will provide information for the student trainer. If any of the membership has any material or information that might be of value for this student section, they should contact Mr. Ray Baggett, Indiana State University, Terre Haute, Indiana.

The feminine touch will appear in future issues of *ATHLETIC TRAINING* with the addition of the new section on women's aspect of the profession. If anyone has material that may be of interest in this new journal area, please submit your item and/or ideas to Miss Holly Wilson, Indiana State University, Terre Haute, Indiana.

These two new sections will give journalistic exposure to these very important aspects of this growing profession and promote the exchanging of useful information.

The athletic world has been unable to avoid infiltration of one of our culture's biggest problem areas --- drugs. President Nixon has called drugs "public enemy No. 1." The result of unregulated drugs in sports can be nothing but an ugly, disastrous decay.

In June 1972, The American Medical Association's House of Delegates approved resolution No.

89 that can serve as a beginning of a guideline to keep this problem out of sports as much as possible. The resolution condemns the use of non-therapeutic drugs in athletics. In particular, it names amphetamines, barbiturates and anabolic steroids as the main problem drugs.

Although the resolution still leaves a rather gray area for enforcement purposes by not defining what is meant by "therapeutic", at least it serves as a foundation for a professional stand against this troublesome, dangerous menace.

The last portion of the AMA's statement asks that the resolution "... be widely publicized and distributed". As true paramedical professionals, athletic trainers should do their best to reinforce this important issue and promote support against the use of non-therapeutic drugs in athletics.

As the official publication of the National Athletic Trainers Association, *ATHLETIC TRAINING* wants to provide the best articles possible concerning the profession. The membership should be the largest source of material for the journal. The members do not have to author articles themselves, but may know of some very good works or items that may be of value to the rest of the organization. *ATHLETIC TRAINING* invites the membership to send in any material that may be of benefit to the journal.

## Guide to Contributors

The editor of *Athletic Training*, the *Journal of the National Athletic Trainers Association* welcomes the submission of articles which may be of interest to persons engaged in or concerned with the progress of the athletic training profession. The following recommendations are offered to those submitting articles:

1. All manuscripts should be typewritten on one side of 8½ X 11 inch typing paper, triple spaced with 1 inch margins.

2. Photographs should be glossy black and white prints. Graphs, charts or figures should be clearly drawn on white paper, in a form which will be readable when reduced for publication.

3. The list of references should be in the following order: a) books: author, title publisher with city and state of publication, year, page; b) articles; family names and initials of all authors, title of articles, the full journal title.

4. It is the understanding of the *Athletic Training* editor that manuscripts submitted will not have been published previously; and that the author accepts responsibility for any major corrections or alterations of the manuscript.

5. It is requested that each submitting author include with the manuscript a brief biographical sketch and photograph of himself.

6. For reprints, authors are authorized to reproduce their material for their own use.

Unused manuscripts will be returned when accompanied by a stamped, self-addressed envelope.

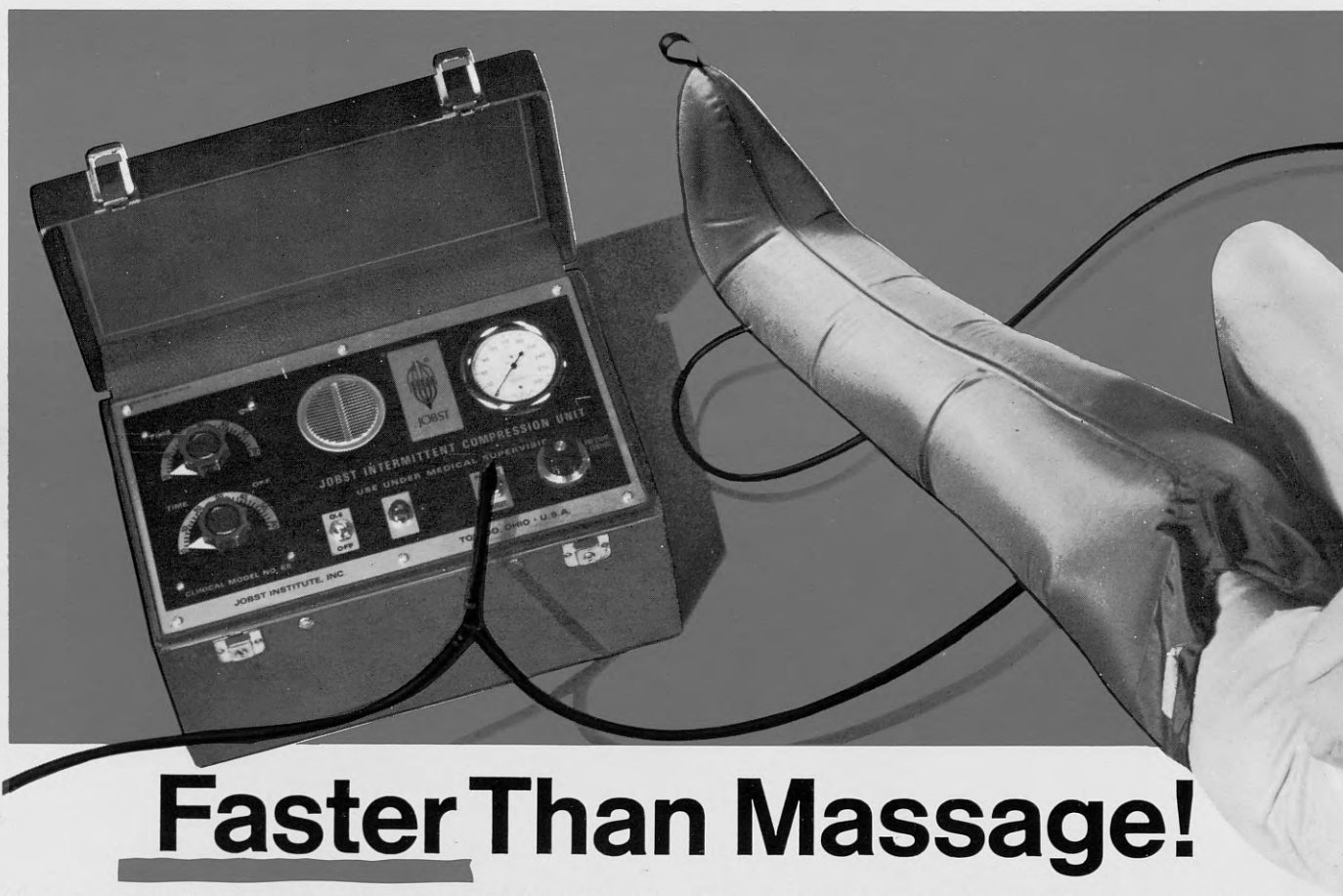
Address all manuscripts to:

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Department of Athletics  
Colorado State University  
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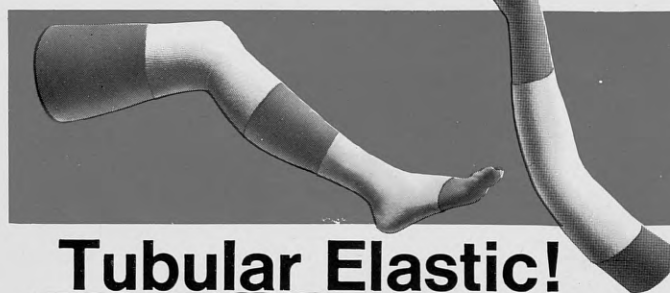
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