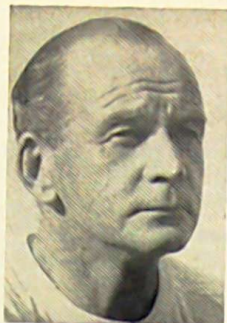




Dick Wargo
Head Trainer
U of Connecticut



Frank (Doc) Kavanagh
Head Trainer
Cornell University



Duke Wyre
Head Trainer
U of Maryland



E. J. Colville
Head Trainer
Miami U. (Ohio)



Joe Glander
Head Trainer
U of Oklahoma

THE NATIONAL ATHLETIC

The Athletic Training Program At Sherman High School

Athletic Team Trainer C. LEE BRIGHAM

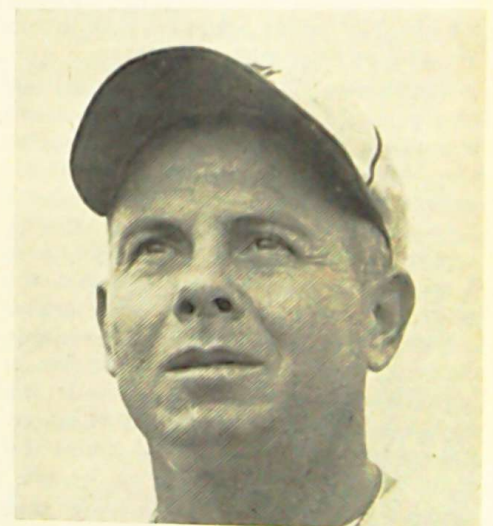


Chuck Cramer
Executive Secretary

EDITOR'S NOTE: Here is an example of the teacher-trainer in the high school systems today. Athletic team trainer C. Lee Brigham of Sherman, Texas, High School. The administrators, the coaching staff, booster club, the pigskin club and the people of Sherman, Texas have the right attitude. This school was the first to hire a full time teacher-trainer in Texas. Six other wide awake schools now have teacher-trainers . . . thanks to the Sherman School. This is a group of people that know the value of not sticking to the old Roman attitude. Athletic director and head coach Barlow Anderson has more than done his part to pioneer the teacher-trainer and is to be congratulated . . . the Sherman High School has a grand coach and a competent college graduated athletic trainer teaching in a wide awake school. Sherman Texas High School . . . we take off our hats to you.



Athletic Team Trainer C. Lee Brigham



Athletic Director and Head Coach Barlow Anderson

The athletic program at Sherman High School is very fortunate in that not only is the value of an athletic trainer recognized by the administration, but something has been done about it. Sherman High School has the distinction of being one of the very first in Texas to employ an athletic trainer. This action of the School Board and the Superintendent came from a philosophy that an athletic team can only be as good as the athletes comprising it, and that degree of "goodness" depends largely on the overall physical condition of the individual. This philosophy is very closely adhered to by the coaching staff in re-

gard to training, in that the trainer is given the final word in respect to workout routines for injured boys. No boy is allowed to workout or participate in games while favoring an injury that is likely to be aggravated or a permanent injury sustained. This is one point that is rigidly enforced by athletic director Barlow Anderson; and it has been proven, to our satisfaction, that the second best boy in top physical condition is more often better than the No. 1 boy who is injured.

The fruits of this action paid

dividends last year. We were co-champions in football and represented the district in bi-district play. Throughout the entire season we had only three boys lose playing time as a result of injuries, and in each case broken bones were involved. Also we won championships in basketball, track and field, golf and tennis without the loss of a boy due to injuries.

This success we attribute, in part, to two principal results of the training program. First, by constant attention we are able to field boys who are in



Wm. Dayton
Head Trainer
Texas A & M



Fred A. Peterson
Head Trainer
U of Wyoming



Henry F. Schmidt
Head Trainer
U of Santa Clara



W. J. Luchsinger
Head Trainer
Miss. State Col.



Hugh Burns
Head Trainer
Notre Dame

TRAINERS ASSOCIATION

better than average physical condition. Second, the trainer is able to release the respective coaches of certain routine tasks heretofore necessarily handled by the coaches. This facilitates a greater concentration of effort in the coaching of the sport. Since Sherman entered the new AAAA classification this fall, the training program became even more important in view of the more grueling schedule.

The first task confronting the author on assuming the trainer's job at Sherman High School was to provide a training room adequate to take care of forty "A" squad or varsity football players and some one hundred "B" and Jr. High squad members. In the field house at the stadium ideally located between the coaches office and the "A" squad dressing room, an equipment room no longer in use was there for the asking. With the help of the administration, men of the maintenance department were assigned to renovate the room and alter it as needed. Walls and floors were painted, electrical outlets were installed, wall cabinets put in place, and a lavatory set in. The problem of equipment was solved by the schools shop and the local Pigskin club. In the shops, in addition to wall cab-

inets, work benches, powder benches and other fixtures, padded and covered training tables were made and installed. The local booster club as the years project purchased and presented to the athletic department one of the finest whirlpool baths on the market. In addition to the whirlpool they also purchased a trainers bag, heat lamps, and numerous other items.

With the training room in shape, and the problem of major pieces of equipment solved, the remainder was relatively simple. Such items of equipment as weight scales, electric clippers, hand tools, oxygen tank, and trainer supplies were purchased by the athletic department. Supplies were in, the training room was set up, and the job of taking care of the athletes began. (See illustration No. 1 — Training room.)

A very important phase of the pre-season conditioning program was calisthenics or grass drill. Pre-workout drills were given primarily for warm up, and not necessarily with conditioning in view. The warm up drills that involve the deep knee bend were eliminated. We feel that the deep knee bend only leaves the athlete more susceptible to a permanent knee injury. During the regular workout schedule such drills as the charging machine, wind sprints, and charging an embankment near the field were used as conditioners. The use of weights, barbells, and other resistance measures were usually discouraged, but when used were very closely supervised. We feel that this type of conditioner might cause a "tightening-up" of the boy and reduce his ability to quick reactions. The jump rope was often used to develop stamina and "snap" in the legs.

Another of the more important prob-

lems during the early workout days in Texas weather is the care of the feet. The fact that most of the boys are breaking in new shoes and the excessive temperatures only add to the problem. This situation was taken care of by the use of the powder foot bath, and the use of a thin or sanitary type sock under the heavy pair. Every day before workout each boy is required to paint his feet with Tuf-Skin, and then use the powder foot bath. After the sox are put on the feet are again placed in the powder bath, and the ankles were wrapped over the sox, with a cloth web ankle wrapping using the Louisiana type wrap. In case blisters developed they were drained, all dead tissue removed and a Nitro-Tan compress applied for five to ten minutes. After the compress was removed the area was painted with Tuf-Skin and allowed to dry; then a gauze pad spread freely with Athletic Ointment was applied over the area and taped into place. Usually the boy is ready to return to workout or the game. Also, we find the powder foot bath to be our most effective preventative measure in combating athletes foot. (See illustration No. 2 — Powder foot bath.)

See BRIGHAM page 26



No. 1 The training room set up and ready for action at Sherman High School.



No. 2 Using the Tuf-Skin and powder bath before workout.