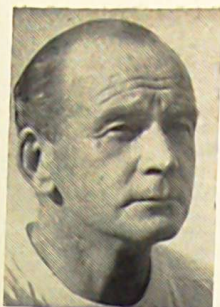


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THE NATIONAL ATHLETIC

SOME PROBLEMS OF THE HIGH SCHOOL TRAINER

ALEX ATTY, Athletic Trainer
Windber High School, Windber, Pennsylvania



Chuck Cramer
Executive Secretary

EDITOR'S NOTE: Alex Atty is presently serving fourth year as full-time trainer and teacher at Windber High School, Windber, Pa.

Graduate of West Virginia University with a B. S. in Physical Education, 1939. Master's Degree in Physical Education and Biological Science, 1940.

Candidate for Doctor's Degree in Phys. Ed. and Psychology with all requirements completed except dissertation, Penn State College.

Five years with U. S. Army Air Forces as Physical Director and Athletic Officer, served in China, Burma, and India. Came out of service as a Captain in 1946.

Captained West Virginia University's football squad in 1938. Played some professional football under "Dutch" Clark at Cleveland in 1939.

The title suggests that this paper will deal with problems confined to a secondary school level and in this respect may be a little misleading as generally speaking the majority of training problems in the prep level and collegiate level differ only in degree. However, it is obvious that certain problems of finance, parent relationships, age group of the participants, availability of medical assistance, etc., will definitely present problems that are rarely found in a collegiate set-up or only to a very minor degree.

In regards to finance, high school trainers will find in most cases that ingenuity and a great deal of improvisation will have to be a first-string substitute for such training aids as whirlpool baths, diathermy equipment,

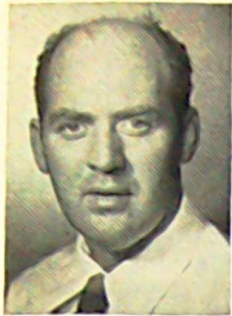
heat lamps and other such paraphernalia. The purchase of this type of equipment, except in some rare cases, will have to be stretched over a period of time. However, if the teacher-trainer can show a significant decrease in the number of injuries and other disabling conditions, he may be able to sell a bill of goods to the school board or even to such community organizations as the Lions, Rotary, American Legion, VFW, etc., to invest and donate a unit of the above. A school district with enough foresight to hire a full-time trainer will usually allocate sufficient funds to carry on a fairly good training program. The teacher-trainer would do well to divert these funds into channels that will reap the most return, i.e., supplies that are required largely in the prevention of injuries such as Tape, Tuf-Skin, Analgesic Balm, Elastic Bandages, Antiseptics, Cotton, Gauze, Ankle Wraps, Knee Braces, Special Pads (McGill Shoulder pads, Injury pads), Sponge Rubber, Felt padding, Electric Heating pads, Foot and Body Powder, and other various and sundry items that are needed in the training room. The above looks like a large order to some high schools but in reality it represents only the bare necessities. Keep in mind that the purchase of one whirlpool bath would exceed a year's needs in the above. There are several plans available on home-made whirlpools that are quite functional. Our first such item was made in the school's industrial arts department and it served quite satis-



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factorily. (See Cramer's "A TRAINING ROOM MANUAL.")

The problem of greatest magnitude to a high school trainer seems to be in the field of orientation insofar as injuries are concerned. It is quite bewildering to a teen-ager to be told that a mere skin abrasion is serious enough to report for treatment and then later to shrug off the acute soreness experienced in early season with a; "It will work itself out" comment. A far-sighted trained will, very early in the camp or pre-season training period, explain in detail as to what is



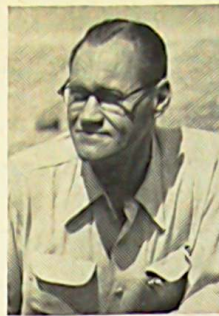
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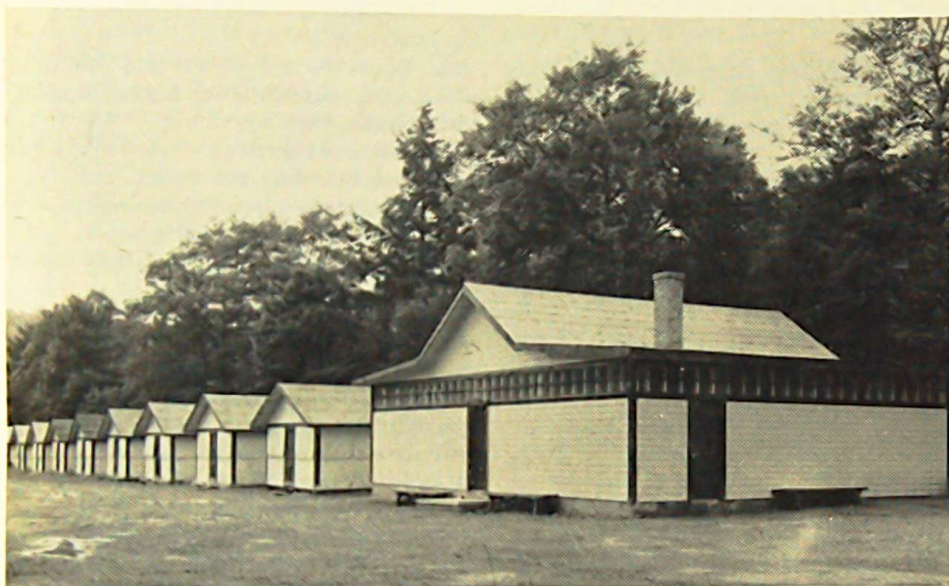


W. J. Luchsinger
Head Trainer
Miss. State Col.



Hugh Burns
Head Trainer
Notre Dame

TRAINERS ASSOCIATION



Camp Hamilton, Windber's training camp purchased from the University of Pittsburgh, is one of few owned by a high school. Picture above shows the dressing-training room building in the foreground and the 10 cabins in background. The training room is equipped with several tables, cupboards, diathermy and some hydrotherapy equipment.

expected of each boy insofar as his personal responsibility is concerned in acquiring and maintaining himself in top physical condition in order to be of maximum use to his squad. You will find boys at both extremes, the so-called "toughie" who reports nothing short of a fracture and the "pink tea" type who will report a dust-elicited sneeze. As paradoxical as it may seem, it is the tough kid who may bring disaster to the squad by concealing minor sprains and strains, thus agitating a condition that would have responded very nicely with early treatment instead of the sidelining disability that it has subsequently developed into. On the other hand, you can develop boys into "rubbing table riders" if the picture isn't made quite clear to them. In short, the trainer must have the wisdom to impart the following information to his charges: injuries that are seemingly insignificant but can

become disabling if ignored; so-called ailments such as soreness and bruises that will work themselves out through continued activity; contagious skin and body infection; the need for reporting injuries that become highly chronic if ignored; general rules of diet and rest required to attain and continue at a high level of physical efficiency; and also the knowledge and development of the theme that each and every member of the squad has a distinct obligation and responsibility toward a winning season. This appears to be a large order and we find it best facilitated through the following media; a few well spaced orientation talks (brief) during pre-season drills and after the onset of the season; charts strategically spaced in the dressing rooms and training rooms; occasional showing of available movies; and by citing present and past performers as living examples of fine physical conditioning. Another

point in regards to orientation that cannot be overlooked in working with high school boys (college boys are oftentimes guilty of this infraction) is to stress the importance of continuing all treatment until given a clean bill-of-health by the trainer. Most boys are want to discontinue treatments as soon as the symptoms disappear. If you are handling a large squad it may be advisable to use a daily log or some other type record of injuries showing such

See ATTY page 30

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