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THE NATIONAL ATHLETIC

WHY I INSIST ON STAYING A TRAINER

**IRV SIMONE, Trainer-Coach
Grinnell College**



Chuck Cramer
Executive Secretary

DEAR CHUCK:

I send this article via you and you can relay it to Fort Worth as a NATA release to the MENTOR.

I have had two articles appear in your First Aider through the years; one on a taping bench (picture enclosed) and one on treatment of a Charley Horse. I think this is the type of thing the Mentor is looking for AS IT HAS TEETH IN IT. I think you will agree as you read.

In the January (Mentor) there was an article by "Al" Wylder on WHY I BECAME A TRAINER—If this article is used I would like for it to be entitled TRAINER-COACH or WHY I INSIST ON STAYING A TRAINER.

Irv Simone
Grinnell College
Trainer-Coach

I was prompted to write this article due to recent events in the athletic department here at the college and due to happenings in the community. I noticed in your June issue of the MENTOR you mentioned the long hard fight to educate the school authorities, coaches, and school board members of the necessity of having an athletic trainer in the school system.

I would like to trace the history of athletic training at Grinnell in a few words and show how after a slow start as a student trainer, and later returning to my alma mater as trainer-coach, a span of 14 years, I'm able to run on level ground and have the green light from the coaches, athletic directors, school officials, county medical association, and the National Foundation for Infantile Paralysis.

The history—I came to Grinnell with

a bachelor's degree in physical education and was employed as a full time trainer and physical education instructor enabling me to earn a B.A. degree without cost. Our 'training room' at that time was in the old gym, one of the oldest in the country at that time. Beneath the steps of this gym was Grinnell's first training room; every time someone walked up these steps dust would pour through the cracks into the training room. By scrounging around and picking up the nearest thing at hand I put in a false ceiling under the steps and painted the room white (giving it that antiseptic look.) The first 'whirlpool' was a sink with hot and cold running water (I dug the trench and laid the pipe myself); one infra-red lamp, a few bandaids, and a roll of tape and I was in business.

I put on gymnastic exhibitions between halves of the basketball games. As I would walk out on the floor to do my stint on the horizontal bar or the parallel or the trampoline the lettermen's club who sat in one section would chant as my feet hit the floor QUACK, QUACK, QUACK, QUACK. Although this was done in a joking manner and I knew that they had confidence in me as they came to me with all their aches and pains, I accepted the challenge and went to work improving the training room, improving my methods and getting more equipment.

I left Grinnell and coached several



EDITOR'S NOTE: Trainer-Coach Simone gives you the straight dope, fellows, and he is indeed right. His work for the local community has insured the respect so rightfully deserved.

years in Chicago, then into the service and served as a physical therapist in the Air Force Rehabilitation Program. After my discharge from the service Grinnell offered me a job picking up where I left off, serving as swimming coach, trainer, and physical education instructor. During the war years a new gym had been built and a room had been set aside for a training room. Gradually we acquired equipment; our



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TRAINERS ASSOCIATION

whirlpool was donated by the lettermen club and a local doctor. Today we have a modern training room with everything from soup to nuts.

Recently I had a chance to prove the value of a trainer to an institution. I left Grinnell to do a one year stint with the National Red Cross as a first aid and water safety instructor, and a two year stint as a physical therapist in a home, school and treatment center for cripple children in Texas.

I returned to Grinnell in '51 and they had been without a trainer the year before my return—HEREIN LIES THE BIG STORY.

By proper screening and better treatment of the athletes I was able to cut the doctor's bills for the three month period during the football season by \$2,100.00 over the same period of the previous year. Every student in Grinnell is insured against accidental injury. This is included in the total school fees. The doctor's bills had been so high for the treatment of injuries of the boys and girls on the campus that the insurance company told the school that unless they could cut this by 30% it would cost the school an additional \$7,000.00 for the present school year (this would have had to come from the school treasury as the fees had been set and it was not possible to change the amount). I took on the added chore of screening, via the two nurses on the campus all injuries, male and female alike, and sending to the medics only those that I thought needed the attention of a doctor. THE INSURANCE COMPANY, I AM HAPPY TO SAY, DID NOT RAISE THE RATE AS THE VISITS TO THE DOCTOR WERE CUT BY 40%, THUS IN ONE YEAR I SAVED THE COLLEGE \$9,100.00.

Can you tell me of any other person on the staff of a high school or college that could save an institution that



Grinnell training room . . . a nice one.

much money—A TRAINER DID. Besides serving as head athletic trainer of all sports, with one student assistant, I served as director of the physical education program, back field coach in football, swimming coach, assistant track coach, as well as carrying a full load in the theory classes and activity classes in the physical education department. I also served on the school health committee which is made up of the two school nurses, the Deans of Men and Women, THE TRAINER, and the President of the College. This committee concerned itself with various health matters such as T. B., x-rays, flu shots, blood donations, and general health problems.

I like sports, yes—but I have concentrated on the corrective and remedial courses in graduate school. I say let the head basketball and football coach get the ulcers. I am a vital cog in both the athletic and physical education programs—at heart I am just a trainer I guess—so I say to those preparing themselves for coaching field do not miss the bet of getting a good background in first aid and training room procedure during their undergraduate days.

Recently due to several polio cases in Grinnell the President of the College offered my services to the com-

munity via the local doctors in an attempt to aid the families so stricken. When I walk out on the floor or field to give aid to an injured athlete or go into the homes to give aid to an apparently crippled child—do I hear the familiar words Quack, Quack, Quack? YOU CAN BET YOUR BOOTS I DON'T.

FOURTEEN YEARS IT TOOK ME, GENTLEMEN, BUT I FINALLY GOT

See SIMONE page 30

JOIN NOW . . . The National Athletic Trainers Association.

A key to your training problems. Trainers, student trainers, coaches, principals, superintendents, sporting goods salesmen, jobbers, manufacturers, and members of the sporting professions . . . you are invited to join our association. It will be the best investment you ever made for training problems are a "Must". The material and lectures you will receive far exceed the valuation of the dues.

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Chuck Cramer, Executive Secretary
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that he wear it, just as it is mandatory that he wear the helmet before being allowed to play football.

To oversee this mouth protection usage is the new role of the trainer. It will take some additional time and effort on his part, but the dividends it will pay through the prevention of tooth, lip and jaw injuries — that 50% injury factor which now exists — will more than repay the trainer's efforts. The decrease in injuries will no doubt enable additional boys to play football who, heretofore, were kept out of the game by parental fear of dental disasters.

The cost of one tooth injury by a boy on the football squad can pay for enough mouth protectors to equip the entire squad. Preventing is always better than curing, especially when it is of dental origin.

SIMONE

Continued from page 25

THERE. Instead of calling me quack when I meet these athletes on the campus, the bookstore, or gymnasium I am bombarded with intelligent questions on physiology, anatomy, and general health questions. So I say to you people just beginning your first training job—HANG IN THERE TOUGH; things are breaking our way and that hill that some of us had to climb is leveling off. WE AS TRAINERS SHOULD NO LONGER ACCEPT THE POSITION THAT WE ARE JUST ONE OF THOSE PEOPLE WHO HAS AN EXTRA MUSCLE BETWEEN HIS EARS AND KNOWS HOW TO HANDLE A BUCKET OF WATER AND SPONGE.

Our squads are always small at Grinnell because studies come first, thus it is important that we keep every man we have in the best of physical condition and we spare nothing to do same. When you seek your first coaching job it is highly possible that you might have to be your own trainer as well as coach. You might also find that the reason you were hired instead of Joe Blow was that you had had some train-

ing in first aid and training room procedures.

AT GRINNELL WE RUN A BASKETBALL COACHING CLINIC EACH YEAR. THIS YEAR THE DATE IS NOVEMBER 29. IF YOU ARE IN OUR AREA AROUND THIS DATE, WE WOULD BE HAPPY IF YOU COACHES COULD DROP IN TO SEE US. WE HAVE WHAT WE THINK IS AN IDEAL TRAINING ROOM FOR A SMALL SCHOOL. WE ARE THE ONLY SCHOOL IN OUR CONFERENCE THAT HAS WHAT CAN BE TERMED A FULL TIME TRAINER.

EDITOR'S NOTE: Here is a newspaper story on a trainer's work with his community. Commendable and reflecting the attitude of the training profession. The future holds no limits.

COLLEGE TELLS POLIO THERAPY AID PROGRAM

Services of Irwin Simone, Trained Therapist, Will Be Available Free

Dr. Samuel N. Stevens, president of Grinnell College, has announced that the services of Irwin L. Simone, instructor in Physical Education in charge of the physical activity program and swimming coach, will be available in this area to aid victims of infantile paralysis who have been released from hospitals and are in need of home treatment.

Mr. Simone's services will be rendered without charge in keeping with the policy of the college and the national Foundation for Infantile Paralysis.

Experienced Therapist

An experienced physical therapist, Simone had special work in that field while working in the Army Air Force rehabilitation program. He received special commendations from the chief surgeon in Washington D. C., for his efforts in training personnel in the field of physical therapy and also for the many exercise devices he set up to aid wounded and maimed flyers.

For two years, he served as director and physical therapist in a home, school and treatment center for crippled children in Texas, further qualifying him to give aid to parents in procedures for home treatment.

Works With Doctors

Simone has met with the Poweshiek County Medical Association and has received permission to work in conjunction with and through the doctors in this area.

Said one of the local doctors. "Poweshiek County is fortunate in having the services of a physical therapist available for advice and aid in home treatment of polio patients and we are grateful to the college for making the services of Mr. Simone available. This



Graph-O-Play

This new Graph-O-Play interchangeable rubber hand stamp is now on the market. One hand stamp contains the T formation, single wing, split T and double wing, or any formations wanted. Just slip the desired formation in place and the stamp makes perfect circles for offenses, also available in defensive alignments of 4, 5, 6, 7, & 8 man lines. We believe that every coach should have a set of these useful football stamps in his office. We use them all the year around and would never be without them. They are invaluable in scouting, in football classes, for wall charts, for the players, in the training room, for your personal record and file of plays, etc. Your athletic department should have a set.

For further information write

GEORGE ALLEN
Whittier College Whittier, California

is the type of community-college cooperation which is most satisfying."

Expresses Approval

J. V. McCarthy, Iowa State director of the National Foundation for Infantile Paralysis, expressed his approval of the plan of cooperation and assistance.

All persons seeking advice and aid in follow up treatment in the home should contact Mr. Simone through their family physician.

Did you know . . . Mell Barton of W. J. Voit Rubber Corp., 1600 E. 25th St., Los Angeles, Calif., has all the desired information you want on the new Voit rubber mouth piece. It's something new and really different and will help your boys ever so much. Drop Mell a card and ask for the information on this new product that is causing such a sensation in the athletic world.

Did you know . . . in the old days when a woman wanted a fur coat she went out and shot a few foxes . . . nowadays she just shoots a little bull.

Did you know . . . there may not be as much to see in a small town as in a big one, but its what you hear that makes up for the difference.