

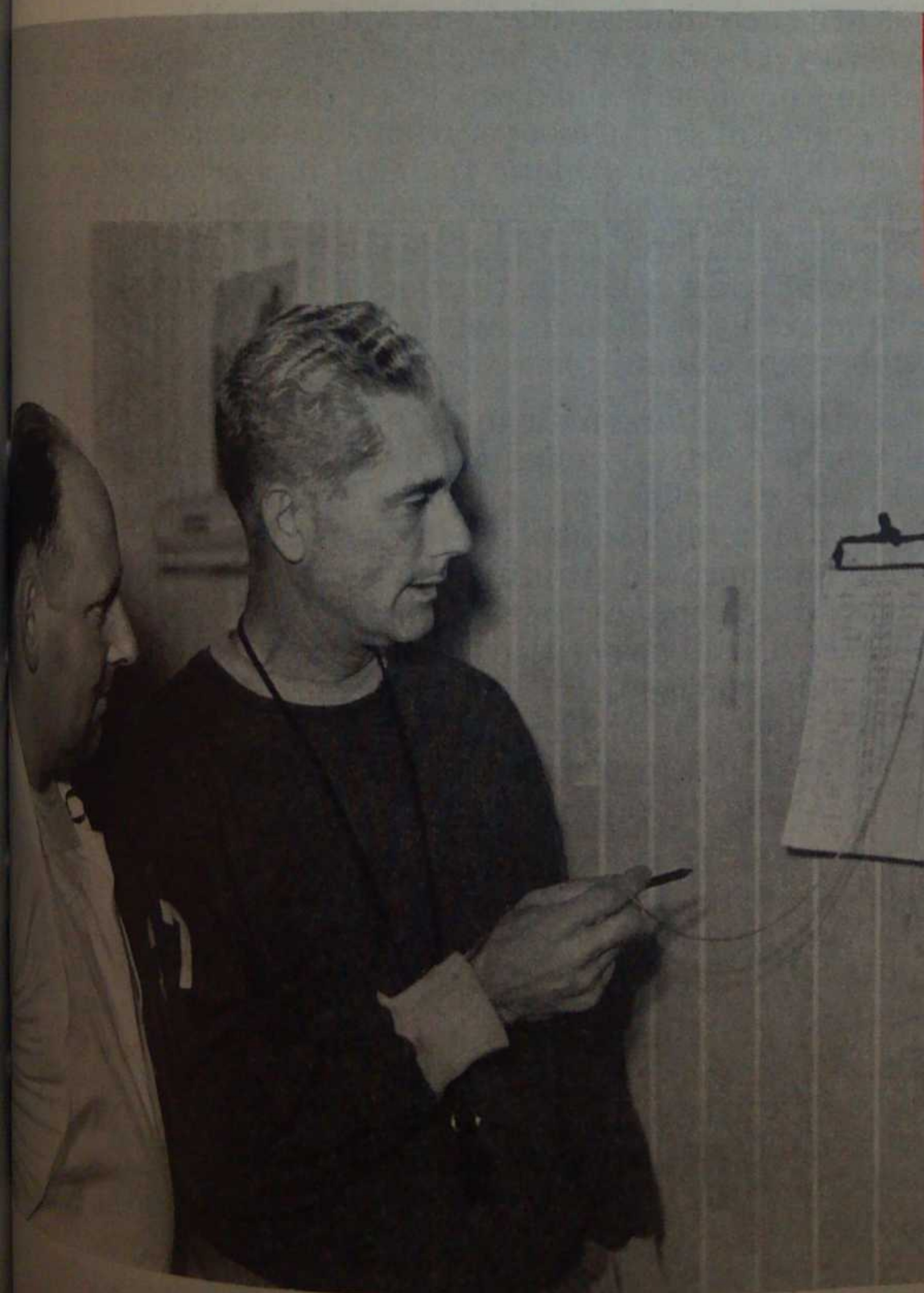
TRAINERS JOURNAL

THE NATIONAL ATHLETIC TRAINERS ASSOCIATION

SEPTEMBER, 1941

No. 1

Official Publication
Of the National Athletic
Trainers Association



ANNOUNCING
THE NEW
TRAINERS JOURNAL

Trainer Henry Schmidt and
Coach L. T. "Buck" Shaw
University of Santa Clara

The National Athletic Trainers' Association

THE CONSTITUTION

ARTICLE I

THE name of this Association shall be the National Athletic Trainers' Association.

ARTICLE II

The purpose of this organization is to unite those persons engaged or interested in athletic training; to formulate standards and principles for those engaged in the profession; to promote education and development of efficiency and skill; to assemble and distribute unbiased information concerning training practice; and to encourage research for further advancement of training practice.

ARTICLE III

MEMBERS: Qualifications and admission—Senior, Junior and Associates.

Section 1. Senior members shall consist of men who have been approved by the Membership Committee.

Until such time as this Constitution shall have been in effect for two years, men who have been actively engaged in athletic training or closely allied work; or those, who are qualified to take charge of and in co-operation with the medical department direct the work in athletic training in a college or university, or those, who have had four years of practical experience in a recognized athletic training department of a college or university, or some other institution of recognized standard, may be approved for Senior membership upon application to the Membership Committee.

Section 2. Persons who do not qualify as Senior members but who are actively engaged in athletic training either as an assistant in a college or university, or in charge of the training program in a high school, or in closely allied work, or who are taking an approved training course shall be eligible for Junior membership upon recommendation of the Membership Committee, and shall be entitled to all of the privileges except voting and holding office. Any Junior member may become a Senior member upon completing the requirements both practical and educational and passing an admission test given by the Membership Committee.

Section 3. In applying for membership, applicant must submit along with the application blank a letter of endorsement from that physician who acts as medical supervisor. This requirement applies to **Senior** and **Junior** members only.

Section 4. Persons who have not been actively engaged in athletic training for a period of eighteen months previous to their application, or Junior or Senior members who have not been actively engaged for a like period of time, but who are interested in the advancement and recognition of athletic training, may become associate members of this organization but cannot vote.

High school coaches are encouraged to become members

1941-42 OFFICERS

President, Lloyd Stein, Minn. P.
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 2nd V. P., Bruce Schmidt, Santa Clara U.
 3rd V. P., Wilbur Bohm, Wash. St. Col.
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 Kentucky, Frank Mann, U. of Ky.
 Penn., Nicky O'Brien
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 Ga., Tom Lutz
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 N. Hamp., Roland Bevan, Dartmouth
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 Mass., John Noonan, Harvard
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 N. Y., John Kelly, N. Y. U., Frank Kavanagh, Cornell
 Roland Lorenz, West Point, N. Y.
 Frank Huro, Syracuse U.
 Penn., Jack Hulme, Penn State Col., P. J. Morrissey, Lehigh U., Frank Wiechee, Temple, Howard Walts, Pittsburgh U.
 Maryland
 Delaware, Eric Jackson, Duquesne
 Virginia
 West Virginia, Archie Bahn, U. of Va.
 North Carolina
 South Carolina, Percy Quinlan
 New Jersey, M. Stano, Rutgers, G. H. Rohler, Princeton
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 Oregon, Bob O'Brien, Oregon U.
 Calif., B. Schmidt, Santa Clara, M. Chambers, Southern Calif.
 Nevada
 Idaho, Nite Ryan, U. of Idaho
 Washington, D. C., Geo. A. Lantz, Geo. Wash. U.
 Montana, Nester Klinehart
 Wyo.
 Utah, G. Nelson, Utah State Ag. Col.
 Arizona
 Colorado
 New Mexico, John Dolanelli
 South Dakota
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 North Dakota, Harold Nason, Hibbing Col.
 Minnesota, Lloyd Stein, Minn.
 Kansas, Norman U. of Kansas
 Oklahoma, Doc Johnston
 Texas, Leo Dimmitt, Texas A. & M.
 Iowa, Paul Taylor, Iowa State
 Mo., I. Hill, Wash. U., Bob Bauman, St. Louis U.
 Arkansas, Fred Johnson
 Louisiana, Edie Walski, La. Tech.
 Wisconsin, Walter Bakke, U. of W., Rosarynski, Marquette U.
 Illinois, Matt Bellock, Ill.
 Michigan, Raymond V. Roberts, John Heppstall, Mich. St. Col.
 Indiana, Jim Norris, Butler, Frank Mann, Purdue

The Purpose of the Trainers Journal

For the first time in the history of athletics, the Trainers of America will publish a Journal dealing with the prevention of injuries and the treatment for them. This Journal will have an educational platform that should appeal to every coach and athletic director in the country. Information gathered from the finest trainers and medical men, will be conveyed to you through the pages of this publication.

The college and university injury lists have decreased markedly during the past decade. This is due mainly to increased training skill in the prevention and care of injuries. This does not hold so true in the high school field and the *National Athletic Trainers Association* has decided that one of the real jobs it can do is to establish a closer relationship between the National Trainers and the Administrations in the high schools.

The so-called big-time trainer has not overlooked the fact that most of the smaller colleges and universities have not had all the equipment at hand with which to do the job. These small school trainers are also anxious to have some source of information that they may use to bring about better working conditions. By publishing their own Journal, which will be issued in connection and combined with the *ATHLETIC JOURNAL*, the trainers feel that they will be able to put their valuable articles before a large group of trainers and coaches in both the high school and college. It is with the idea of making possible for the trainers and medical men who work after the young athletes a medium for the exchange of methods and ideas on how best to physically condition and keep conditioned the athletes under their care.

The *Trainers Journal* intends to keep all trainers and men charged with the care of athletes informed of the methods its members have discovered during the past twenty-five years. The trainers intend to hold clinics annually and will carry the results of their findings into every school in the United States. We, the trainers, realize that young men of America have not and cannot meet all the requirements of a tough life such as the army requires, for instance, but we will in the near future issue plans that will make every American boy a power plant in any field of competition, be it on the battlefield or on the football field. The N. A. T. A., through their own *Trainers Journal*, pledges itself to make American youth strong of mind, body and character. It is a great organization, filled with the finest trainers in the world, willing for the first time to disclose the so-called secrets of the training profession to every athlete and coach.

With articles written by these trainers and their associates of the medical profession, and with all important pictures, training aids will be passed on to you, coaches and trainers. It has been a big climb to the high hill that stared the trainers in the face just four short years ago, but with the help

of such a fine publication as the *ATHLETIC JOURNAL*, the *Trainers Journal* will take its rightful place in the athletic world. It will stand out as the one source of information for the coaches who are not fortunate in having regular trainers as a part of their staff. It is designed to help the youth of America and the trainers who are just starting in the profession.

High School Student Trainers and Athletic Injuries

SINCE the organization of the Iowa High School Insurance Company a few years ago the Iowa High School Athletic Association has come to a fuller realization than ever before of the need for some type of a program which would better acquaint the coaches of our high schools with their great responsibility in the care and prevention of athletic injuries.

Time and space does not permit for a summary of the hundreds of athletic injuries which have been reported to our insurance company in the last couple of years. Suffice to say, the company has paid out for injuries received in the athletic contests approximately \$32,000.00 in the last two years.

In order to help meet this problem we are undertaking to establish a program of student trainers for our high schools with the firm conviction that if this program can be put into operation, as we are convinced that it can, the number and the severity of injuries can be greatly reduced.

We plan to devote a great portion of our time during our summer coaching school which will be held August 18, 19, 20 and 21, 1941, to this very important problem. We hope to be able at that time to have the program well enough organized so that the coaches in attendance at that school will be trained for their part in training their own student trainers.

Lyle T. Quinn, Manager I. H. S. A. A.

A DREAM of many years standing is emerging from the depths of obliquity to reality, in the establishment of student trainers in the high schools of America. This, we hope, will be accomplished by devoting space in our *Trainers Journal* to the fundamentals of training athletes, by using a proven system brought about by actual practice and study over a period of twenty years. It will be in the form of a "Lesson of the Month" on such subjects as the study of exercises best suited to each sport; sprains and what to do with them; muscle bruises and how to treat them and diets for the various sports. In fact we will discuss with you high school students every thing we have learned in the training profession. It is hoped that by taking the load off the coach and working in connection with the medical supervisor of your high school, you will be able to cut the amount of injuries down to a small ratio per sporting event. It is an all-out attempt to decrease the number of injuries occurring in the high school age bracket.

It is of coincidence that our program comes at a time when the nation is in need of physically strong individuals. Therefore, we believe our program to have added significance during the current international crisis. Draft boards the country over have been shocked at the great number of individuals who are not physically fit due to lack of time, knowledge and money on the part of those of us who are interested in sports and in the youth of the nation. This is evidence enough that a program such as we propose should be of interest and practical value to coaches and students throughout this great sports-minded nation.

In the past it has not been possible for high schools to have trainers because of lack of money to obtain men specializing in this field. While a coach may have a fine education in the treatment of injuries and the fundamentals of training his time is usually concentrated towards other objectives, a study in the use of injury-preventive playing equipment just cannot be done.

The part the student will play in this program is this: A freshman, sophomore, junior and senior will be named by the school's coach to act as trainers. The senior will be known as the head trainer, working directly under the guidance of the medical supervisor of that high school. These four students will study the lessons made out for them and printed in the *Trainers Journal* and will take examinations from some one in the schools. The first course will cover a ten-month period and will be complete enough to master the first fundamentals of training. After four years have passed, the student known as the head trainer will have had four years of experience having started his training course during his freshman year.

The National Athletic Trainers Association is anxious to pass on to the high school students that decide to study the lessons given them each month all the information its members have gathered over many years. The Association has listed among its members the outstanding trainers in the nation. We sincerely hope this course will meet with such favor that eventually the boys who do the work will be given credit just as they have received from any other study they have taken in the high school.

Evidence of the interest in this course was a recent invitation for your editor to explain the program to the summer meeting of the Iowa High School Athletic Association in Boone, Iowa, August 18, 19, 20 and 21. Until such time that this course can develop to the point of being added to academic curricula of institutions throughout the nation, we will do all in our power to help the student trainers, the coach and the school keep the injuries that the squad members receive down to a minimum. It would be well for any student that would care to take this course to talk it over with his coach or principal. They will know about the course and will be happy to explain it. The National Athletic Trainers are always happy to help any member of the athletic family.

BILL FREY, *Executive Secretary,*
National Trainers Association.

The Athletic Journal Co-operates With the National Athletic Trainers Association

THE ATHLETIC JOURNAL welcomes every opportunity to aid the coach and, therefore, is pleased to co-operate with the National Athletic Trainers Association in setting aside a section of the ATHLETIC JOURNAL each month to be known as the *Trainers Journal*, devoted to articles on the prevention and care of injuries, health, training and conditioning of athletes.

For some time the men, upon whom has been placed the responsibility of conditioning the athletes in our schools and colleges have been writing very worth-while articles. These men have been willing to pass on to their colleagues and to the coaches of the high schools the information that they have gained through their years of experience. With the wide circulation of the ATHLETIC JOURNAL these articles are now assured a nation-wide distribution.

Much has been done in the last few years in reducing injuries among athletes. Many institutions have included in their staffs men who are especially trained in conditioning athletes and in caring for injuries. The American Football Coaches Association through research and recommendations of Dr. Floyd Eastwood have been largely responsible for a reduction of football injuries. The manufacturers of athletic equipment have co-operated with organizations such as the American Football Coaches Association and the National Federation of State High School Athletic Associations in perfecting equipment from the standpoint of safety.

Athletics now as never before are considered a vital asset in building a strong and virile citizenry. The scope of the National Athletic Trainers Association will extend beyond the conditioning of athletes for particular games and the caring of injuries. Some of their members have done research work in diet and others have co-operated with medical men of their institutions in the general subject of health and hygiene.

The National Athletic Trainers Association is to be congratulated on the plan of student training in the high school as outlined on the preceding page by Lyle T. Quinn, Manager of the Iowa High School Athletic Association and by Bill Frey, Executive Secretary of the National Athletic Trainers Association. This is a most worth-while project and has great possibilities of success. When it becomes nation-wide, eighty thousand boys will have a practical four-year course in health, hygiene and the prevention and care of injuries during their high school years.

Mr. Bill Frey, Executive-Secretary of the National Athletic Trainers Association, is editor of the *Trainers Journal*. All communications regarding the student-trainer program, all manuscripts and all applications for membership in the National Athletic Trainers Association should be sent to the home office of that organization in Iowa City, Iowa.