

TRAINERS JOURNAL

SECTION

The NATIONAL ATHLETIC TRAINERS ASSOCIATION

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No. 5

Official Publication
Of the National Athletic
Trainers Association

Training and Conditioning
of Wrestlers
Wilbur Bohm

Food for Future Flyers
Roland F. Logan, Lieutenant
U. S. N. R.



Head Trainer Hank Crisp, pre-war athletic director, University of Alabama, who heads a staff of seven former college trainers at the Athens, Georgia, Pre-Flight School.

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Officers National Athletic Trainers Association
For 1942-1943

President, Dr. Wilbur Bohm, Washington State College
1st Vice-President, Lieutenant Roland Logan, North Carolina Navy
Pre-Flight School
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Office of Publication, Iowa City, Iowa

Athletic Trainers in the Service

IN the December issue under this heading, appeared a write-up of Hank Crisp, head trainer at the United States Navy Pre-Flight School, Athens, Georgia, and three of his assistants, Frank Lutz, Eddie Wojewski and Mickey O'Brien. We continue in this issue with items of interest about Bill Dayton, Phil Hudson and Chief Joseph Kennedy who are also assisting Head Trainer Crisp.

Over in Memorial Hall, Bill Dayton, another member of the all-star trainer cast, was holding down the fort alone. Memorial Hall is one of a score or more buildings, the navy leased from the university last June for the use of its future fliers. Along with their revamped interiors and their double-decker beds most of the cadet dormitories have acquired appropriate navy names—Wasp Barracks, Ranger, Hornet, Lexington. The other buildings, devoted to athletic uses, have been altered to accommodate a maximum number of cadets with facilities for wrestling, boxing, gymnastics, hand-to-hand combat, basketball, swimming, handball.

"You're just in time for the afternoon rush," Dayton said, checking over his supplies. "In about two minutes, at the change of periods, they'll come swarming in here for treatment. The place is busier than a free clinic. Nothing serious, you know—just blisters, abrasions, bruises, minor sprains—the usual things that happen to kids when they're playing hard all day. Others come in just to have their ankles taped for protection. Ankles are pretty susceptible to injury and we believe in an ounce of prevention."

Dayton is a graduate of the Swedish Institute of Physiotherapy in New York. Before answering the navy's call, he had been head trainer at the University of Miami, at Coral Gables, Florida, where he also studied X-ray.

Dayton looked at his watch. "It's almost time," he said, smiling. "You wouldn't believe it, but our over-the-counter business runs from 250 to 300 a day. We work on orders from the dispensary too in

special cases—massage, manipulation, heat and physiotherapy treatments. We're directly responsible to the Bureau of Medicine and Surgery, you know."

The bell rang and the swarm descended—clear-eyed bronzed young fellows in athletic gear. Some had bruised elbows or knees, a few limped a little. They lined up in orderly fashion at the counter. These were Sixth Battalion cadets, veterans of two months of pre-flight conditioning. Muscles gleamed under the bright light. There was no flabbiness here.

Dayton worked quietly, efficiently. A few deft turns of tape and adhesive took care of a knee or an ankle. A dab of medication, a slab of chiropodist's adhesive felt. This was the "over-the-counter" business.

"Let's see that knee today. We'll heat it up for you—see if that'll help. Hop up here under this infra-red lamp."

A tall, splendidly built fellow was next. Gold navy wings and an officer's uniform would look fine on a frame like his. "How's that ankle, any better?"

"I think so," said the cadet.

"All right, let's dip it in the pond again." Dayton led him over to one of the two whirlpool baths, deep metal tubs equipped with canvas seats. Its swirling waters apply heat and massage at the same time. "Okay now, that water's going to be a little warm, so take it easy."

Phil Hudson, youngest of the staff of trainers, came in to lend a hand during the rush. He'd been head trainer at Appalachian State Teachers in Boone, North Carolina, before the navy called him.

Chief Joseph Aloysius Kennedy made his ebullient entrance a minute later. Only uniformed member of the trainer staff, the Chief has a sleeveful of hash marks signifying twenty-seven years in the service, much of the time as physical training instructor aboard battleships and aircraft carriers. In 1933 and 1934, he served at the Naval Academy, conditioning football teams that whipped Notre Dame twice. Tom Hamilton, one of navy's football immortals, was head coach then. Now he's Commander Tom Hamilton, director of the whole pre-flight program. Mindful of Kennedy's talents, he had the Chief assigned to the Athens school.

"Never saw a finer group of boys anywhere than these cadets," Kennedy offered, yanking his sweat-shirt off over his gray head. At forty-six he still boasts 17-inch biceps—three inches more than Joe Louis. Once he held records in three weightlifting events.

"They work hard—never complain," Kennedy enthusiastically remarked. "And man, it's wonderful to watch them develop almost overnight! I've been in the navy a long time and I know what I'm talking about when I say this present crop of kids has what it takes. They'll make great fliers—the best in the world. You know the slogan—Rough, tough and smart! Yes, sir, that's them."

Other Navy Pre-Flight Schools have drawn largely on the Trainers Association for men to assist in conditioning the (Continued on page 46)

Training and Conditioning of Wrestlers

By Wilbur Bohm

Athletic Trainer, Washington State College

THE regular season for competitive wrestling is during the winter and early spring. The ideal time for the beginner to commence getting in good physical condition is early in the fall when school first takes up. The beginner should be restrained from engaging immediately in a wrestling contest, as he is not prepared with the rudimentary knowledge of holds and tactics. He has little or no knowledge or skill, and is probably lacking in certain of the necessary physical requirements. When he first begins training, he should avoid the natural urge to wrestle. He will avoid injury and progress more rapidly, if he learns the fundamental holds first. The wrestler who has knowledge of wrestling, should condition the muscles generally by having a routine of exercises to go through two or three times a week. In setting up his routine, he must remember that many muscles of the body are used, as wrestling is an activity that is a good general muscular developer.

Training of the beginner is usually started with those easily-learned holds which are taken from a standing position. The first things taught him should be the dive for the opponent's legs, the methods of holding a man to the mat, taking him out of position, and pinning him to the mat. Since the development of the neck is very important on account of the strain placed upon it in wrestling, he should use the bridge, which is a fine developer of neck and back muscles. The bridge position is lying on the back, hyperextending the neck and drawing the feet up under the body several times, then turning the body over, having the head as the pivot point. The abdominal muscles may be developed by the use of the medicine ball, working on the abdominal stool, and practicing abdominal exercises such as lying on the back, raising the trunk and attempting to touch the toes of the extended legs with the finger tips. The arms may be developed by working on the bars, the ladder, by rope climbing and by exercising on the rowing machine. The latter apparatus may also be utilized to great advantage in building up the back muscles. To develop agility, the wrestler should do a great deal of rope skipping, and play a fast handball game occasionally. He should start out the season with light track work in the form of jogging and speed work alternately, and should continue with this on through the season after the work on the mat. The latter part of the early training period should be devoted to giving the inexperienced man an opportunity to acquaint himself with a large variety of

holds. Thus in a few months, he should learn many holds and the way in which to block them.

After an offense has been learned, the wrestler should turn his attention to defense, concentrating on blocking his opponent's moves and learning methods of escaping from the underneath position, working on holds, and their breaks. These workouts now should be from one to two hours, five days a week.

As the first contest approaches, it is good policy to have a few trial matches at the regulation length of time. The contestant should wrestle with others of his size and ability. This gives good experience and shows him the right speed that he should use, so as to last the entire match.

Since he is now wrestling practice matches, he should warm up well before them. This warm-up should be from fifteen to thirty minutes, with exercises to which he is accustomed. Rope skipping or pushing and tugging around with a team mate are as good a method as any. In order that the body may become warm quickly, and with less expenditure of energy, he should wear sweat clothes during this warm-up period, and keep warm until he steps on the mat. The wrestler should be warmed up to the point of breaking into a sweat. His heart and lungs will be prepared by the warm-up for the more strenuous workout that is to follow, and the danger of strains, sprains and dislocations will also be reduced.

Rest should be prescribed the day before the first match on the schedule, and the same for the second match, depending on the condition of the individual. After the second match, only three workouts a week should be held. This has proved very successful. This goes a long way toward preventing staleness, and gives the body a chance to store up a little more energy, as wrestling uses up a great amount of energy in a very short time. Occasionally, the workout should consist of no more than a rehearsing of holds and no actual wrestling.

One item that confronts many wrestlers is maintenance of weight. Once the weight at which the individual is going to wrestle is decided upon, he should start to meet this weight, going below it a couple of pounds. This should be done ten or fourteen days before his first match. This gives the body a chance to accustom itself to the new condition, and he can start to put weight on. When an increase in weight begins to show, it is a sign that the body is in good physical condition. The wrestler should not attempt to re-

duce too low, as it is injurious to his health. The extent to which a man can reduce his weight without injury to his health and wrestling ability, depends upon the individual. Those individuals who are too fat can remove this excess avoirdupois through diet and good hard wrestling. This weight, however, should be taken off slowly. Reducing excessively is not beneficial to a mature wrestler, as it cuts down on speed, strength and endurance. The last bit of reserve strength which is needed in the climax of the battle is lacking. Weight should not be reduced too rapidly, but slowly over a long period of time. The experienced wrestler should start his training at least one month before his first encounter. Running should be done in the morning as it is not usually a good policy to run in the afternoon when mat workouts are being taken.

Diet

It is hard to limit the individual to a certain diet, as some foods will not agree with all people. What is food for one is poison for another. The meals should be eaten regularly and be well balanced. If the wrestler is greatly overweight, as is sometimes the case early in the season, he should "cut down" on fat-producing foods (the carbohydrates and fats), but not eliminate them from the diet entirely. The wrestler, like any other athlete, should study his diet carefully and find out what agrees with him and what does not.

Keeping close tab on his weight will tell him when to abstain from, or reduce the amount of, fat-producing foods and when to increase them. The meal before the match is the one that he should watch carefully. He should eat at least five hours before the match, and not too much, that is, he should get up from the table a bit hungry. The wrestler should wrestle on an empty stomach. If he eats sugar before the match it should be eaten twenty-four to forty-eight hours before. On the day of the match, he should eat a very light breakfast, and have a meal about three o'clock, if he is going to wrestle at eight that evening.

If on the day before a match the wrestler is overweight, he should reduce his liquid intake, and if too far over, reduce the amount of solids ingested. If it is necessary to exercise some to aid in reducing, he should wear a rubber shirt or heavy sweat suit, while working out. He should not depend upon the steam room to too great an extent, as it is weakening.

Infections

There is one ghost that is always haunting the wrestling room, and that is infections. The mats upon which workouts are held should be cleaned every day. A common injury to the wrestler is the abrasion or mat burn which often becomes infected. This infection is often spread through contact with other members, as well as by the mat. The knees, elbows and shoulders especially are involved. One wrestler may spread the infection to the whole team. In the case of an abrasion or mat burn, the player should have it treated immediately after taking his shower. In the treatment, the skin around the wound should be shaved, and if there is hair in the wound, as much of it as possible should be removed with sterile surgical scissors. Then an antiseptic such as 2 per cent iodine, athletic dressing, or nitrostan should be applied, which are quite effective in the prevention

of infection. The wound should be dressed twice daily. As long as it shows no sign of infection, the old dressing should be replaced with a new sterile dressing. At the first sign of infection, the case should be referred to the doctor for treatment.

Common Wrestling Injuries

As far as injuries occur, the following are common: hernia of the biceps muscle is sometimes found as a result of a bruise. The sheath of the muscle is ruptured, and as the particular muscle contracts, it bulges out through the muscle sheath. The separation of the acromia clavicular articulation (outer end of the collar bone and acromian process of the scapula); Sprains and dislocation of the shoulder and elbow joints; Concussion of the brain; Cauliflower ear and "black eye" may be mentioned. The proper warm-up, improvement in physical condition and in wrestling ability aid in the prevention of

most of the above injuries. Minor muscle injuries as strains and bruises respond to treatment, including application of heat immediately after the injury for forty-five minutes or one hour; heat (dry or moist) twenty-four hours after the injury two or three times daily and rest of the injured part. The other injuries mentioned should be referred to the doctor for follow-up treatment. Many cauliflower ears may be prevented by the wrestler wearing a protective head gear during practice matches, and having pressure placed over the injured ear as soon as the injury is acquired, such as a piece of sponge rubber which is held in position by a roller bandage over it and around the head. This tends to check or limit the bleeding.

Much stress is being placed upon wrestling, since it is a fine body developer, and aids in developing qualities that are especially needed by the youth as well as by the adult at this particular time.

Food for Future Fliers

By Roland F. Logan, Lieutenant U.S.N.R.

Head Trainer and Dietitian, United States Navy Pre-Flight School,
Chapel Hill, North Carolina

THE theory that America's armed forces are the best fed in the world is an established fact at the United States Navy Pre-Flight School at Chapel Hill, North Carolina, where some 1,800 cadets get 5,200 calories daily, while pursuing the strenuous physical fitness program aimed to make them the toughest and best fighters in the war-scorched skies.

A body-building, energy-yielding diet is supplied the cream of America's youth and, as the result, they can click off a twenty-mile hike, play a full game of football, box at full speed for five or six rounds and run the 607-yard obstacle course all in one day—and be ready for more of the same the next day.

The daily diet is properly selected for its calorie value, its vitamin content and its tastiness. Good wholesome food and plenty of it is necessary to carry the cadets through the long strenuous day of physical, military, and academic drills. A diet heavy in carbohydrates (sugar and starches) is elemental to a man as active as these cadets are. Proteins, fats, mineral substances have to be allocated properly through the daily diets to promote the greatest energy.

Fried, greasy foods are not fed to these men in this vigorous physical activity program. Such foods stimulate regurgitation and general intestinal discomforts.

Between the two main periods of the morning's activities the men engaged in the physical and military drills are fed at least a pint of milk or a plain milk

chocolate bar to provide sufficient energy to carry them through the long morning. A truck brings this morning snack directly to the field and the food is served there, cafeteria style. This does not upset the curriculum time nor delay the day's program.

During warm weather an excess amount of salt is fed to the cadets. Twice each day each cadet is fed one 10-grain salt tablet to make up for the loss of salt in the processes of dehydration. This eliminates much fatigue and possible heat prostration during the long hot days. Salt is fed to the varsity corps squad men engaged in contests during the summer, early fall, and late spring seasons. Seasonal and climatic conditions determine the general usage of salt.

Fancy, highly spiced and dainty foods are not included on the dietary needs of these men. Wholesome food, well cooked, prepared plainly, and served hot is the best to get the greatest results. Fatty meats, much-liked foods are not served. Dark breads are served at least twice each day. The bread at breakfast and dinner is toasted. Desserts are served at the supper meal and luncheon; the lunch dessert is fruit. Coffee is served at breakfast and supper only.

Not mentioned in the menu sheets are the fundamental facts that each man should be served at least twelve (12) ounces of milk at breakfast, twelve (12) ounces at dinner and sixteen (16) at supper. In addition, he receives at least a pint of milk (on certain days at the mid-

morning snack period which is just before 10:00 o'clock). Two slabs of butter are served at each meal. Water is on the table at all times. Not more than one cup of coffee is served at any meal. Cocoa is served at various times to eliminate the monotony of the diet. It must be remembered that a large percentage of these men need building up. Some of their diets prior to entrance no doubt have been inadequate. This thought is considered particularly in respect to body-building items on the menus.

It is not intended that these menus be followed to the letter. Fresh fruits and vegetables in season are used, whenever possible. Frozen vegetables are used as often as possible, when fresh vegetables are not in season. Availability and climatic conditions determine this factor. This must be considered in the use of meats, fish, etc. Proper amounts of carbohydrates, fats, proteins, vitamins, minerals, and water were considered in the general building of this diet. These, however, may be altered in some cases, depending upon seasons of the year and physical condition of the cadets.

During the fall and spring a combination of the above factors is considered in the final building of the diets. The naval officer in charge of the menus checks with the university mess officials regarding such changes.

Specifically, for the winter menus, large amounts of fresh fruits and vegetables are used, when available; large amounts of whole milk and cheese are used, espe-

BREAKFAST

Fruit Cup	4 oz.
Dry Cereal	1 oz.
Lamb Chop (1)	4 oz.
Stewed Apples	4 oz.
Wheat Toast	2 sl.
Butter, Jelly	
Coffee, Milk	16 oz.

BREAKFAST

Grapefruit Juice	6 oz.
Dry Cereal	1 oz.
Plain Omelet	2 egg
Broiled Ham	4 oz.
Sweet Buns	2
Butter, Jelly	
Coffee, Milk	16 oz.

BREAKFAST

Orange	1
Dry Cereal	1 oz.
Scrambled Eggs	2
Crisp Bacon	2 sl.
Raisin Toast	2 sl.
Butter, Jelly	
Coffee, Milk	16 oz.

BREAKFAST

Pineapple Juice	6 oz.
Dry Cereal	1 oz.
Salmon Cakes	4 oz.
Tomato Sauce	
Steamed Rice, Molded	4 oz.
Wheat Toast	3 sl.
Butter, Jelly	
Coffee, Milk	16 oz.

BREAKFAST

Grapefruit	1/2
Dry Cereal	1 oz.
Boston Baked Beans	4 oz.
Canadian Bacon	3 sl.
Wheat Toast	2 sl.
Butter, Jelly	
Coffee, Milk	16 oz.

BREAKFAST

Tomato Juice	6 oz.
Dry Cereal	1 oz.
Sausage & Gravy	4 oz.
Hash Brown Potatoes	4 oz.
Wheat Toast	2 sl.
Butter, Jelly	
Coffee, Milk	16 oz.

BREAKFAST

Diced Peaches	4 oz.
Dry Cereal	1 oz.
Scrambled Eggs	2
Cheese Toast	1 sl.
Wheat Toast	2 sl.
Butter, Jelly	
Coffee, Milk	16 oz.

MONDAY

DINNER

Candied Ham	
Baked Potatoes	8 oz.
Creamed Diced Carrots	5 oz.
Head Lettuce, 1000 Is. Dress.	6 oz.
Hard Rolls	2
Butter, Jelly	
Iced Tea, Milk	16 oz.
Canned Plums	2

TUESDAY

DINNER

Roast Leg Lamb, Gravy	8 oz.
Steamed Brown Rice	5 oz.
Creamed Peas	6 oz.
Lettuce and Tomato Salad, May.	
Hard Rolls	2
Butter, Jelly	
Lemonade, Milk	16 oz.
Fresh (Delicious) Apple	1

WEDNESDAY

DINNER

Chow Mein (Veal and Beef)	8 oz.
Mashed Potatoes	5 oz.
Glazed Carrots	6 oz.
Head Lettuce, Russian Dressing	3 oz.
Graham Rolls	3
Butter, Jelly	
Iced Tea, Milk	16 oz.

THURSDAY

DINNER

Lamb Chops	8 oz.
Steamed Rice	5 oz.
Sliced Pickled Beets	6 oz.
Perfection Salad	
Hard Rolls	2
Butter, Jelly	
Lemonade, Milk	16 oz.

FRIDAY

DINNER

Baked Trout, Tartar Sauce	8 oz.
Creamed Diced Potatoes	5 oz.
Mashed Rutabagas	6 oz.
Deviled Egg Salad	
Graham Rolls	3
Butter, Jelly	
Iced Tea, Milk	16 oz.
Fresh (Delicious) Apple	1

SATURDAY

DINNER

Creamed Chipped Beef	8 oz.
Parsley Potatoes	5 oz.
Buttered Peas	6 oz.
Apple, Pineapple, Celery Salad	
Hard Rolls	2
Butter, Jelly	
Lemonade, Milk	16 oz.
Butterscotch Ice Cream	

SUNDAY

DINNER

Fricassee Chicken (Navy style)	8 oz.
Mashed Potatoes	5 oz.
Buttered Collards	6 oz.
Cabbage, Pineapple Salad	
Graham Rolls	3
Butter, Jelly	
Iced Tea, Milk	16 oz.
Peach Ice Cream	

SUPPER

Grilled Veal Chop	8 oz.
Mashed Sweet Potatoes	5 oz.
Green Lima Beans	6 oz.
Pineapple, Cottage Cheese Salad	
White Toast	2 sl.
Butter, Jelly	
Milk	16 oz.
Buttered Pecan Ice Cream	

SUPPER

Beef Roll Roast	8 oz.
Vegetable Gravy	
Potatoes Au Gratin	5 oz.
Creole Cabbage	6 oz.
Mixed Fruit Salad	
White Toast	2 sl.
Butter, Jelly	
Milk	16 oz.
Chocolate Pudding	

SUPPER

Meat Loaf	8 oz.
Blackeyed Peas	6 oz.
Buttered Spinach	6 oz.
Carrot and Celery Strips, Olives	
White Toast	2 sl.
Butter, Jelly	
Milk	16 oz.
Strawberry Ice Cream	

SUPPER

Cold Cuts	6 oz.
Waldorf Salad	4 oz.
Sliced Tomatoes	3 cuts
Asparagus Tips	6 oz.
White Toast	2
Butter, Jelly	
Milk	16 oz.
Apple Brown Betty, Hard Sauce	

SUPPER

Grilled Hamburger Steak	8 oz.
Onion Gravy	
String Beans	6 oz.
Cauliflower, Cheese Sauce	6 oz.
Sweet Relish Salad	
White Toast	2 sl.
Butter, Jelly	
Milk	16 oz.
Chocolate Ice Cream	

SUPPER

Grilled Western Beef Steak	8 oz.
(Home Cut)	
Creamed Potatoes	5 oz.
Peas and Carrots	6 oz.
Chilled Sliced Tomatoes	2 cuts
Mayonnaise	
White Toast	2 sl.
Butter, Jelly	
Milk	16 oz.
Raisin Bread Pudding	

SUPPER

Cold Cuts	6 oz.
Potato Salad	5 oz.
Pickled Beets	6 oz.
Sliced Yellow Cheese	2 oz.
White Toast	2 sl.
Butter, Jelly	
Chocolate Fudge Cake	
Milk	16 oz.

cially if eggs and butter are curtailed in amount; larger amounts of canned or dried fruits and vegetables are used; and more whole grain products are listed in the menus.

For the summer menus, smaller amounts of meats, fatty foods and rich desserts are specified; liberal use is made of fruits, vegetables, eggs, and milk. Cool foods, and drinks are specified; cold teas, lemon juices are substituted for coffee and cocoa on warm and hot days.

A menu for the week, September 21-28, given on the preceding page, serves as an illustration of the body-building, energy-yielding diet supplied the cadets in training at the North Carolina Pre-Flight School.

The National Athletic Trainers Association

LAST year the readers of the Trainers Section were made thoroughly acquainted with the organization known as the National Athletic Trainers Association. With the many changes that have taken place in the coaching and training profession this year, due to the war, it is quite natural that many requests come to the editor's desk for additional information, hence the reprinting of the qualifications for membership in the Association.

A few years ago the trainers in attendance at the Drake Relays founded the organization. There was no intention on the part of these men to limit the mem-

bership to college trainers, hence three types of membership, as listed below, were set up. For the first few years, the members were contacted by the secretary through informal mimeographed bulletins. Last year the Association attempted, for the first time, the publication of a Trainers Journal, and a basic rate of one dollar was established as a subscription rate for the publication to members of the Association. The erroneous impression has gone out that coaches and trainers may remit only one dollar for the publication without becoming members of the Association. The publication may be secured by others than members, but the established rate of one dollar and a half must be paid. On the other hand, membership may be secured in the Association without a subscription for the publication. In that case the dues of one dollar for senior or junior membership, or fifty cents for associate should be remitted direct to the Treasurer of the National Athletic Trainers Association, Iowa City, Iowa. To expedite the entering of subscriptions, the orders for subscriptions only, or those orders for membership and subscription should be sent to the office of the publication, 6858 Glenwood Avenue, Chicago, Illinois.

Athletic Trainers in the Service

(Continued from page 42)

cadets. Lieutenant Roland F. Logan, author of the article on, "Diet for Navy Fliers" in this issue, heads the staff at the

Chapel Hill School. Logan's training record is an interesting one. A graduate of the University of Kansas in 1930, he served for three years as assistant football coach and head trainer.

It was here that his training career began to include many "greats" of athletic history such as Glenn Cunningham, whom he had an opportunity to train. During his three years at George Washington University as head basketball coach, assistant in football and head trainer, Tuffy Lemans came under his tutelage; in the three years as head trainer of the Boston Red Sox, Grove, Foxx, Cronin, Newson and Chapman may be mentioned; in his year and a half at Pittsburgh University, the "Dream Backfield" of Cassano, Stebbins, Checkerano and Goldberg was heralded the country over; and in the three years at the United States Military Academy, Harry Stella and Henry Mazer are but a few that may be mentioned.

At Chapel Hill, Logan's staff includes Lieutenant (j.g.) Howard Haak, baseball player in the International League for five years and head trainer of the Rochester Club in the International League for seven years; Allan Cook, Ph.M., former outfielder with the New York Yankees and the Boston Red Sox and Eugene Logan, Ph.M., formerly assistant trainer at the United States Military Academy for one year, and head trainer for one year at the University of Tulsa.

Bill Fallon, a veteran of twenty-five years of training experience, six at the University of Michigan, four at Missouri, nine at Wisconsin and six at California, is head of the staff that keeps the future fliers at St. Mary's Pre-Flight in condi-

QUALIFICATIONS FOR MEMBERSHIP IN THE NATIONAL ATHLETIC TRAINERS ASSOCIATION

SENIOR MEMBERSHIP: 1. Men who have been actively engaged in athletic training or closely allied work for a period of two or more years. 2. Men who are qualified to take charge of the work, in co-operation with the medical department and to direct it in athletic training in a college or university. 3. Men 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. Senior members have voting privileges.

JUNIOR MEMBERSHIP: 1. Men who do not qualify as Senior members but who are actively engaged in athletic training either as an assistant in a college or university. 2. Men in charge of the training program in a high school, or in closely allied work. 3. Men who are taking an approved training course.

Any Junior member may become a Senior member upon completing the requirements for Senior membership and passing an admission test given

by the Membership Committee. Junior members do not have voting privileges.

Senior and Junior applicants must submit along with the application blank a letter of endorsement from the physician who acts as medical supervisor in their institutions.

ASSOCIATE MEMBERSHIP: 1. Men who have not been actively engaged in athletic training for a period of eighteen months previous to their application. 2. Junior or Senior members who have not been actively engaged for a period of eighteen months, but who are interested in the advancement and recognition of athletic training. 3. High school coaches and student high school trainers. Associate members do not have voting privileges.

Senior and Junior membership dues are one dollar per year. Dues for Associate members fifty cents. Applications for membership should be addressed to Bill Frey, Secretary and Treasurer, Iowa City, Iowa.

His assistants are Ro...
for eighteen years trainer at...
city of Oregon; Lieutenant...
Deberly, athletic director of T...
Normal, High School and form...
trainer at the University of...
Lieutenant (j.g.) W. J. B...
the University of Iowa...
At the Iowa City Pre-...
Lieutenant Lloyd Stein who...
the University of Minnesota...
eight years, is assisted by...
(j.g.) Elwin Dees, former t...
University of Nebraska, Jar...
old, trainer of Western Mic...
teams, Wally Bock, Secret...
trainer and Bill Frey, Secret...
of the National Athletic T...
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Other members of the A...
on active duty. F. M. Fi...
your head trainer at Toledo...
now in the Coast Artillery...
Corps, stationed at Fort...
Tom Gählings, former traic...
University of Arizona, is a...
Army Air Force. Jack...
trainer at the University...
is on a destroyer in the Pa...
Cari Erikson's staff at...
has changed this year. H...
assistants, Bob Peterson...
Luna, going to other post...
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at the University of Calif...



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tion. His assistants are Robert Officer, for eighteen years trainer at the University of Oregon; Lieutenant (j.g.) J. S. Deberly, athletic director of Turlock, California, High School and former assistant trainer at the University of California and Lieutenant (j.g.) W. J. Brace, formerly at the University of Iowa.

At the Iowa City Pre-Flight School Lieutenant Lloyd Stein who had served as the University of Minnesota trainer for eight years, is assisted by Lieutenant (j.g.) Elwin Dees, former trainer at the University of Nebraska, James MacDonald, trainer of Western Michigan College teams, Wally Bock, Chicago University trainer and Bill Frey, Secretary-Treasurer of the National Athletic Trainers Association.

Other members of the Association are on active duty. F. M. Fitzgibbons, last year head trainer at Toledo University, is now in the Coast Artillery Anti-Aircraft Corps, stationed at Fort Bliss, Texas. Tom Gibbins, former track coach at the University of Arizona, is a captain in the Army Air Force. Jack Stuart, head trainer at the University of Mississippi, is on a destroyer in the Pacific.

Carl Erickson's staff at Northwestern has changed this year. His two long-time assistants, Bob Peterson and Jack Williams, going to other posts. Peterson is trainer and equipment manager at Great Lakes Naval Station; Williams is trainer at the University of California.

Honor Comes to Roland Bevan

THE Touchdown Club of New York City has for many years presented a trophy each year to the coach or official who has made a contribution of permanent value to football. This year the signal honor came to Roland Bevan, trainer at the United States Military Academy, the first time in the history of the organization that an athletic trainer has been so honored.



Roland Bevan

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