

THE ATHLETIC JOURNAL

6858 GLENWOOD AVENUE
CHICAGO, ILL.

*Athletic
Journal*

June 3, 1941

Dr. Forrest C. Allen
Director of Physical Education
University of Kansas
Lawrence, Kansas

Dear Dr. Allen:

I am attaching check for March issue. Sorry to be so late with it.

I want to thank you for helping us out with the March issue.

Yours very truly,
John L. Griffith, Jr.
John L. Griffith, Jr.

JLG:MA

June 5th, 1941

Mr. John L. Griffith, Jr.
The Athletic Journal
6858 Glenwood Avenue
Chicago, Ill.

Dear Mr. Griffith:

This will acknowledge receipt of your letter of June 3rd, in which you inclose check for the sum of fifteen dollars, same being for article in your March issue.

I wish to thank you very much for this remittance.

Sincerely,

Director of Physical Education
and Recreation-Varsity Basketball
and Baseball Coach.

FCA:rc

April 8, 1941

Mr. John L. Griffith, Jr.
The Athletic Journal
6858 Glenwood Avenue
Chicago, Illinois

Dear Mr. Griffith:

If it is convenient I would thank you to send me the honorarium for writing the article entitled, "Twenty Years of Gains and Changes in Basketball" for the Athletic Journal.

I would appreciate an early response.

Thanking you, I am,

Sincerely yours,

Director of Physical Education and Recreation
Varsity Basketball and Baseball Coach

FCA:lg

May 31st, 1941

Mr. John L. Griffith, Jr.
The Athletic Journal
6858 Glenwood Avenue
Chicago, Illinois

Dear Mr. Griffith:

In my letter to you as of April 8th, I wrote you asking for my check of fifteen dollars which is past due. I am endeavoring to get all of these financial matters closed up before the close of the academic year.

I would appreciate it very much if you would mail me your check for the article, which I wrote sometime ago for your Athletic Journal.

Sincerely yours,

Director of Physical Education
and Recreation-Varsity Basketball
and Baseball Coach.

FCA:rc

August 1, 1941.

Mr. John L. Griffith, Jr.,
The Athletic Journal,
6858 Glenwood Avenue,
Chicago, Illinois.

Dear Mr. Griffith:

Your letter of July 14th addressed to the Business Manager has been referred to me, since we recently ordered a two-year subscription to the Athletic Journal.

You mention that in your files you find record of a three-year subscription dated May 7, 1940, for the Physical Education Corporation. That organization is our Athletic Association, and is separate from the Physical Education Department.

Kindly enter our order #139, as sent you, for the two-year subscription, beginning July, 1941, for the Physical Education Department. It will be well if you address our copies of the magazine to Dr. Forrest C. Allen, Director, Department of Physical Education, to distinguish it from the subscription sent to the Physical Education Corporation.

Thanking you for calling our attention to this matter, and with best wishes, I am

Sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball Coach.

THE ATHLETIC JOURNAL

6858 GLENWOOD AVENUE
CHICAGO, ILL.

July 14, 1941

Institution's Business Office
University of Kansas
Lawrence, Kansas

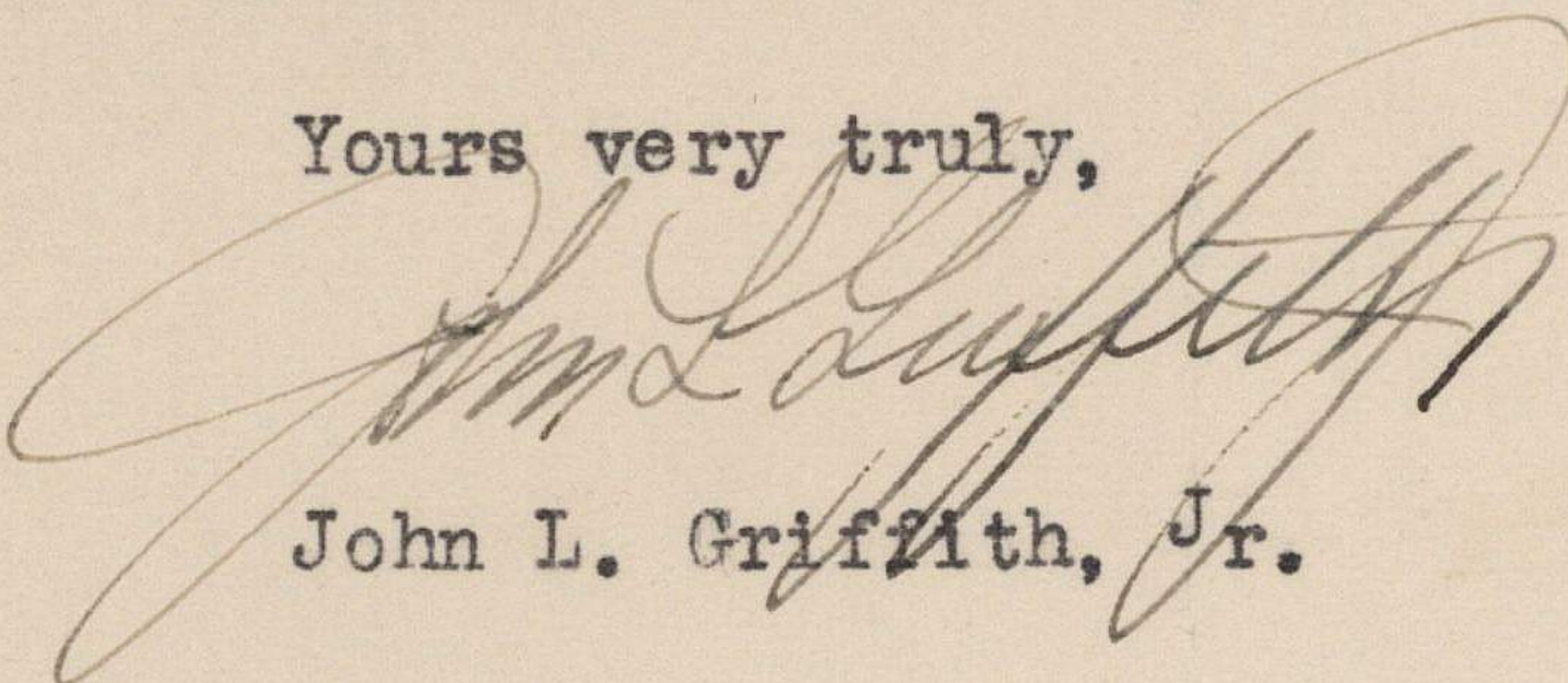
Gentlemen:

We are in receipt of your order No. 139. This order is for a two-year subscription to be sent to Physical Education Department, University of Kansas, Lawrence, Kansas.

On checking our files we find that on May 7, 1940 we received a three-year subscription for the Physical Education Corporation. This subscription was dated back to January 1940 and reads January 1940-1943.

Before entering your order No. 139 we thought it best to write and ask you if you wanted an additional two years added to the subscription now reading January 1940-1943 or whether you wanted a separate subscription for two years beginning with the September 1941 issue. We publish ten times a year September through June.

Yours very truly,



John L. Griffith, Jr.

JLG:MA

August 29, 1941.

Mr. Bill Frey,
6858 Glenwood Avenue,
Chicago, Illinois.

Dear Mr. Frey:

Dr. Allen has been in the office very little since his return from Iowa. There is to be a wedding in the Allen family in the very near future and it is my belief that Dr. Allen has been kept very definitely on the go in and out of Lawrence since his return.

Your letter did not arrive in time for Dr. Allen to prepare such an article as he would desire to write. When is the next issue of the Athletic Journal? Will you be kind enough to state in your letter the subject of the article you desire? Dr. Allen did remember talking with you but he was expecting that you would incorporate in your letter what you wished him to write about.

I regret that it is impossible in the short time left to get the article to you for this issue.

Sincerely yours,

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Secretary to Dr. F. C. Allen.

NATIONAL ATHLETIC TRAINERS ASSOCIATION

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IOWA CITY, IOWA

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2nd V. P., Henry Schmidt, Santa Clara U.
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Executive Sec. & Treas. Bill Frey

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Arkansas, Herb Johnson
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Illinois, Matt Bullock, III.
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pinstall, Mich. St. Col.
Indiana, Jim Morris, Butler, Frank Mann,
Purdue

Sunday

Dr Forest C Allen

Dear Fog:

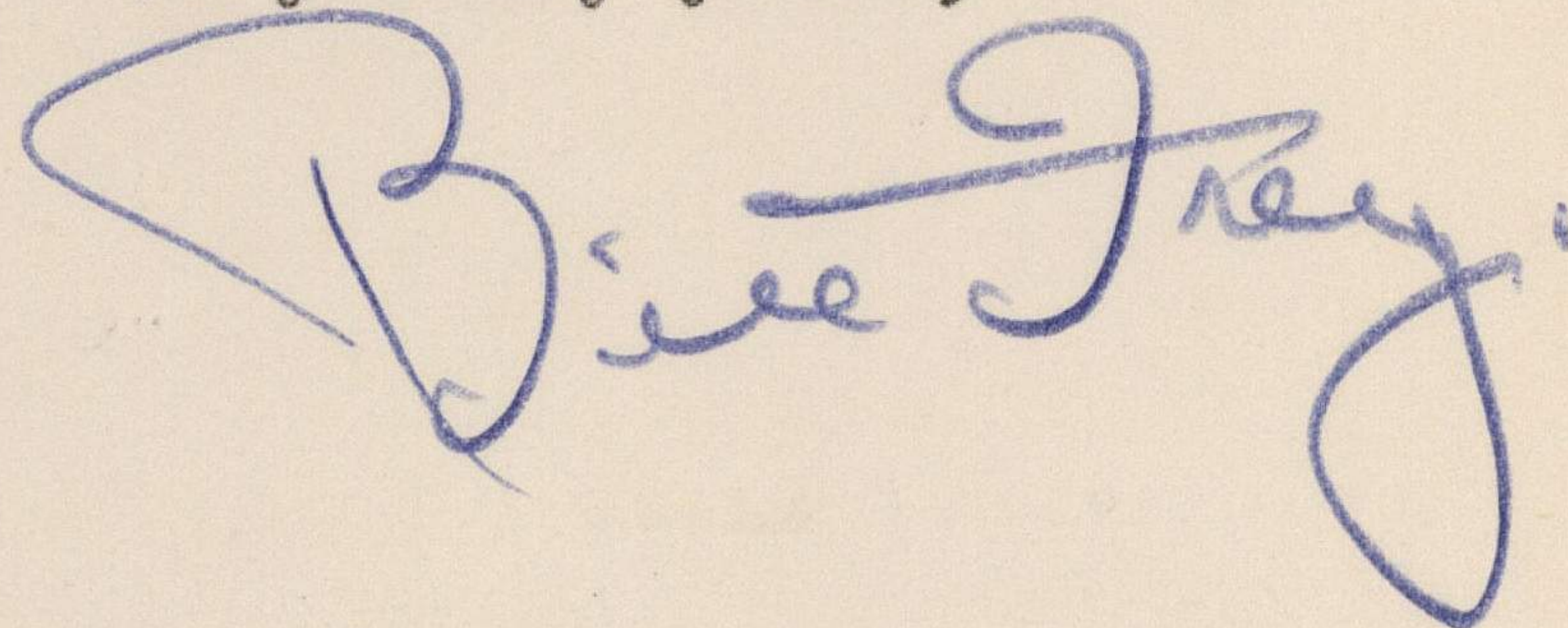
This is a reminder to write me the letter that we talked about at Boone. If you could write it and mail it this coming week, before I leave Chicago I could have it in the Sept issue of the Trainers Journal.

My address will be 6858 Glenwood Ave in care of the Athletic Journal. The dead line on the Sept issue is August 28.

I sure did enjoy your talks at the clinic, wish we could spend more time to-gether every year.

Give my regards to Dean.

Very truly yours,



HIGH SCHOOL TRAINERS PROGRAM -

Sponsored by N.A.T.A.

The High School Trainers Plan sponsored by the National Athletic Trainers' Association through it's new Trainers' Journal is directed to the four representatives of grades 9-12 to be selected by the coach for the purpose of preventing injury and safe guarding the general health of athletes, permitting sports to make it's fullest contribution to the development of our young men with the least possible hurt. In the longer range view the plan with your co-operation can set up a veritable fifth column of physical fitness. More specifically it can materially aid the coach in his work at no additional money cost and at a vast reduction in actual cost in terms of prevention. Incidentally it may open up a completely new field of endeavour to students who may wish to continue along that line and for whom ultimately we expect to have a course for college credit.

The training lessons will be taken from the pages of the Trainers' Journal and will be studied under the direction of the team medical supervisor. Briefly the series of studies will include:

1. Diet--Exercises--Protective gear for ankles, knees, shoulders, hips, wrists, etc.; every known type of bandaging--Body structure--Treatment of injuries--Hydro therapy--Electro therapy equipment, for every sport.

These studies will not necessarily be in the order named but in an order designed to sustain the interest of the students by actually putting bandage into their hands and allowing them to go to work. With this idea in mind, we enthusiastically and reverently submit for our first study-The ankle. You'll be enthusiastic, too, when you've worked with bandage a while and see the results obtainable by skillful use of it, and you'll consider this temperamental joint reverently, too, when consider that your most valuable athlete is no stronger than his ankles.

Your student trainers will find as they study each lesson from one month to another that they have been assigned a very important job. They will be the watch dog of the athletic teams they serve under your's and the medical supervisor's supervision. It will be their duty to study each athlete to find out what type of exercise is best suited to that particular boy. They will check each student in an out each day on the weight chart, a simple task but one that will tell the coaches the story as to whether the athlete is getting too much exercise or too little, enough sleep or enough food. The weight chart is fundamental like the sterilizing of a surgeons instruments. It is just one of the trainer's many helpful tasks. Their job will never end as they will be called upon to visit the injured athlete in his home or quarters if he is in need of

treatment that the medical supervisor has o.k. You will find that in some types of injuries the recovery period will be cut in half by Administering three treatments per day instead of the usual one.

We plan to stay on one section of the body until each student has mastered it. They must become thoroughly familiar with each and every bone and muscle of the human anatomy so that they may treat the various injuries with a full knowledge of the bone and muscle affected. We will, also, have many articles written each month for the present college trainers that will be very interesting for you and your student trainers to study in connection with the regular lessons. You and your student trainers might read them as they appear and use them as you see fit. Your medical supervisor will be very happy to explain the technical side of any of the subjects under discussion. Your physiology or hygiene classes will be studied with new intensity as they will help the student trainers to become more familiar with the human body with which the lessons are to be concerned.

The student trainers will have, also, the responsibility for:

- (1) Social Restrictions- Every athlete should realize that certain restrictions must be put on his hours out-side the training schedule. This includes late hours, drinking, smoking and dates.
- (2) Prophylactic Care- The study of each athlete brings out individual factors that if considered will go a long ways toward preventing injuries and the following subdivisions apply.
 - (a) Examination and records of athlete at the beginning of the training period by a competent physician.
 - (b) Taping, bandaging, etc., applied to the individual.
 - (c) Inspecting of equipment and proper fitting of same,
 - (d) Placing according to physique and mentality.
 - (e) Continuous records for protection and research as to weight and general physical condition.
- (3) Emergency Care- Trainers should know about emergency care for many times a physician is not immediately available.
 - (a) Skin abrasions, blisters, boils, etc.
 - (b) Ligamentous injuries.
 - (c) Muscle injuries.
 - (d) Recognition of organic or brain lesions that require the immediate service of a competent physician or hospitalization.

- (4) Diet- Every trainer should have a good working knowledge of the principles of diet.
- (5) Exercises- Many that are now used should be cut and, since the athlete is hardened by systematic exercise or work-outs, this is rather an exact science and varies with the sport.
- (6) The science of training the athlete to peak form- Earlier we said that the money cost of this program would be small; this cost, of course, will depend on your athletic budget and on your student trainers ingenuity and willingness to work. A great deal of money can be invested in modern up-to-the-minute equipment and training room fixtures but satisfactory results can be obtained by building protective and preventative equipment out of the odds and ends found around the average locker room. To this end the Trainers' Journal will endeavour to contribute in a very real way by describing and picturing home made devices now in use.

In the September issue of the Trainers Journal, three suggested medical supply lists will be published in order to coincide with all budgets, nothing will be left to chance. Every step in setting up this new program will be described.

Recently the Iowa High School Athletic Association accepted this plan and we quote Mr. Lyle T. Quinn, manager of the I.H.S.A.A. "In order to help meet the problem of reducing high school athletic injuries, 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, The National Athletic Trainers' Association, feel that we are doing our part to decrease the injuries not only in the colleges but in the high schools by sponsoring this program. We are doing the job with the sole object of imparting the information we have within our organization to the young American athlete so that he may play the game with all he has in him, knowing that if some misfortune overcomes him he will be served with and treated by the best known methods.

Our membership list includes a number of men of the medical profession and we are always ready and anxious to have them a part of us. They will find the student trainers a very eager and interesting group to instruct.

plan

In closing, we are giving you below a regular membership blank to the National Athletic Trainers' Association for your convenience. It is advisable for each of your student trainers to become members so that they may keep the group of lessons intact for future use, making a text book out of the lessons at the end of each year.

As you will see from the membership blank, each membership will entitle you to ten issues of the Athletic Journal and Trainers' Journal combined.

We are always anxious to serve you and your school.

Bill Frey, Editor,
Trainer's Journal

NATIONAL ATHLETIC TRAINERS' ASSOCIATION
Home Office
IOWA CITY, IOWA.

Bill Frey
Executive Secretary-Treasurer
Editor of Trainers' Journal

I hereby make application for Associate membership in the National Athletic Trainers' Association.

Associate yearly dues.....\$0.50

Year's subscription to the ATHLETIC
JOURNAL AND TRAINERS' JOURNAL combined.....\$1.00

Name.....

School Address.....(Street)
(City & State).....

Home Address.....(Street)
(City & State).....

Present Position.....