

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 its 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