Female trainers begin

By Jim Fette

Everyone has heard how a coach has to get his team "up" for a game or a meet in all college sports. Could a team get that extra boost if there were beautiful female trainers to care for these competing athletes? It is possible that women trainers could play a big part in all college sports in the very near future.

Ohio State trainer Al Hart has initiated a training program for women to handle all the women's intercollegiate sports at Ohio State. These sports include volleyball, basketball, field hockey, track, swimming, gymnastics, tennis and softball.

At present the program has four girls under the direction of Hart that do a superb job in handling these women athletes.

The four girls are Linda Weber, a physical therapy major who asked Hart to begin the program; Lisa Cottrill, who heard of Hart's program from a former student of Hart's at Ohio University; Nancy Rankin, who is interested in physical therapy and discovered the program through Linda Weber; and Suzanne Dressler, who entered the program this fall because of her interest in coaching and training.

Kept busy

The girls are kept busy with all of the women's sports year round and are in the Stadium training room from 11 a.m. to noon for the women athletes who need attention and 3-5 daily for all practices. The girls also travel with the teams in every sport and work an average of 20 hours a week.

Intramural grid ends Thursday

Although the regular season is over for the varsity football team, the intramural season won't be over until Thursday night.

Because of the nine trained-trainers, the girls get plenty of professional help from Dr. Walton R. Garner and Dr. Spencer Turner of the Health Center along with Phyllis Bailey, director of women's intramurals.

The Health Center gives all women athletes in every sport a thorough physical prior to the season's open for all sports. These female trainers assist the doctors in there physicals to become acquainted with all the athletes and their ailments. All the girls are treated at the Health Center and if there is a need for medical assistance after Health Center hours the girls are taken to University Hospital where they are treated.

The primary function of these female trainers is to administer preventive taping, conditioning, routine first aid procedures and evaluation of injuries. These girls must decide if an injury is to be treated in the training room or the Health Center.

"Women's problems are no more difficult than those of men," said Weber. "Women suffer sprained ankles, separated shoulders, concussions and every other injury that a football player or any other male athlete does."

Advanced Program

Al Hart's program for female trainers is the most advanced in the Big Ten. Iowa has one full-time female trainer for women's sports and Purdue has a female physical therapist but she is not a trainer as such.

Hart's workers have entered male sports also as the girls have worked with the soccer team and with co-ed track. It would be difficult for the girls to enter the football and basketball training program at Ohio State because of the physical set up of the North Facility and St. John Arena.

Yankees v

HONOLULU (AP) — The New York Yankees struck with their second major trade in three days and their cross-town rivals the New York Mets get into the act with two deals of their own as baseball's winter meetings generated a flurry of trade action Monday.
THE TRAINER KEEPS THE TEAM TOGETHER

If the old saying is true that behind every successful football team is a good coach, then it is equally valid that behind every successful football program there is a well-prepared trainer.

The average trainer has taken a rigorous sequence of courses as an undergraduate in college, specializing in biology, anatomy, kinesiology, physical education and other courses that are premed subjects. He often does graduate work in physical therapy or athletic training and works part time as a sort of "intern" on the training staff of a team or school. These high academic standards are continually being updated by the National Athletic Trainers Association (NATA), the governing body of university trainers.

While the duties of a trainer may vary from school to school, his basic responsibilities are the prevention and care of athletic injuries. Explains one West Coast trainer, "Essentially my job is to make sure the players are physically fit to play the sport, to treat injuries and, most importantly, to rehabilitate injuries when they do occur.

In order to prevent injuries, a trainer has to develop quickness, agility and strength in the players. Speed work, consisting of short sprints, together with weightlifting and drills to help agility are prescribed for football players to help them get into shape before the season starts.

In conjunction with experts who have studied body development, growth, and even the effects of foods, the trainer will set down his own program. A good trainer can tailor this program to the individual needs of players. For instance, he will prescribe exercises geared toward building upper body strength for linemen, while having the running backs and receivers do more work running and building their legs. If a player has a weak portion of his body, say a knee or an ankle, the trainer will have him do special exercises on just that portion of the body to build strength up in these muscles that need it most. "Many teams now have an assistant coach who is a specialist in weight training," commented one trainer. "In that instance he and I will work together to develop a program suited to the needs of an individual player."

The next step in the preventive training process is to instruct players on proper eating and sleeping habits. Although college football players don't always have regular hours due to classwork and studying, the trainer does as much as he can along the lines of advising players on proper rest and balanced meals. Most major colleges have a training table during the football season and the players are fed well-rounded meals at least once a day at these sessions.

Before a game, players have weak or injured areas taped. Pre-game taping often starts as early as four or five hours prior to kickoff. A trainer must know the best methods of taping or wrapping a joint or bone so as to leave the greatest amount of flexibility, but yet protect against injury. Ankles, knees, shoulders and wrists are the most common parts of the body that are taped as preventative measures. One university trainer explained it this way. "On game day I will tape or pad any part of an athlete's body, if he requests it. After all, he's the one that has to go out and do battle for 60 minutes. If extra padding or taping gives him a psychological edge—a feeling of confidence or preparedness—then I'm all for it."

When an injury does occur, the trainer and his assistants are quick to reach the injured player. "It helps us if we see how the man was injured. Often he can't specify the location or the degree of the injury. Whenever possible, we try to have the player leave the field under his own power. It's better for him—better for the other players."

The trainer, in conjunction with the team doctor, then works quickly to reduce the effects of the damage to the body and get the player back in action if possible, or remove him from the game for further treatment.

After the immediate impact of the injury has been reduced, the trainer puts the player on a treatment/rehabilitation program to build up the injured area once again and to help him regain the endurance and reactions lost while out of action.

The trainer's fight to keep his players in top shape shows up in a number of ways on the field in terms of how well a team plays toward the end of a game and even in the mental aspect of football.

"It's hard for someone to think when he's tired. There tend to be more errors when players are tired, and there is no question that when a player is tired, he also gives up physically. Physical conditioning, of which the trainer plays a large part, is one of the most important aspects in football. With so many games decided in the fourth quarter, it's almost always the best conditioned team that wins."
Trainer’s job has many duties besides taping ankles

By Denise Seomin
Lantern staff writer

Modern athletic training involves more than rolls of tape and mounds of gauze pads, but it does take someone who is totally wrapped up in the work.

For Billy Hill, co-head athletic trainer at OSU, preparation for this increasingly popular profession began in high school.

"I was too small to play sports," he said. "All my friends were athletes, and I enjoyed being around sports."

A high school basketball coach encouraged him to be a trainer, Hill said. As a result, he took a correspondence course sponsored by Cramer's Products, Inc., a major supplier of training materials.

"What encouraged me to continue was the fact that there were eight kids in my family, and I was the last one," Hill said. "There was no money, so I looked into the possibility of getting a scholarship as a student trainer."

Hill received a scholarship at Tennessee State University, where he majored in health and physical education for three-and-one-half years, before being drafted into the service.

While in the army, he served as a medical specialist for three years, spending one year at a field hospital in Vietnam, he said.

After the army, he completed his degree at OSU, where he has been working since 1971.

Today, his career involves dual roles.

"My primary responsibilities are for the care and treatment of athletic injuries to our student athletes that participate in intercollegiate sports," Hill said.

In addition, he teaches a course entitled "Care and Prevention of Athletic Injuries" in the School of Health, Physical Education, and Recreation.

Education has become an integral part to athletic training, he said.

"There has been a big pushover the past 10 years to upgrade and change the image of the athletic trainer," he said. "For years, the athletic trainer has been stereotyped as being 'the water boy.' A lot of people did not realize that there's a lot of educational preparation that goes into becoming a professional athletic trainer."

A national certification examination must be taken by those wanting to become a professional trainer, Hill said. Prerequisites for taking this exam include a minimum of a bachelor of science degree, as well as work done with a certified trainer in a program that is also certified, and a minimum of 1800 hours of on-the-job training, he said.

The exam itself consists of three parts — oral, written and practical, he said.

"It's comparable to our profession to the medical boards," he said. "A lot of people do not pass it the first time around."

In addition to educating students, emphasis has also been placed upon educating the public, Hill said.

"It (the job of athletic training) is understood more today that it was five or 10 years ago," he said.

At one time, if he had told someone he was a trainer, the first response he would have gotten was, "What do you train?" he said.

"Now it's nice to know that you don't get that response as often as you used to. The overall general attitude of the public has definitely changed," he said.

However, Hill's work has not gone without controversy. As host trainer for the track and field events at the 1984 Summer Olympics, he received both favorable and unfavorable remarks for letting female marathon runner Gabriella Andersen finish the race, he said.

During the lap around the Los Angeles Coliseum, Andersen showed severe signs of exhaustion, which included the problems of holding her posture and maintaining her position on the track.

"I think I knew enough to realize if she was in trouble," Hill said. "She was not in a medical emergency. We were in constant communication. She was not at the point where she couldn't finish the race."

Emotions do play a role in his decision making, but only to a certain degree, Hill said.

"You must know the athlete's pain tolerance and level of intensity. Some can play with more pain, but if it will cause further harm to the athlete, I won't let them play," he said.

In addition to working with the world's athletes, Hill also worked with their trainers, whose programs differed greatly, he said.

"We provided trainers from other countries with services their athletes needed that they didn't have knowledge of, but many countries didn't want you to touch their athletes," he said.

In certain cases, as with some African and South American countries, a trainer, in our sense of the word, did not exist, Hill said.

As a result, he said the United States is by far the most advanced country in the area of athletic training.

"Sports medicine is better recognized and appreciated here, but the social and economic backgrounds play a part in this," he said.

One appreciative member of the Ohio State community is head football coach Earle Bruce.

"In the six years I have been here, our (football team's) injuries have been minimized and the recovery periods shortened," Bruce said.

"Billy takes a lot of pride in what he does, and is very dedicated to the athletic training and football programs," he said. "He has compassion for players when they need it."

Robert Murphy, head team physician, believes Hill's experience in Vietnam has been beneficial to his work.

"He has incredibly good judgment on the field," he said. "He is an integral part of the coaching staff."
Trainers get hands-on experience

By Tracy Coburn
Lantern staff writer

Mention a name like Keith Byars, Archie Griffin or Mike Tomczak and the association with Ohio State University is immediately recognized. But what about names like Kip Witchey or Scott Smith?

Witchey and Smith are student trainers for the OSU athletic training program, a program Assistant Head Trainer Bill Davis has deemed “one of the best in the country.”

The OSU training program is an apprentice program, as opposed to a curriculum program, like Ohio University’s. In the apprentice program, the student gets more experience in actual situations than curricular programs, which concentrate on the classroom.

“You have to be a special kind of person to be in the OSU training program,” said Davis, who was a trainer at Oklahoma State University before coming to Ohio State in 1984.

OSU student trainers are expected to evaluate athletes’ injuries, assist the full-time staff in day-to-day duties, keep coaches informed of their players’ conditions and keep up on their own studies. If trainers fail to maintain a 2.25 grade point average they are restricted from traveling with athletic teams.

“This is done more to help than to punish,” said student trainer Witchey, a junior from Dublin.

Witchey, who chose Ohio State for its reputation and facilities, said he never realized “the overwhelming amount of work involved.” Student trainers are required to be available before, during and after each practice and home game, but are not required for all away games.

“It sounds like a lot of work, but in the long run the experience is well worth the effort,” said Witchey.

The program accepts four graduating high school seniors interested in health and education each year.

“Sometimes students with different intended majors are accepted but most are interested in secondary education,” Davis said.

“Since we only choose four a year we can select the very best, which in turn strengthens our program.”

Freshmen trainers are assigned to the football team to learn how the university and the program operates.

The sophomore works with other sports and handles more responsibility, but junior trainers have a chance to handle their own varsity sport and a second minor sport.

Senior trainers, under the supervision of Head Trainer Billy Hill, are in charge of the football team. After the season is over, they handle the administrative training responsibilities.

“Today’s trainers are health professionals,” said Davis. “The image of the old guy in a t-shirt is gone. No one can afford to hire a bozo to take care of a million-dollar athlete.”

To become a certified trainer, a student must complete 1,800 hours of hands-on training and take a test including oral, written and practical parts.

“It’s a lot of hard work, but these last four years have been incredible,” said Smith, a senior trainer from Brooklyn, Ohio. “I’ve learned a lot and traveled to 12 states and about 30 universities.”
OSU: Only coed Big Ten program that bars women football trainers

By Dimitre Petroff
Lantern staff writer

Ohio State has the only coeducational athletic program in the Big Ten that excludes women from working as trainers for its football team.

Michigan and Minnesota have separate athletic programs for men and women. Trainers at those schools do not work with members of the opposite sex.

Trainers are sports therapists who work in the prevention, treatment, and rehabilitation of athletic injuries.

Seven coeducational schools in the Big Ten allow women to train football players. All of the trainers interviewed agreed that experience in football was helpful to their careers because the high amount of acute injuries gives more practical experience than in any other sport.

OSU women trainers work in all male sports except those, such as football, which are housed at the Biggs Athletic Training Facility, said Bill Davis, an OSU assistant athletic trainer.

Davis said men train OSU women's sports.

He said the Biggs facility has four teams training there which have been given locker rooms. These sports — football, baseball, lacrosse and men's tennis — are all male sports.

In the fall, the football team occupies Biggs from 1 p.m. to 6 p.m.

Davis said Biggs is the best training place on campus and that it is "better than 80 percent of the facilities we travel to."

OSU assistant football coach Gary Blackney said Biggs wasn't built for coeducational use. Athletes and coaches walk around in towels and it would be embarrassing and inconvenient to have women trainers in the facility, he said.

There's no room for privacy," he said. "I wouldn't want my daughter to have to walk through Biggs.

He said he would not be opposed to women trainers working with the football team if the dressing and crowding problems were corrected.

Dini Meinert, an Athletic Department assistant director in charge of athletic buildings, said the Biggs facility will undergo several structural changes in locker rooms as part of a $46 million construction and renovation project.

Meinert said the changes at Biggs will make the facility into a "totally coeducational" one, but that it wasn't his decision if women will train the football team.

Currently, Biggs has one multipurpose training room and one football training room.

Linda W. Daniel, a head athletic trainer, said Ohio State has a very good training program but that "the ideal training program should be coed in every aspect."

Daniel, who has been a trainer at Ohio State since 1971 when she was the only female student trainer, said the Athletic Department has been working hard to make things equitable, but that football experience would help female student trainers get graduate assistantships and employment.

<table>
<thead>
<tr>
<th>Big Ten School</th>
<th>Athletic Program</th>
<th>Can Women Train Football?</th>
<th>No. Fulltime Trainers</th>
<th>No. Student Trainers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ohio State</td>
<td>Coed</td>
<td>No</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Illinois</td>
<td>Coed</td>
<td>Yes</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Indiana</td>
<td>Coed</td>
<td>Yes</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Iowa</td>
<td>Coed</td>
<td>Yes</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Michigan</td>
<td>Separate</td>
<td>No</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Michigan State</td>
<td>Coed</td>
<td>Yes</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Minnesota</td>
<td>Separate</td>
<td>No</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td>Northwestern</td>
<td>Coed</td>
<td>Yes</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Purdue</td>
<td>Coed</td>
<td>Yes</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Wisconsin</td>
<td>Coed</td>
<td>Yes</td>
<td>1</td>
<td>3</td>
</tr>
</tbody>
</table>

* Statistics not available
Daniel told the story of a female student trainer who was turned down by Michigan State five years ago because she had no football experience.

Big Ten Trainers

April Hassbargen, a student trainer in Minnesota's women's program, said she would like to train the football team because it would give her a "broader view" on training.

Jan Helwig, head men's hockey trainer at Purdue, agreed, saying football is a significant sport because it has an exceptionally large squad and because the number of injuries per season is larger than any other sport.

Helwig said she has heard complaints that well qualified women didn't get job interviews because of the lack of football experience.

Helwig said other sports involve similar injuries but that those sports aren't the same as training with football.

Helwig said a lot of women trainers land jobs at the high school level as the only trainer. She said these women must train high school football, so college experience is invaluable.

Karen Iehl-Morse, a full time trainer at Illinois, said the women there help out but don't do extensive work with the team.

OSU Athletic Department

William Myles, an associate director of the department, said he couldn't say if there was a policy excluding women from training football players.

Athletic Director Richard M. Bay and football Coach Earle Bruce were unavailable for comment.

Myles said he believes that some-day there will be a woman "pioneer" who will train football.

He said large numbers of men want to be involved with football, and the reason that women aren't involved could be because of the numbers of qualified men.

Myles said he wouldn't be opposed to a woman training football if she could do her share of the work.

The law

Sue Kindred, director of the Affirmative Action program, said the Athletic Department was audited by the federal government in 1982 for compliance with federal laws prohibiting discrimination as part of a review of the Big Ten.

Kindred said Ohio State was found to be in compliance at that time.

She said Ohio State must have a "valid reason" to prohibit women from training the football team as required by Title IX of the Educational Amendments of 1972, the federal law prohibiting sexual discrimination in educational admissions, athletics and employment.

In the 1984 Grove City College vs. Bell decision, the U.S. Supreme Court narrowly defined the word "program" in Title IX to mean the specific program directly receiving federal money, and not the entire educational institution. Because of this decision, Title IX may not cover programs which don't receive federal money.

Meinert said that to his knowledge, the Athletic Department receives no federal or state money and generates its own revenues.
Trainers, equipment
Football injuries prevented by new protection methods

By Susan Dawe
Lantern staff writer

About 75 percent of all football players will be injured severely enough to miss one day of practice during their college career, said Billy Hill, trainer for the Ohio State football team.

Knee and ankle injuries are the most common, though this has decreased somewhat due to the use of the Anderson knee brace, Hill said.

The Anderson knee brace serves as a preventative measure against knee injuries. It is made of two aluminum plates that are placed above and below the knee. A steel bar connects them, and the brace is designed to distribute the impact of a blow to the knee to the upper and lower parts of the leg, Hill said.

The brace is required to be worn by all Ohio State players during practice, but is only required for the offensive and defensive linemen during games.

In 1971, 19 football players sustained injuries requiring knee surgery. In 1985, however, only two players required knee surgery.

Knee pads, as opposed to the brace, are good for taking the shock of head-on blows, but most injuries occur due to blows taken from the side of the knee. The impact of a hit on the outside of the knee could be great enough to severely damage the inside of the knee, Hill said. It is in these cases that the Anderson knee brace is effective.

Ted Georgoff, the director of the Sportmed clinic, believes that the reason for numerous ankle injuries is that legs are weaker than they used to be.

The number of knee injuries on natural turf is more than double the number on artificial turf, according to NCAA statistics. Over the last three seasons, knee injuries on natural turf averaged 428 per season, while those injuries on artificial turf averaged 176.

Though knees account for most injuries, the head is the most vulnerable part of the body — especially in contact sports, Hill said.

Currently, there are only two helmet manufacturers, and the helmets must be approved by the National Academy of Safety.

In the last 15 years, there has not been a serious head injury at Ohio State, he said. He has seen minor concussions where a player missed a few days of practice, but nothing serious like the injury to Alabama player Willie Ryles.

Ryles, a defensive tackle, was hit during practice this season, and collapsed on the field. He underwent surgery but died on August 23.

From 1982-1984, there has only been one other third-degree (the most serious) brain concussion to a football player, a spokeswoman for the NCAA said. There were 320 first-degree concussions, and 94 second-degree concussions reported in college football during those two seasons, she said.

Hard shell helmets can be the cause of injuries if a player is hit with them. According to NCAA statistics, there were 504 reported injuries due to impact from helmets in 1983, and in 1984 there were 512.

Shoulder pads can also cause injuries to players. In 1983, 249 college players received injuries from shoulder pads, and 268 players were hurt in 1984.

Shoulder protection is more than adequate, Hill said. Most injuries to the shoulder are separations and dislocations. These do not come from a direct blow to the shoulder, but are usually caused by falling on an outstretched arm. Extra protection would not help decrease the number of injuries, he added.

The majority of football injuries occur during practice.

But, according to NCAA statistics, more injuries that require surgery occur during games.

In data compiled from NCAA member representatives for varsity squads last season, 45 out of 1,000 injuries received in games required surgery, as opposed to 4 out of 1,000 received in practice that needed surgery.

“You want to give the athlete as much mobility and agility as possible. He is protected from his head down to his knee. The bottom leg area is the only area exposed,” Hill said.

“The equipment worn is adequate for the areas of the body that need to be protected,” Hill said. “Injuries to the areas not protected are freaky accidents, and do not occur very often.”

Lower leg injuries have plagued Ohio State, even though they are “freaky accidents”. This season, defensive back Sean Bell broke his fibula, when someone fell on his leg in a pile-up during practice, Hill said.

Another injury to the area of the leg not protected happened to Keith Byars, when he suffered a stress fracture in his foot, said Hill. This injury
essential for good sports

was not a result of football — it happened because Byars played basketball on hard surfaces and did a lot of running. The injury was only frustrated by playing football, said Hill. Football injuries that jeopardize a player's career are rare, Hill said. Last season, he issued two medical waivers, saying that the player was not physically fit to play football due to injuries. The players stay on scholarship if they receive the waiver.

Hill said that he issues an average of two medical waivers a season, and sometimes the players can be rehabilitated and play the next season.

CAUSES OF KNEE PAIN
Kneecap and extensor mechanism
Chondromalacia
Jumper's knee
Quadriceps tendinitis
Subluxing or dislocating patella
Osgood-Schlatter's disease
Bursitis
Inside part of the knee
Bursitis
Stress fracture, tibia
Outside part of the knee
Bursitis
Runner's knee
Inside the joint
Torn menisci
Ligament instability
Arthritis
Osteochondritis dissecans
Joint mice
Synovial plica

SOURCE: William W. Southmayd, M.D.
Football team

By Frederick Bermudez
Lantern staff writer

Today is the first day of spring practice for the OSU football team, and senior Stephanie Walderzak and sophomore Amy Garman are ready.

Walderzak and Garman will be the first women trainers ever to work with the football team.

Up until now, women weren't allowed access to the Biggs Athletic Training Facility, 2490 Fyffe Road, where the football team lifts weights and works out. Without access to the facility, women couldn't work as trainers for the football players or any other team that works out at Biggs.

The other male teams working out of Biggs are lacrosse, baseball and tennis.

"The north athletic facility was primarily a male facility and it has remained that way until this time," said Linda Daniel, one of three head OSU athletic trainers.

Daniel chose Walderzak and Garman as spring football trainers. Trainers are sports therapists who work in the prevention, treatment and rehabilitation of athletic injuries.

Walderzak, from Huron, said Garman, who is from Coldwater, was picked because of her age and credentials.

"Amy is very professional," Walderzak said. "Maybe in two years, when she (Garman) is a senior, she'll be able to work fall football."

Daniel said women have never trained spring football because there have always been enough males to fill the need. Walderzak said the female trainers are working on a trial basis.

"We're looking at this spring and this spring only," Garman said. "We want to make it work now."

Walderzak, who is majoring in health education, said she was picked by Daniel because she plans a career as an athletic trainer.

Daniel said it is important that women get to work as trainers for the football team because football has a high rate of injuries.

"From the athletic trainer's perspective," Daniel said, "the trainers have greater opportunity to see a wider variety of injuries and more significant injuries."

"When they apply for outside positions," she said, "they can show that they have worked with all the different teams at Ohio State, including football."

Walderzak said the experience from working with football could help her get a better job.

"We would like to give the girls an opportunity to be exposed to all phases of our program," said Billy Hill, another OSU head athletic trainer.

"With football being one of the major sports here on campus, we feel that we would like to get them (women trainers) involved," Hill said.

Both women have worked with all-male teams in the past.

Walderzak was a trainer for the men's volleyball and soccer teams and Garman just finished the season with the men's swimming team.

But Garman pointed out the differences.

"Ohio State football is a tradition," Garman said. "It's just so high pressured."

"You can't compare football with any other sport because of all the publicity, all the money and everything that goes on in the fall," she said.

"Now (spring practice) is a key time for us to do this because it's going to be a low-pressure situation," Garman said.

"Sure there can be problems," Walderzak said. "The guys and coaches could give us a hard time but with our team and staff, I don't see that happening."

"It's going to be different," said OSU senior fullback George Cooper. "There won't be any problems. The people on our team aren't like that."

"It won't make a difference to me," said Nate Harris, a junior wide receiver. "As long as they (Walderzak and Garman) stay in the training room and not walk around, I don't see any problem."

"Coach Bruce made it clear that we can't walk around like we used to," Harris added.

Hill said the rule stating players must wear shorts will have to be enforced.

Daniel said Walderzak and Garman won't be limited in their work with the team.

"Everyone will be treated equally," Daniel said. "They will be working and doing the same jobs as the other trainers."
OSU’s training staff to conduct workshop

The athletic training staff at Ohio State University will host a student trainer workshop June 21-26.

The Buckeye Sport Camp Student Trainer Workshop is designed for male and female high school students interested in attaining basic athletic training knowledge and skills.

The workshop will consist of lecture and laboratory sessions offering a variety of athletic training topics. These sessions will emphasize information on such topics as injury prevention, injury recognition and evaluation, immediate first aid, cardiopulmonary resuscitation and methods of taping and wrapping the athlete.

Selected advance lectures will be offered to students with previous workshop or clinic experience.

Goals for the workshop are to broaden one’s knowledge and experience in the field of athletic training.

Resident camper tuition is $195, which includes housing, meals, workshop manual, taping supplies and camp T-shirt. Com- muter tuition is $145, which includes lunch.

For information, call 292-1164.
Buckeye athletic trainers help wrap-up Ohio State victories

There are a lot of obvious heroes in collegiate athletics, such as the quarterback who leads a drive for the last-minute victory, the high-scoring forward, the All-American wrestler and the gamboling head coach who makes the right call. The list is seemingly endless.

But there are also a lot of unsung heroes behind the scenes, including the athletic trainers who keep the players healthy.

The OSU Athletic Department's training staff is led by co-head trainers Billy Hill, Mike Bordner and Linda Daniel. Under these three are Bill Davis, a full-time assistant trainer, four graduate assistant trainers, and about 30 student trainers. The staff supports all varsity sports except men's and women's fencing, men's and women's golf, and men's and women's rifle and pistol.

According to Bordner, most of the trainers are assigned to a particular sport for an entire season.

The trainers are responsible for keeping the athletes as healthy as possible by providing injury treatment and preventive measures before and after practices and games. The trainers also travel with their assigned teams.

"As far as I know, we're the only Big Ten school that sends a trainer with every team we send on the road," Bordner said.

He said the student training staff includes students with a variety of academic majors.

"We recommend trainers pursue (a degree in) an area of education," Bordner said. "It used to be that they would pursue a degree in health and physical education, but that area is saturated now."

Student trainers must take Physical Education 661, care and prevention of athletic injuries, and Physical Education 664, science of preparing people for competitive sports. To receive certification from the National Athletic Trainers Association, students must have an additional understanding of anatomy and physiology, kinesiology, nutrition, and biochemistry, Bordiner said.

Scott Stewart, a sophomore from Bridgeport planning to major in physical therapy, has been a student trainer for four quarters, and is currently a trainer for the ice hockey team. Stewart said trainers should be as involved as possible with the sport to which they are assigned.

"I think you have to be into the sport you're working with," he said. "That's how you gain the trust of your athletes. If you believe in what they're doing, then they'll believe in what you're doing."

According to both Bordiner and Stewart, the rewards of serving as an athletic trainer are many, but the greatest is probably seeing an injured athlete recover and play well again.

"Probably the single-most important part of working with an injury is keeping the athlete upbeat and positive, and showing them there is a light at the end of the tunnel," Bordiner said.
Co-head athletic trainer Mike Bardner tapes a player's ankle prior to a men's basketball practice.

Some tools of the trainer's trade.
Photo and
story by:
Michael D. Stover

Co-head athletic trainer Mike Bordner (right) demonstrates a test for a possible fracture of the metacarpal bones on the hand of Scott Stewart, 19, a sophomore student trainer from Bridgeport, during Bordner's Physical Education 661 class, Care and Prevention of Athletic Injuries.

Co-head athletic trainer Linda Daniel inflates a pressure unit to help decrease swelling in the knee of freshman wrestler Jeff Meade, from Reynoldsburg.
Smith getting his knee back in gear at OSU

By Tim May
Dispatch Sports Reporter

It was, Robert Smith recalled, a deep-down, gut-wrenching, soul-searching hour.

Smith, a rookie running back for the Minnesota Vikings, had just been brought into the training room after suffering a knee injury in the third game of the season, against Dallas. Never — not in junior high, high school or two years at Ohio State — had he suffered an injury so severe, so career-threatening.

"I can honestly say that about the first hour after it happened was the most anxiety-filled time I'd spent in my life, apart maybe from the hour or two I spent waiting to get drafted last year," Smith said.

Minnesota team doctors quickly confirmed the worst. He had torn a ligament in the right knee. The diagnosis let Smith see a red light in the face. It was time, he said, to snap out of it.

"After that hour was over, my thoughts turned to coming back," he said. "It was not a question of whether I would see the field again. It was a question of when I would come back and how much better an athlete I'd be when I came back."

"When" is still up in the air. But Smith thinks he took a major step toward quick, complete recovery when he opted to let Dr. Richard Steckman, orthopedic surgeon to the stars and sports stars, perform the surgery in his Caremark Sports Center in Vail, Colo.

Smith also thinks he took a stronger step backward toward the field when he decided to let Ohio State football trainer Billy Hill, strength-conditioning coach Dave Kennedy and his associate, Dave Langworth, guide him through the rehabilitation process.

"It's a matter of I am really confident of Billy and his entire stuff," Smith said. "I'm not blowing smoke or anything, but Billy, coach Kennedy and coach Langworth, you can see what they did to help Joey Galloway, in particular, come back as strong as he has.

"They are so much more competent than most of the training staffs I've encountered."

Ohio State trainer Billy Hill examines Robert Smith's knee.

When he got the phone call from Smith back in December, Hill said, "I was surprised but quite pleased and quite honored that he thought enough of me and our guys here to want to come back for what obviously is a very important time in his life."

It had been Smith's intention to return to OSU for winter and spring classes anyway. Before the injury he had planned to run again for Russ Rogers' track team this spring. NCAA rules allow a professional in one sport to compete as an amateur in another.

He is still taking classes and learning lessons, sometimes the hard way, about physical therapy and rehabilitation.

"The biggest thing for a guy going through what he's going through is dealing not only with the physical but also the psychological part of an injury," Hill said. "I have to continually impress upon Robert that even though he is looking good, the procedure that he had is still a minimum of eight months of rehab."

"Because he has done so well, he feels he is ready to go out and start trying all the things he did before, Robert, being the type of person he is, he's impatient, wanting to get back out there. But still there is a healing process inside the knee that can't be hurried by any type of treatment known for days."

Smith said it's probably no different for an average person who finds a daily activity curtailed by injury.

"You're not the same when you're not 100 percent," he said. "You don't move around the same, so you don't feel like a complete person. You want to get back to the way you were."

"If I wasn't good enough to play pro football and my college career was done, I could handle it. But not being able to do all the things you're used to doing because of an injury is something entirely different. You want to go out and run, or work out, or shoot hoops, and you can't. And it gets to you."

That impatience is what led to a minor setback about four weeks ago. Cleared to start working on a treadmill, "He got carried away with how good he felt and overdid it," Hill said. "Some swelling came back, and we've just now gotten back to where we were."

Regardless, Hill said Steckman has been impressed with Smith's progress. Then again, Steckman had him up and walking on crutches four hours after the surgery, and walking without crutches a day later, which seems to promote more natural healing.

Hill, Kennedy and Langworth have had him do everything from electrical stimulation therapy (to keep the muscles above and below the ligament from degrading), to running laps in a Lantis Hall pool with the help of a suspension harness, to lifting weights to keep his upper body in shape.

The focus is on having him ready for preseason camp in late July. Smith said he has no doubt he'll make it, maybe with a new look.

"I knew I was going to be better, stronger and faster than I ever was," he said. "It was not a question of how, but when."
COLUMBUS RECOLLECTIONS

Trainers unsung heroes of OSU teams

For The Dispatch

With the recent death of Billy Hill, Ohio State's lead football trainer for two decades, it seems a good time to look back at others who contributed to the health and fitness of OSU players.

Edwin "Doc" Gurney, who died in 1926, was that era's version of Billy Hill, serving 11 years as OSU football trainer. A familiar figure at the games, "Doc" would run out to attend to a player with his little black bag, which always contained a bottle of his famous "Doc Gurney's Liniment."

Tucker Smith was the trainer from 1929 to 1940.

In 1941, Ernie Biggs became an assistant trainer while earning his bachelor's and master's degrees in physical education. Biggs was appointed head trainer in 1942. He retired in 1971.

Dr. Walter E. Duffee began his long-time role as team physician in 1923. He retired in 1955. Duffee, who died in 1961, deserves a medal for serving during the turbulent regime of football Coach Francis Schmidt (1934-1940).

The story goes that Schmidt would often run onto the field with Duffee to the aid of an injured player and comment, "Get a doctor, Duffee."

In 1946, the athletic department asked surgeon Dr. Richard Patton to assist the team. In 1952, he was named team physician and continued in that capacity until his retirement in 1971. In 1952, "Dr. Dick" was joined by internist Dr. Robert "Bob" Murphy.

In 1971, "Dr. Bob" was named head team physician. He bowed out in 1993 after 41 years of service. His successor was Dr. John Lombardo.

Finally, don't forget Mike Bordner, co-head trainer with Hill who also has served as the longtime OSU basketball trainer.

Footnote: The Buckeyes will hold their annual Scarlet and Gray game Saturday at Ohio Stadium.

For a copy of a page from the 1927 OSU Makio Yearbook dedicated to "Doc" Gurney, send a self-addressed, stamped envelope to Columbus Recollections, in care of The Columbus Dispatch, 34 S. 3rd St., Columbus, Ohio 43215.
HILL MEMORIAL TREE — Student trainers at Ohio State have planted a buckeye tree outside of the Woody Hayes Athletic Center in memory of Billy Hill, OSU's athletic trainer who died Feb. 20 of a heart ailment. Pictured are, front row, left to right, grad assistant Chalisa Fonza, Tracy Inglis, Angie Beisner, Amy Slavik and Kara Sylvester. Back row, grad assistant Brian Farr, Megan Van Possan, Matt Schatzke, Andrew Graham, Charles Salata, Doug Jones and David Haley.
For Immediate Release

CALLAND SELECTED AS ATHLETIC TRAINER AT OHIO STATE

COLUMBUS, Ohio — Columbus native and Ohio State graduate Doug Calland has been hired as an athletic trainer at Ohio State, Director of Athletics Andy Geiger has announced. Calland will work with the entire Buckeye athletic program, with a special emphasis on football.

Calland, 37, has spent the past 12 years at the University of Washington, serving as assistant head trainer last year after working as an assistant athletic trainer his first 11 years. He was the head trainer for the Huskies’ men’s basketball program and assisted with duties for the football team.

Calland was born in Columbus and graduated from Whetstone High School. He earned a bachelor’s degree from Ohio State in 1981 in physical education with a minor in health education. Calland was a student trainer at OSU as an undergraduate and served as the head trainer for the Pittsburgh Pirates’ rookie club in Bradenton, Fla., in the summer of 1980.

Following his stay in Columbus, Calland moved to Oklahoma State, where he received a master’s degree in educational administration in 1983. He was a graduate assistant trainer with the Cowboys before landing his position at Washington.

Calland was executive director of the Washington State Athletic Trainers Association from 1990-92 and was associate director from 1988-90. He and his wife, Natalie, have two sons, Brandon and Ryan, and a daughter, Alyssa.

Calland’s hiring is subject to approval by the University’s Board of Trustees.

— OSU —
History of Ohio Stadium from a Medical Perspective

In the 75 years of Ohio Stadium, there have been four head team physicians: Dr. Walter E. Duffee, Dr. Richard Patton, Dr. Robert J. Murphy, and Dr. John A. Lombardo.

In 1913, L.W. St. John was hired by The Ohio State University to be its Athletic Director. He enticed James W. Wilce to come to Ohio State from Wisconsin to be the head football coach. One of the stipulations that Jack Wilce requested in coming to Columbus was the opportunity to attend medical school and become a physician. After settling in as a coach from 1913 to 1915, Jack entered Ohio State's School of Medicine and graduated in 1919. One of his classmates was Dr. Walter E. Duffee who graduated from medical school with him.

When the Ohio Stadium opened in 1922, Dr. Duffee was the Head Team Physician and continued in that role until his death in 1955. Dr. Duffee was not only a fine team physician but was also one of the "unforgettable characters" whom many of us meet through our lives. He was a superb after-dinner speaker, storyteller, and humorist and was an integral part of the Ohio State University from the early 1920s until his death. Walter was a confidante to all of the athletic directors and coaches at Ohio State University throughout this time.

In 1946, Dr. Duffee suffered a massive heart attack and was out of commission for a full year. Dr. Richard Patton was chosen as Team Physician. Dr. Patton was a general surgeon and an outstanding physician. He served from 1946 until 1971 when he accepted the position of Director of Surgical Education at Riverside Methodist Hospitals.

Dr. Bob Murphy joined Dr. Patton as an Associate Team Physician in 1952, and the two of them served together for the next 19 years. Dr. Murphy held the post of Head Team Physician from 1972 until 1993 when he retired. Dr. John Lombardo joined the Ohio State staff in 1990 and became Head Team Physician in 1993 at Dr. Murphy's retirement. Dr. Lombardo holds that post at the present time.

During the 1950s, Dr. Murphy's research on heat stroke, which was often fatal in athletics, resulted in a nation-wide change in patterns of behavior. Unlimited water was available to athletes after that time, and the result was a marked decrease in the number of heat stroke deaths in athletics.

A number of outstanding trainers have served the football teams in the Ohio Stadium. The first trainer was "Doc" Gurney who served in the teens and 1920s. Tucker Smith was a trainer from the 1920s through the early 1940s. Ernie Biggs served as Head Athletic Trainer from 1942 until 1971. Al Hart was the trainer for the next two years, but he suffered an untimely death due to cancer. Mike Bordner, Billy Hill, and Linda Daniel served as co-head trainers for the Athletic Department for the next 20 years. Bill Davis has been Head Athletic Trainer since 1994.

Throughout the entire history of the stadium, there have been hundreds of medical students, hospital residents, and student trainers who have served the athletic teams. Many of them are spread throughout the country in various capacities in college and professional athletics.
March 12, 2001

NEW ATHLETIC TRAINING PROGRAM TO BE OFFERED AT OHIO STATE

COLUMBUS, Ohio – To meet a growing demand for certified athletic trainers in all levels of competition and in business, The Ohio State University has developed a bachelor’s degree program in athletic training.

“Currently there are 27,000 athletic trainers in the country, and the need for more qualified personnel is increasing by 10 percent every year,” according to Dr. Mark Merrick, director of the athletic training program, offered through Ohio State’s School of Allied Medical Professions. “Through our association with Ohio State University Medical Center and the University’s Big 10 athletics program, our students receive extensive clinical experience,” he said.

Certified athletic trainers are employed in secondary schools, colleges and universities, sports medicine clinics, professionals sports programs, and in business and industrial settings, said Merrick. Trainers assess a person’s risks to prevent injury, provide immediate treatment when an injury occurs and rehabilitation after the injury to get the person back to a daily routine.

Merrick said the demand for formal training programs has risen because the National Athletic Trainers’ Association Board of Certification will no longer accept
apprenticeship training -- which was once considered an acceptable alternative to a curriculum program -- as qualification for national certification as an athletic trainer. The practice of athletic training is regulated in 40 states, including Ohio.

Up to 25 students will be accepted into Ohio State's program each year with more students being added as the program grows. Students can apply after their freshman year and so far 80 people have applied for the first class, said Merrick. “We are looking at students who excel at academics, work well with people and show enthusiasm for the profession,” he added.

Nationally, certified athletic trainers with a bachelor’s degree earn on average $45,000 annually and many athletic trainers go on to receive master’s degrees. Currently, planning is underway for a master’s program at Ohio State that will meet the National Athletic Trainers’ Association standards for advanced graduate programs, said Wilson.

The athletic training program is the newest division of the School of Allied Medical Professions at The Ohio State University.

###

CONTACT: Jill Boatman, Medical Center Communications, 614-293-3737, or boatman.2@osu.edu