

ADDRESS TO THE CANADIAN ATHLETIC TRAINERS ASSOCIATION

WESTBURY HOTEL - 20 MAY 1967 - TORONTO

INTRODUCTION:

Mr. ^{Pinitt} Badcock, thank you for your kind introduction.

Gentlemen - it gives me great pleasure to pinch-hit for the Athletic Director of the Royal Military College of Canada at this your first national clinic and work-shop. When Chuck Badcock, your secretary-treasurer approached me some time back, and asked if I might find time to address you, I accepted with some hesitation and apprehension since I was neither a trainer nor a ^{team physician} doctor, but rather a physical educator and a coach. ~~It has been~~ ^{it has been} in these capacities, possible for me to associate with the trainer fraternity; and realize the importance and value of a professional trainer to athletic programme. Therefore, I accepted - and your good secretary-treasurer then, in a fine and businesslike manner, suggested that it would be unbecoming to be the only member at this gathering not belonging to the C.A.T.A. - and immediately sold me a membership. You can appreciate his efforts in enriching your coffers.

I recall hearing Red Storey tell of a small event that happened to him in Chicago Stadium and involved a trainer. It appears Red was refereeing a game between the Hanks and the Wings, when a wayward puck hit him - in a very delicate region of the body - and he fell prostrate onto the ice. Of course, the fans cheered - since you will recall Red had a particular popularity in Chicago in those days. At the same time the Chicago trainer rushed to him, and with Red still showing signs of great pain he ^{cries} grips, "Come on Red get up and off the ice before you melt a hole right through." Of course, Red, in the finest of Queen's English said "yes sir", I'm sorry to have been of trouble to you".

Gentlemen - you all come from and service a variety of groups in a variety of sports. Some of you are involved with professional sports teams, others with College teams, still other with amateur groups; perhaps you are associated with a high school; or maybe you are students just entering the trainer field.

You may be interested in knowing that you are members of a field that has been in existence for thousands of years. Perhaps it has not had a formal code till modern times but history has recorded that -

- a. the best trained and conditioned man in primitive times could endure the arduous life of the hunter; and thereby obtain food for survival.
- b. the medicine man was a trainer in the sense, that he used heat and herbs along with spells and other magical means to improve the abilities of tribal members.
- c. Egyptians appreciated the value of protective gear like helmets in sports such as wrestling.
- d. Greeks provided us with the first records of training routines; i.e. ten months of hard training before games; provision of a training table where athletes ate cheese, figs and wheat bread as principal items. Fried and boiled foods and cold drinks were prohibited. Abstinence from wine was customary. Loose fitting loin clothes were worn, till one of the athletes lost his cloth but won his race. This ~~was~~ signalled removal of loin clothes, and competitors ran in the nude till of course, a female smuggled herself into the games as a trainer for one of the athletes and spoiled this freedom of dress.

e. Galen was the first team physician and recommended "moderation" for gladiators in exercise, massage, bathing, food, and sleep.

A view not uncommon today.

f. Romans trained and conditioned their gladiators; ^{and later} during medieval times young knights were trained for battle.

g. first of the modern day training and conditioning programmes revolved about gymnastics and formal exercise recommended by Ling in Sweden, Jahn in Germany.

This has brought us to the year 1917, prior to which time in the modern era the trainer was often just a "rubber" without technical preparation. In England this still applies in many areas - they have a "bucket and sponge" man who hauls off the injured so the game can go on.

In 1917 in the U.S. Dr. Bilik produced the 'Trainer's Bible, a volume outlining the need for concern in the training and conditioning of athletes. However, professional trainers were not brought onto the scene till 1931 - and this can be attributed directly to "football". A survey revealed a surprising high number of deaths in this sport; and concern of the College, team, and sports body officials led to -

- a. changes in the rules,
- b. concern by coaches into conditioning programs for athletes.
- c. more supervision by institutional authorities.
- d. doctors in attendance at game.
- e. better equipment designed.
- f. trainers became more qualified.

We have seen that there has been progress from non-qualified "rubbers" to highly qualified people like yourselves and the other members of the C.A.T.A.

In attempting to find a definition of "TRAINER" - it is not possible to arrive at one common statement - definition range from -

Dr. Bilik - has defined -

"TRAINING AS THE PROGRESSIVE PREPARATION TO DEVELOP THE BODY TO ITS HIGHEST LEVEL OF STRENGTH, ENDURANCE VITALITY AND RESISTANCE TO PUNISHMENT". A MAN SO INVOLVED COULD BE DESCRIBED AS A TRAINER.

Kein Rawlinson - defines a trainer -

"AS THE PERSON WHO IS PRINCIPALLY CONCERNED WITH PREVENTION OF INJURY, AND TREATMENT UNDER MEDICAL DIRECTION, AND REHABILITATION".

This definition appears more applicable at this time.

The field is complex; it involves the team physician, the coach, and the trainer and concerns them with bringing the athlete to his top level of performance. It means that there must be a mutual appreciation by the three of their individual responsibilities -

Team Physicians - obtain history of athlete.

- conduct a complete examination.
- elimination of an athlete deemed medically unfit.
- attend athletic events.
- supervise trainer.
- provide advice to coach on aspects of athletes performance.

Coach - maintain control of squad i.e. prevent horseplay ensure protective equipment is worn safety rules observed.

- teach techniques and skills necessary to prevent accidents.
- close observation of team members that might indicate referred to trainer or team physician.
- remove injured player from line-up.
- maintain and use weight charts for weight control.

what functions ~~are~~ ^{are} expected of
our trainer -

- 2 -

- 5 -

Coach - (continued)

- inside on properly fitted equipment.

Player - obey safety rules and regulations.

- carry out conditioning programme.

- report all injuries.

Trainer - observation of team members for symptoms that suggest
referral to physician.

- administration of first aid to injured player.

- refer injuries to doctor.

- use of taping, bandaging and other protective techniques.

- utilization of techniques of corrective therapy and physical
therapy for rehabilitation of athletes.

- carry out team physicians instruction in treatment of routine
injuries.

- maintain record of injuries.

- supervise re-conditioning ^{remedial} exercises

- maintenance of training quarters in good order.

- ensure first aid equipment at game site.

- supervise training of student trainers.

you'll note ^{his} ~~The~~ responsibilities of ~~the trainer~~ are many and varied. He must have
an appreciation of (1) conditioning, strength and endurance programmes,

(2) nutrition and diet,

(3) massage.

He must be completely and totally conversant with -

(1) taping and bandaging techniques,

(2) re-conditioning ^{remedial} methods,

(3) first aid treatment.

How does a man become knowledgeable in so wide a field?

- First and foremost this man must be properly motivated towards this field.
- He must have a sound technical knowledge of the practises in this field and he must make every effort to keep abreast of modern trends in "training".
- He must be prepared to adopt progressive and proven trainer methods.
- He must be prepared to improve his professional knowledge and never be satisfied with remaining strictly a rubber man.
- He should strive to have a functional grasp of anatomy and physiology as it applies to his own sphere.
- He should be prepared to be a member of a national, provincial and local groups.

- Attendance at local clinics & workshops

In summary, an athletic trainer is a dedicated man who along with the coach and team physician attempts to have the athletes, for which he is responsible, performing at their peak level. In so doing he must have a varied storehouse of knowledge regarding -

- conditioning techniques
- nutrition
- weight control
- remedial methods - heat, massage, hydropathy
- reconditioning methods - physio-therapy
- preventive methods - bandaging, taping.

upon which he can draw. The efficiency with which he does this will reflect upon him and the organization he represents.

The need for a ^{national} trainer's organization ^{has been recognized}
It is therefore important that with the formation of the C.A.T.A.

an
two years ago the need for an organization based on high principles and a code of ethics was fulfilled. ~~It seems most appropriate that in this the Centennial Year, you are holding your first national clinic and workshop. I should like to wish you the greatest of success in the growth of your organization.~~

In conclusion, I would remind you that your organization is only as strong as its membership and your guiding statement should "be not what can I get from the C.A.T.A. but rather what can I offer C.A.T.A."

Thank you.

The need for a national trainer's organization has been ~~was~~ recognized - and two years ago the C.A.T.A. was formed. You as members are to be congratulated for ~~for~~ on this move. I wish you the greatest of success in the growth of your organization and this your first clinic and workshop.

I would leave one thought that should be foremost in your minds and that is - "It is not what I can get from the C.A.T.A. but rather what can I offer the C.A.T.A."

Thank.