

aid on the SIDELINES

TRAINERS FIRST LINE OF DEFENSE AGAINST FATIGUE, INJURY

WRAPS

"We have a few different kinds of wraps," junior **Avery Mitchell** said. "We have pre-wrap, which is what we use before we put on athletic tape. We have athletic tape [and] power-flex wrap; that's what we use to keep gauze on. We have elasticon wrap, which we can use on football players to wrap their ankles over their cleats. We have a few different kinds of wraps we use. They all serve the same purpose: keeping stuff on and preventing [injuries]."

BOOT

"For people who have ankle injuries, [or] metatarsal injuries in the foot, it's a hard shell that will keep everything out," junior **Avery Mitchell** said. "It rolls on the foot so your foot is not completely exposed or moving all different ways. It's a splint for your foot that you can walk on."

GATORADE

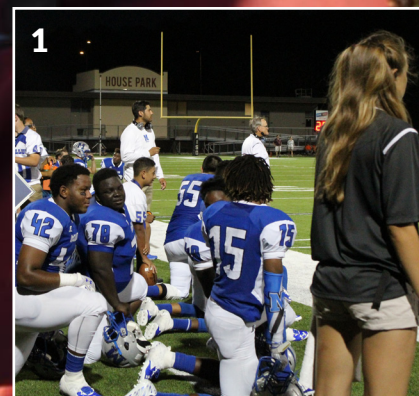
"We don't use [this] very often during practice," junior **Avery Mitchell** said. "At games other than football, we just use bottles with Gatorade in it. We use [Gatorade Thirst Quencher Powder] during halftime at [football] games and that gives them an energy boost and a little bit of electrolytes. When they're playing, they don't get a very good chance to get water, and [halftime is] a good chance to give them some of the sugars and electrolytes they lost. Giving them a shot of Gatorade and water will get them going again."

SPLINT BAG

"The red bag that we take out has vacuum splints in it, which sucks all the air out," junior **Avery Mitchell** said. "It has little beads in it, which will keep everything straight. We have rollers to roll cramps. It's just to make splints if anybody [suffers a] breaks or [a] sprain and to make sure everything stays still."

sideline action

TRAINERS PASS OUT WATER, TREAT CRAMPS IN BETWEEN PLAYS



For the trainers, the fall sports season started out as if it was going to be pretty boring, just the way the trainers like it. There were no serious injuries on the field, which made it seem as if the season would be uneventful and, in the trainer's eyes, successful.

"Nothing that bad has really happened, which is a good thing," head trainer **Matt Johnson** said, halfway through the fall season.

As the season wore on, however, the injuries for the varsity football team mounted. Although many of them were not career-threatening, many key players missed games and attrition started to take its toll on the field. The other fall sports teams, however, had a much less eventful season in terms of injuries.

"We do a lot of taping like ankles and thumbs, and occasionally a knee or shoulder," junior **Eanna Cavazos** said. "Sometimes there is a concussion. [The injuries range] from minor to pretty bad."

All of the trainers had to cover football and one other sport. No matter what sport they supported, all of the trainers had the

same goal.

"[We're] doing it just to make sure they stay healthy," senior **Eli Ramirez** said. "We're doing it for the medical purposes, not to train [athletically]."

All trainers went through a "tryout" where they acted as trainers during spring football practices. Johnson told each of them at the end of the week whether or not they made the cut. Some students said they decided to be a trainer for one reason then kept doing it for another.

"I initially joined it to get my PE credit," senior **Emma Brandon** said. "After being in it for a year, I started to really like it."

Now, Brandon and Ramirez want to pursue medical careers.

"I want to go into nursing," Ramirez said. "Training helps with getting to know the body."

No matter how they got started as trainers or what they plan to do in the future, all of the trainers said they were all focused on helping student athletes now.

"I've just been doing this for three years," Brandon said. "I really like the responsibility of taking care of people."

CRUTCHES

"We have a crutch bag, and we have different sizes for different players, so if they need a splint on their leg or something, they need crutches too because they can't walk on it," junior **Avery Mitchell** said.

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ON THE FIELD

1. Junior **Bella Cude** stands watching an injured player during the homecoming game with sophomore **Kevon Walter** and other players by her side. "[The trainers are] really helpful because they give us water when we need it," Walton said. *Photo by Maddie Doran.*

2. Seniors **Kiana Powell** and **Melissa Palacios** hand out water bottles to sophomore **Jack Switzer** and other football players in between plays at the homecoming game. "If we ever have any small nicks and bruises they cover them up and they're there for us," Switzer said. *Photo by Adrian Peña.*

3. Senior **Melissa Palacios** and head trainer **Matt Johnson** tend to junior **Jorian Hardeway** after he tore his MCL during the homecoming game against Crockett. "[They gave me] a splint and they gave me crutches, and they told me I tore my MCL," Hardeway said. Hardeway, who scored two touchdowns and rushed for 162 yards before his injury, was later named player of the game. *Photo by Adrian Peña.*