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Student athletic trainers bring helping hands to the college sports scene

By Jesse Wright THE BATTALION

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Texas A&M Journalism. 3313; Fax: com rsement by i-2696. For McDonald. 78. student to: Mail sub-50 for the

Monday morning begins early for Jennifer Murphy, a sophomore nesiology major. The 16 hours of classes she is enrolled in start at a.m. and continue without a break until 2 p.m. After her last class, urphy must rush across campus to the Texas A&M Varsity Tennis mer, where she spends the remainder of the afternoon at practice. Murphy does not play tennis for A&M. She is one of many stuant athletic trainers who submit themselves to hectic schedules v in and day out.

Student trainers are at every practice and game, often traveling th the team. Their performance does not take place on a field or court, but on the sidelines. Although often unseen, what the stunt athletic trainers contribute is vital.

March is National Athletic Trainers Month, with injury prention as the theme. According to the National Athletic Trainers sociation, injury prevention and physical activity must go hand hand for an athlete to be at his or her very best.

Jay Martin, a staff athletic trainer for women's tennis and socrat Texas A&M, said prevention is the main focus of athletic ining. She said weather conditions, field conditions and hydram are some of the many factors that must be monitored to prent athletic injuries.

Cathy Delafield, a sophomore kinesiology major; said there are en some odd, but necessary, steps athletic trainers must take for welfare of the athletes.

When we travel with soccer, we have to walk the entire field king for dips, sprinkler heads and even ant hills," Delafield said. Delafield said small things, like ant hills, can become mounains if not dealt with properly. Sprains, pains and tragedy can esult from lack of prevention.

"Kids die on the field almost every year from dehydration. It's to us to make sure our athletes stay hydrated, especially in the exas heat," Martin said.

Martin said the extra hours athletic trainers put in walking elds, setting out and picking up equipment, along with countless ther tasks, equals or exceeds the amount of time athletes put in he weight room.

Martin said to practice as an athletic trainer in Texas, one must in a lot of hours. To obtain a license, one must take seven ning-related classes, complete an 1,800-hour internship and s the state license exam, all within three to five years.

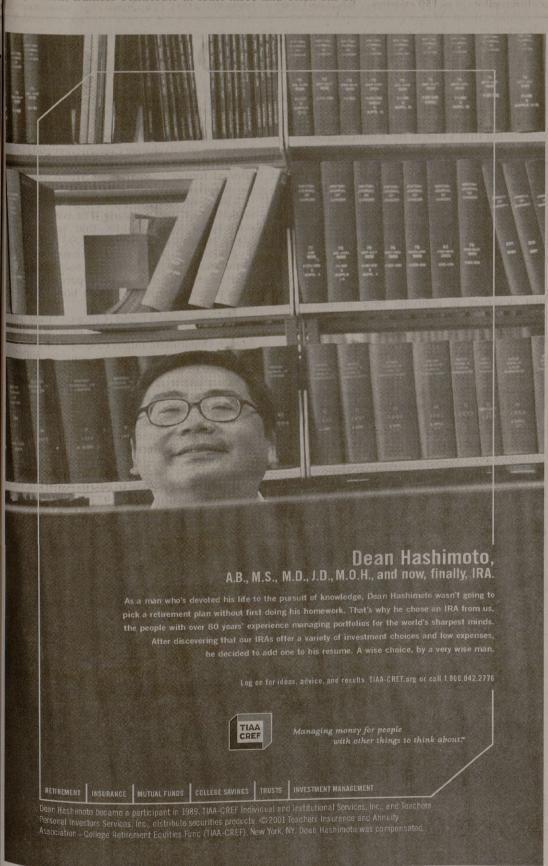
The time contributed by student athletic trainers at A&M nts toward the internship. Depending on the sport and time of on, student trainers contribute at least three and often six or

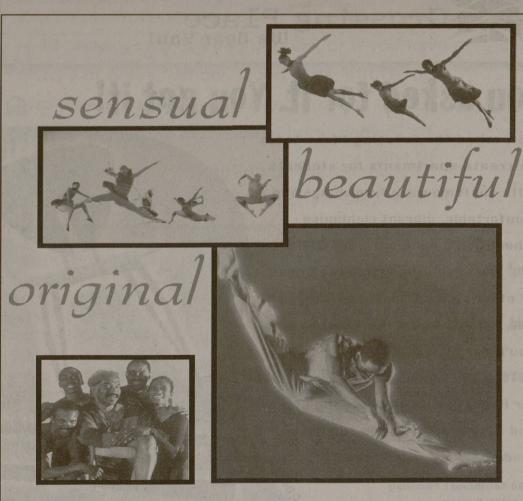


STUART VILLANUEVA. THE BATTALION

and effort to be a student athletic trainer.

"Even though it sounds like the hours are horrible, you can't Delafield said she has no problem dealing with the extra time do it and be happy unless you have a passion for what you are doing," Delafield said.





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GARTH FAGAN DANCE

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