

AGGIELIFE

THE BATTALION

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Easing the pressure

Getting up at 5 a.m. isn't just for the birds, but for A&M student trainers too

By Kristin McNulty
THE BATTALION

Travis Moore says that his behind-the-scenes-job for the football team serves a much bigger purpose than people realize.

Moore, a sophomore biomedical sciences major, is a trainer for the Texas A&M football team during summer two-a-days. He is also a trainer for the women's swimming team.

"We're up at 5 a.m. and don't leave until the last player is gone," he said.

While this is only Moore's first year as a trainer, he has been well aware of the duties and responsibilities of trainers since athletics in high school.

"I want to go into health care as my career and thought being a trainer would be an excellent stepping stone," he said.

Moore said the most exciting part of training is caring for and helping the athletes. He said the responsibility of keeping the athletes healthy is rewarding and worth every minute.

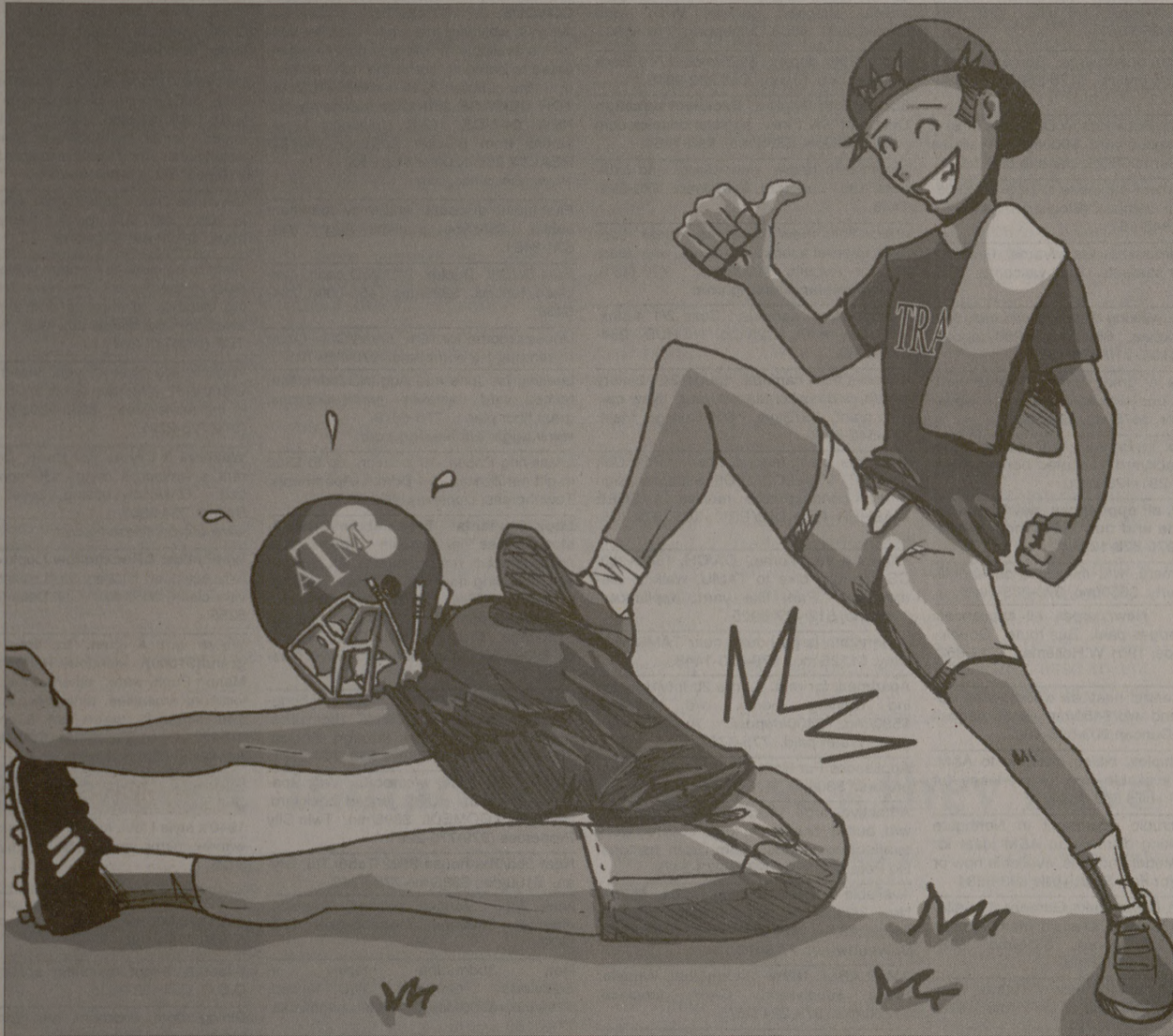
Amber King, a junior biology major and a football trainer, knows firsthand the pressures of being a trainer.

"There is always a rush when athletes are injured," she said. "You have to decide quickly what to do in that situation and how to get the player playing again as soon as possible. It is interesting to see how all of the trainers come together in times like these."

King is an experienced women's basketball trainer, with experience from high school and junior college.

King said that overall, most of the athletes understand the jobs that the trainers are there to do.

"While there are always a few athletes who could care less that you are



there, the majority of them are very respectful and appreciate what we do," King said.

Matt Frazier, a junior health education major, is a trainer for the men's

track team when he is not helping out at two-a-days.

"We are not just water boys for teams we work with, we are medically trained and know exactly what we

are talking about," he said.

Frazier started training at A&M in October 2002. He says he thoroughly enjoys being at the events and being responsible for the health and care of

the athletes.

The trainers agree that the athletes are their first priority and that the work is time consuming.

"Trainers are like flight attendants," said Patty Berthot, an assistant athletic trainer. "They aren't there to serve coke and peanuts, they are there for your safety."

Berthot is in charge of the student trainers for men and women's swimming and diving, equestrian and tennis.

"(The trainers') work is very time consuming, but they show extreme dedication," she said.

There are 30 trainers and 11 assistant trainers, Berthot said.

"We are just one big family, and working together is a must have to keep the family going. Sometimes I spend more time with the trainers than I do with my own children," she said.

Berthot recalled a story that proves the family-like bond between trainers: "I am big on trainers being on time for everything; they cannot be late," she said. "When we have 7 a.m. meetings, the trainers will call each other to wake them up so they will not get in trouble by me for being late. They are like siblings: They hate seeing each other getting in trouble."

A person must be an A&M student to apply for the training program. They will then go through an interview with two full-time staff members and five or six senior trainers.

"Trainers are only in the lime-light when something goes wrong," said Berthot. "What people don't realize is how much time and dedication they put into making sure the athletes are healthy and ready for playing time."

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