

athletic medicine

Reed 'stays in touch' as women's trainer

For Donna Reed, the future satisfied her in more ways than one. The graduate student in physical education wanted to be a doctor but due to financial and temporal considerations, she decided to pursue her inclination by becoming a trainer.

The Oregon junior varsity volleyball team received her services in the fall and this spring she has been on hand to assist members of the Oregon women's tennis team. "I know what the players needs are," Reed said, "with one person assigned to each team

After completing her senior year, Donna decided to go into the graduate program rather than participating in an apprenticeship schedule. "With the masters program," she explained, "the student takes courses in sports medicine, anatomy, physiology, physiology of exercise and the rehabilitation and evaluation of injuries." They also take 900 hours of training.

The apprenticeship route differs considerably. The student choosing this works in a school under a certified trainer in a voluntary position which means the need for

Story and Photo by
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Of the Emerald

they become familiar with each individual and their particular problem."

As the season winds to a close, Donna also approaches her goal of receiving a masters' degree next month. For her, the turning point occurred senior year when she was faced with a decision between participating or working as a trainer. Actually her interest goes back even further.

"I was a sophomore and took an anatomy course," she explained. "At the time there were not a lot of women in the trainer program and a trainer visited our class and asked those students with high grades if they might be interested in the program."

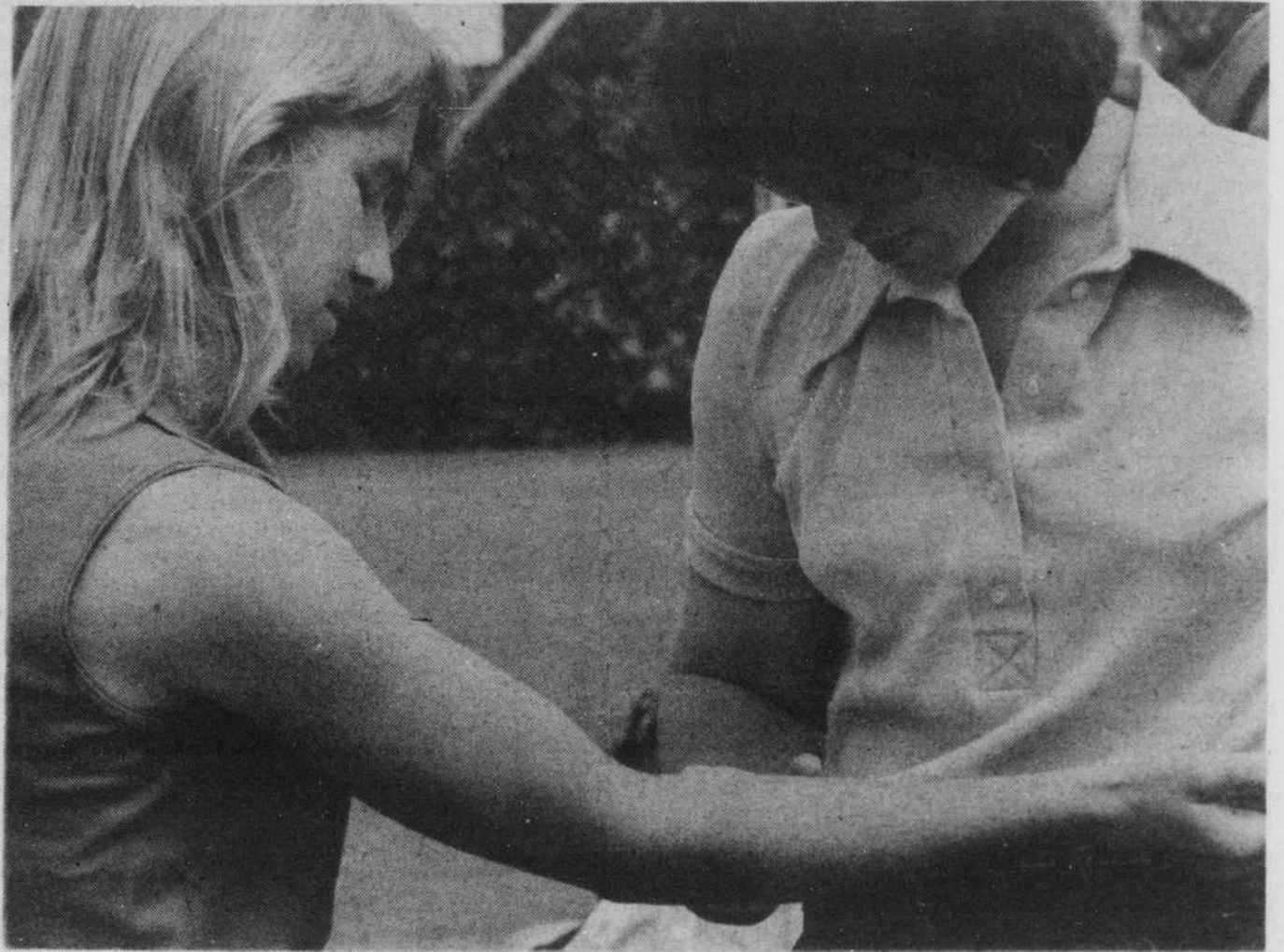
Being one of the three interviewed, Donna quickly found a way to stay in touch with medicine and athletics. As a senior, she was assigned as trainer for the women's track team. And, as the team's discus thrower she was always there.

employment to pay bills while needing 1800 hours of practical on-the-job experience.

Oregon offers everything she needs not only to complete her studies but also to gain the valuable experience of handling the injuries and meeting players various needs.

"There are only four institutions in the country that offer a masters' program in combination with athletic certification," the Connecticut native said. According to Donna, Oregon ranks behind Arizona State and ahead of the University of Indiana and North Carolina.

She believes that students in the athletic training program receive a top quality education. "Arizona only accepts two people per year for their doctoral candidate positions," she said, adding, "here we had an assistant trainer from the Arizona Athletic Training Profession so the benefits to the students are the same, and we have Larry Standifer who is head



Oregon tennis trainer Donna Reed has found a home working with Duck athletes, and her decision to stay at the University has set just fine with the members of the team.

trainer for district 10 of the National Athletic Trainers Association." In addition Lou Osternigh is an athletic training curriculum coordinator and all of the instructors are highly regarded throughout the country, according to Reed.

The treatment center marks the beginning orientation for students into the field. Open from 8:00 a.m. to 6:30 p.m. Monday through Friday and 9:00 a.m. to 1:00 p.m. on

Saturday with service on Sunday from 11:00 a.m. to 1:00 p.m. the center is for anyone needing treatment, be it taping, heat, whirlpools, rehabilitation exercises, injury evaluation, assignment of treatment or possible referral to a local doctor.

As each season progresses, the trainers report to the center what, if any, problem or treatment is needed. In Reed's case, she has seen such common tennis in-

juries as low back trouble, sprained ankles, and in one case bursitis of the elbow. The most common is that of tendonitis either of the forearm or elbow. Inflammation accompanied by dull aching pain in the elbow joint and the player knows it because the tender area is a persistent reminder.

She also shared some insights as to what she has seen and learned about the program in Oregon. "This is a good field for women now because there are more players and more trainers, with major teams and the good caliber of competition which means more injuries because of higher performance levels."

She likes what she is doing and does it well. According to Marti Schey, women's tennis coach, Donna "is reliable, and good at her job." Although she doesn't play alot of tennis herself, Donna contributes time, the matches are long; she is interested in the players and watches all the home matches, just to be on hand should someone need her. She summed up her attitude this way about the profession of being an athletic trainer.

"I just think for someone who has a deep interest in sports or health related fields past their participation years or who has wondered how they got difficult injuries, being a trainer is a good way to fill their needs. That's what it's done for me."

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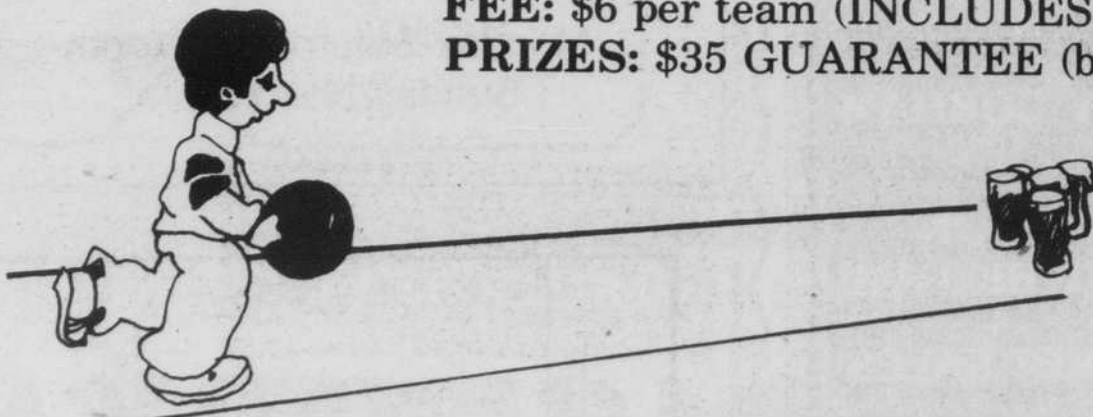
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