## Area schools lack athletic trainers

TRAINERS, from 3C

Besides relieving coaches of the burden of assessing the seriousness of injuries and whether an athlete can come back into a game or practice, athletic trainers can significantly record a school's insurance costs.

Dave McGuckin, Keio's athletic director, credited Cicale with saving the school thousands of dollars.

"She does a lot of the injury prevention ahead of time," he said. "Also, the recuperation we do in-house now, instead of sending the kids out for physical therapy."

"They can cut school insurance costs by more than half, because a lot of things that get sent out to doctors—like cuts, bumps and bruises—can be screened through the athletic trainer," Cicale said. We can do a lot of inhouse rehap for them, as well as some other minor stuff, and cut back on the insurance costs."

Despite the benefits, both in terms of athletes' health and cost cutting athletic trainers are far from the norm at Westchester and Putnam schools. Most Section 1 coaches are adept in the basic forms of injury care and prevention, especially the importance of conditioning.

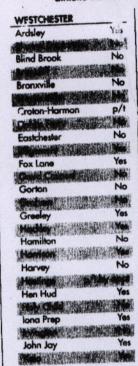
Like most area football coaches, DeMatteo requires his players to commit to conditioning and weight training throughout the year. His players begin their regimen the week after the prior season ends. While DeMatteo credits Section 1 for ensuring that coaches are proficient in some basic safety techniques, he has had to learn about topics such as conditioning on his own.

"They don't teach you anything about that," he said. "That's from going to clinics for 30 years."

"All coaches are required to be first-aid and CPR-certified, so it becomes the coaches' responsibility to administer first aid immedi-

## ATHLETIC TRAINERS

Of the Section 1 high schools, 10 of 12 Rockland schools employ a full-time athletic traines, 22 of 59 in Westchester and 1 of 4 in Putnam:



Kennedy	No
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Lincoln	No
Act Market	
Musters	Yes
A-CAMBINET	
New Rochelle	Yes
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Ossming	No
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Description of the last of the	Yes
Parks 1	OR MANAGEMENT
Palham	No
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Some !	Yes
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Section State Committee	No.

30	Ursuline	No
	Westoke	No
	Yorklown	Yes
	ROCICIAND	
۱		-
١	Clarkstown North	Yes
١	CANDOM PARTY.	
١	Gould	No
I	2000	
	North Rockland	Yes Helistratus
	MARKET DESCRIPTION	Yes
	Pearl River	To Man
	Sering Voley	Yes
	Spring Valley	CANAL STATE
	Toppan Zee	Yes
	PUTNAM	
	The state of the s	
	Carmel	No
	PERSONAL PROPERTY.	144
	Mahopac	Yes

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ately," Pleasantville football coach Dick Rote said.

Coaches in Section 1 are responsible for much more than that. The safety requirements handed down from the state's Public High School Athletic Association cover topics such as minimum equipment standards, basic injury prevention and rules regarding dangerous situations during games. However, issues such as athletic trainers and conditioning are, for the most part, left up to the judgment of individual school districts and, ultimately, the coaches.

North Rockland athletic director/football coach Joe Casarella believes the section should encourage schools to hire athletic trainers. He has a trainer, Carol Guzinski, on staif who is not only responsible for injury care and rehabilitation, but for conditioning and nutrition programs. Casarella also credits her for building trust with the players, to the point where they can tell her things they might not tell the coaches.

"It seems crazy to have coaches taping people and evaluating injuries," Casarella said. "Once you have them (trainers), you'll never give them back."

Mahopac athletic director/ football coach Gerry Keevins agreed. He pushed the school to employ a trainer for four to five years before Jarnot was hired four years ago.

"She's been a tremendous asset. I felt that a trainer was important to a good athletic program," Keevins said. "I believe that everyone should have one."