

Alberta training room facilities the greatest

Trainer Ray Kelly doing a very good job

By JOE CZAJKOWSKI

"No training room in Canada I've ever been in has better facilities than we have here," stated Ray Kelly, athletic trainer for the U of A.

He should know. Kelly has been with the U of A for 17 years and has seen many of the training facilities in Canada in his last few years as trainer for the Golden Bear hockey, football and basketball teams.

In addition to intercollegiate sports, Kelly also handles any injuries that may crop up in intramural competition, physical education classes, and mishaps like occasional sprained ankles one may get from tripping on the Tory steps.

Kelly is also a judo coach and holds down quite a reputation for his judo prowess. In addition to coaching Alberta's intercollegiate judo team he teaches four phys ed 218 judo classes during the day-light hours.

Naturally, this is a lot of work for one man to do by himself. Kelly is lucky to have two able helpers in Dixon Ward, his student assistant, and Tom Pon, who helps out with football injuries incurred by any of the Golden Bears.

At any time Kelly may get a call for urgent help from somewhere on campus. In an instance like this, he grabs his own black medical kit, which is actually a watered-down version of his training room, and runs.

Kelly, though, prefers to work in the training room where he has a wide assortment of modern facilities to help him in his work.

One of these is a large full body whirlpool bath for treating general hurts from the knee up. A smaller version of this whirlpool bath is for treating ankles. About \$1,300 lets an average of 15 people use either one of the other of these baths daily.

An additional \$1,000 has supplied an ultra-sound machine for treatment of muscle bruises, sprains and strains. Kelly says that this machine is not used too often, however, because of its tremendous output. It can burn the flesh right to the bone very easily.

Also, for treating bruises, sprains and strains, are two \$75 hydrocolators, one located in either end of the phys ed bldg for easy access.

An ultra-violet heat lamp is available for anyone suffering from charley-horses, ankle sprains, shoulder and knee problems.

Who can use these marvelous facilities? Anyone. When are these facilities available? The training room is open Monday through Friday from 8 a.m. till 10 p.m. What about weekends? "Nobody is here on weekends unless

previous arrangements are made", answered Kelly.

One hangup is the location of the training room—in the men's locker room. The laws of chance state that for every male injured there is also a female injured, but can you take her into the men's locker room for treatment?

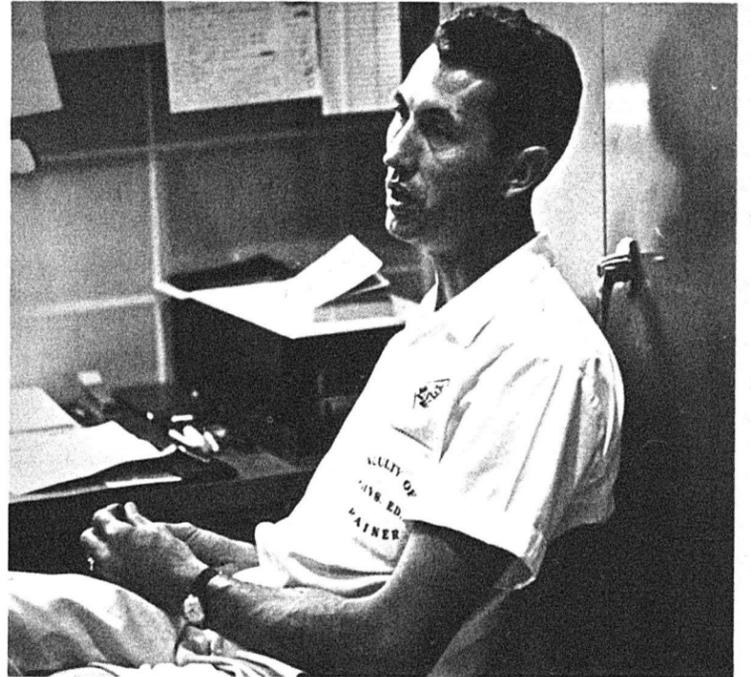
What it actually comes down to is that the girls are almost completely deprived of the training room facilities. Either screens have to be set up or the men chased out of the locker room in order to get a female into the training room. Kelly admits that this is "not the best of arrangements for a co-educational phys ed complex."

Jean Reichelt, WAA director,

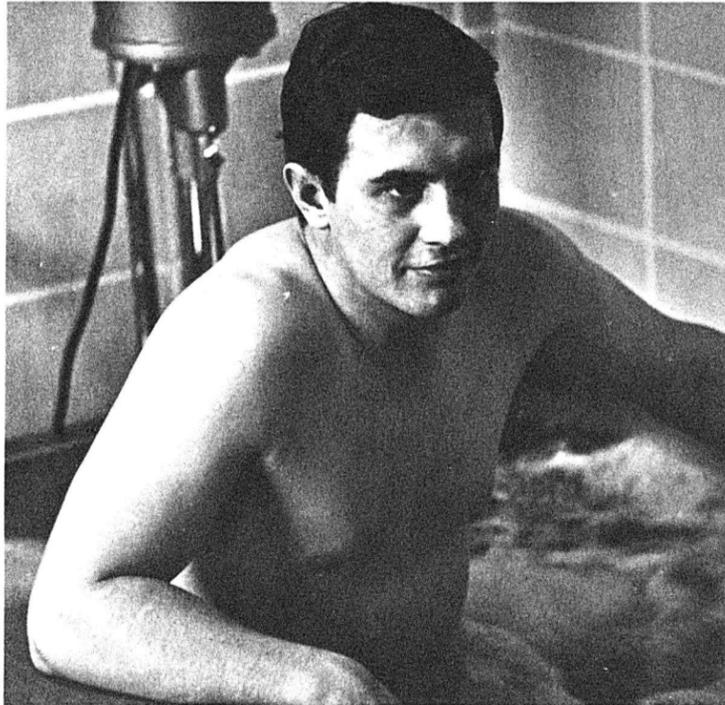
also called the arrangement "so inconvenient". She said that whenever a female is injured she is usually treated in the gym. Sometimes Kelly has to come into the women's locker room to administer aid and this can be embarrassing for all parties concerned.

Kelly is hoping that the expansion of the phys ed bldg will improve this situation somewhat. There may be a possibility of locating the training room in another part of the building which provides easy access for both sexes.

Kelly ended by saying that facilities are more than adequate now and would be excellent if they could be moved to a more accessible part of the building.



—Dave Blackmore photo
TRAINER RAY KELLY
... a rare moment of introspection



—Dave Blackmore photo
GENE LOBAY
... football star in whirlpool bath

BLITZ

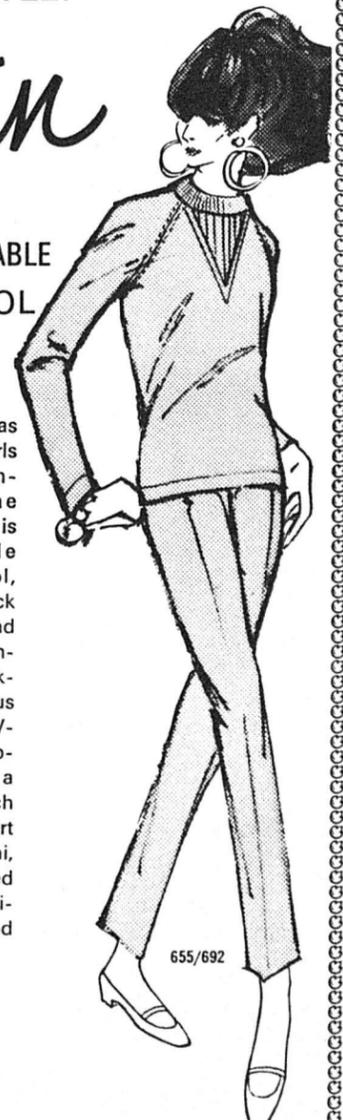
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