

# Sports medicine con't.

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had to say. Also talked about were injuries to the growth plates at the ends of children's bones—damage to these sometimes results in permanent damage to growth. One third of the growth plate fractures of the past 10 years at his clinic are due to organized sports, particularly football.

"Little League shoulder", which is becoming a chronic problem among young pitchers in the U.S., is a result of overuse and ill-training, according to Dr. Micheli. He cited a study done in Texas which showed Little Leaguers there were actually throwing

more often a week than major leaguers, and were also using a sidearm throw more often.

A very important development has been the designing of the "Boston Brace" at his clinic in the Massachusetts capital. The brace was designed to help athletes suffering from spondylolysis, which causes lower back problems, some of whom had been told they could never play sports, particularly contact sports. The brace is made of plastic polypropylene and is worn while playing the sport; it helps keep the lower back rigid. A lacrosse player who had these back problems was outfitted with the Boston

Brace in the clinic and was able to play for Brown, one of the best university lacrosse teams in the U.S.

In closing, Dr. Micheli told about a coach who had listened to him expounding the values of teaching good physical education and of making sure that kids had fun, too; that winning should not be considered the only thing of importance. The coach told him that if he didn't win games he would be out looking for a new job in short order.

Following a lecture on heart problems by Dr. Brian Chandler of the Victoria General Hospital, Dr. Johnson spoke about the direction of sport

medicine research. He said it is hard to prove conditioning helps prevent injuries; he has yet to see scientific proof of the claims made of conditioning in this regard. Things he said which definitely did help prevent injuries were protective equipment and alteration of rules, such as no "spearing" in football. At this point Dr. Johnson said jokingly that his school had solved the problem of violence in football by eliminating the team, to which several people replied "So did we." (The actual reasons for their football program being dropped were financial, a lot of money had been spent on the team without much to show for it.)

On Sunday morning practical application of the methods advocated by Dr. Micheli and Dr. Johnson were demonstrated, using four athletes who had had previous knee injuries.

Surprisingly enough, East German sport medicine was left unmentioned in the lectures, despite the advanced stage it has attained in that country and the success it has helped bring to their athletes (if one is to believe Western athletes' and coaches' claims).

The next C.A.S.M. symposium is scheduled to be held in Montreal the last weekend of November, the weekend of the Grey Cup game.

## Athletes of week

**PAM CURRIE**-cross country-Pam won for the second week in a row as she bested the field at the UNB Invitational and led the Tigers to the women's team championship. Two weeks ago she won in an invitational at Quebec City and in the Joseph Howe meet at the end of September, she chased perennial winners Kim Bird and Jeannie Cameron before taking second ahead of the latter.

**ROBERT ENGLEHUTT**-cross country-Robert has placed high in every event he has entered this season, being most impressive in the Joseph Howe meet—second to Acadia's Alistair Robertson—and in the UNB Invitational last weekend—second again to Robertson. Englehutt should be among the favorites in this week's AUAA champion at St. F.X.

## Scuba searches 'Letitia'

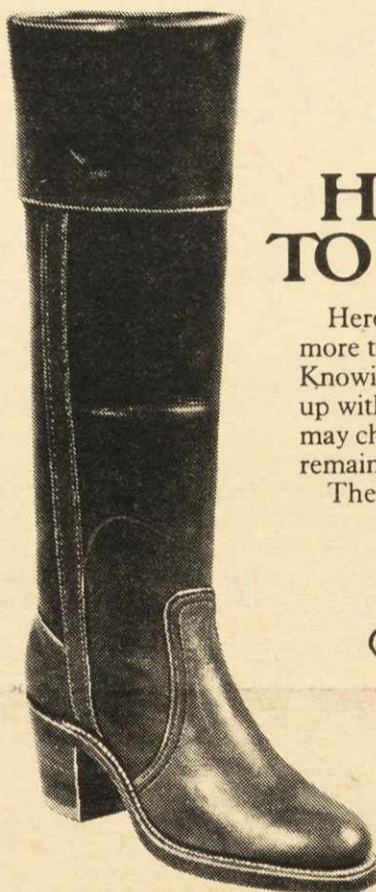
by Barry Sinervo

On their third dive trip of the year, Dal Scuba took to the waters around the wreck of the "Letitia". The "Letitia", a hospital ship of World War I, ran aground in 1917 and luckily stayed on the rocks long enough for all of the doctors, nurses, patients and crew to get off before she slipped into the waters off Portuguese Cove. The wreck presently lies in 10 to 140 feet of water and consists of large intact pieces of her double bottom hull, large bits of broken machinery and brass of the Engine room as well as the curious brass artifacts of the bridge and superstructure.

Club turnout for the event was good with twelve divers

making a total of fourteen dives. Various brass artifacts were raised and a quite extensive exploration of the wreck made. A few of the members with underwater cameras took shots of the varied marine life on the wreck as well as photos of the obscure, interesting portions of the wreck.

This Saturday the club is planning on a scallop dive somewhere up the Eastern Shore. Sign-up lists for the dive are posted outside the club room. Anyone interested in diving or the activities of the club is asked to contact Trevor Kenchington, Room 5126 Biology, Phone: 424-3843.



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