

## Casmus is a trainee for all seasons

By Jack Goldberg, Assistant to the Athletic Director, Chowan College

During the athletic season at Chowan College there is one young man that seems to be everywhere. During the fall you'll find him on the football field and volleyball court; in the winter it's the Jesse Helms Center tending to the needs of the basketball program and wrestling program. The spring will find him on the baseball and softball diamonds and just for good measure, he runs a very successful Pre-Athletic Program.

This Athletic Trainer for all seasons is Bob Casmus. Beginning his 5th year, Bob has seen his Pre-Training Program improve and grow every year, from his first class in 1985 which had 6 students to this past year's class which had 17 students. "The Student Trainers are an integral and vital part of the athletic program at Chowan College. They are very instrumental in assisting me to care for and rehabilitate athletic injuries," according to Casmus.

Bob takes pride in the success of his former students who move on to four year schools to continue their studies in the Athletic Training field. Some former outstanding student trainers that have graduated from the program in the class of 1986 are Chuck Tyner of Hartsville, SC who went on to Winthrop College and Chuck Weaver of Lamar, SC who went on to Tennessee Tech. From the class of 1987 Jim Thompson of Richmond, VA went to O.D.U. From the class of 1988 Scott Cassell of Harrisonburg, VA went on to Winthrop College, and Neil French of Highland Springs, VA, is now at Longwood College.

This past year's class was no exception to the outstanding student trainers

produced at Chowan College. Chris Bridgers from Como is now attending Elon College, Shawn Larsen from McLean, VA is now enrolled at Tennessee Tech and Chris Carrell from Richmond, VA is now attending the University of South Florida. Returning sophomores this year are Dana Self, Naranja, Fla., Brad Wilson, Mont Clare, Pa., and Jim Rumbold, Elizabethtown, N.J., combined with an estimated ten new freshmen this year. The Pre-Athletic Training program is in very good hands under the direction of Bob Casmus.

This past February saw a brand new 1000 square foot training room facility for the Athletic Trainer become a reality. It features a whirlpool room, rehabilitation area, expanded treatment area, taping area and trainer's office plus the latest in therapy equipment. Things many colleges can just dream about are now at his disposal. "This will enable my student trainers and myself to better facilitate the healing process of our student athletes here at Chowan College," according to Casmus. During his four years at Chowan College, Bob has probably taped over 5000 ankles and has put in as many as 80 hours per week during the football season.

"I have a great opportunity to be associated with fine people and coaches such as Garrison, Hawkins and Surface. I enjoy being part of the action and helping to make the difference between winning and losing. It's a lot of fun helping to educate and guide students in the Pre-Athletic Training Program, as they are the future of sports medicine," states Casmus.

Truly a very special individual is our Trainer for All Seasons, Bob Casmus.



Teaching by example— Bob Casmus shows Chowan students trainers how to care for an ankle injury.

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