

Men's and Women's Cross Country

by Dustin Free, editor/staff writer

Athletic Trainer: Van Whitmire

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Brevard College's athletic program is lucky to have an athletic trainer who has the players', school's, and sports' best interest at heart. Van Whitmire is the current trainer at Brevard College having been here since September of 2001.

Whitmire received his undergraduate degree from Pfeiffer College in Sports Medicine; he continued his education at Western North Carolina University, earning his Masters Degree in Health Sciences. Van Whitmire's experience does not stop there: he has former work experience with the UNC-Ashville training staff, as Director of Sports Medicine at Blue Ridge Bone and Joint Clinic, as trainer for the Ashville Smoke Pro Hockey team, as well as strength and conditioning coach for the minor league baseball team, the Ashville Tourists.

Whitmire's education and work experience have earned him a top spot as head trainer at Brevard College, allowing him to return to his home town. Van has seen a variety of injuries in his time as a trainer with the most severe coming when he served with the Ashville Smoke. Head injuries from landing on the ice and being checked into the wall were the most severe with lacerations also being widely treated.

Common injuries at Brevard College are usually due to overuse which results in tendonitis, shin splints, and shoulder stress. Often reasons for visiting the training room include sprains, blisters, bruising, and injuries from collisions or impact by a ball.

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<http://www.brevard.edu/clarion/sports.asp>



Brevard Cross Country has experienced many victories in past years and this year is an exception. Deemed a rebuilding year the acquisition of Coach Thomas Cason is sure to heighten the team's demeanor.

Coach Cason has experience coaching on the collegiate level as an assistant at Furman for three years, head coach of women's cross country at Davidson, and one year of service as head coach at Montreat. "Experience is vital. My first hand experience is my biggest asset," is what Coach Cason had to say about his attributes as a runner and coach to the Brevard College running squad.

The Brevard Women are doing very well with two second place finishes so far during the season. Led by junior Amanda Osterhaus the women have a solid quartet of runners including Kelly Caulfield, Tara Barrier, and Ashley Vaughn. Amanda had these inspirational words, "Run with your heart and let your body fly."

The men's highest finishes has been fourth, and they are led by runners Matt Owen and Kirk Bjorling. Most improved is Davis Whitfield-Cargile. Both teams have qualifying for Nationals on November 8th and some are looking to capitalize on this athletic stage by pressing for their best time of the season looking for all conference selection and a national tournament bid.