



1973-74 WRESTLING TEAM

(Photo by Killebrew)

## Mr. Capps A Great Trainer

Behind all great teams and great coaches there is the trainer and managers. The sport department of the Gryphon thinks RMSH has one of the outstanding trainer and manager in the state and the U.S.

I talked with RMSH trainer Mr. Bernie Capps. Mr. Capps graduated from RMSH in 1963. He attended Chowan Junior College from 1963-1966 and then graduated from Atlantic Christian College in 1969 with a Bachelor of Science, majoring in Health and Physical Education and minoring in History. After graduating from Atlantic Christian College he went to Florida to do some teaching. Then he came back to work with the Rocky Mount Academy athletic program as trainer. After being a trainer with the Rocky Mount Leafs he came to work with RMSH. Mr. Capps told me he

always enjoyed sports. He was always a manager or trainer because of his size but what a great one he was. He started as a manager in the eighth grade. Mr. Capps has a lot of experience as a trainer.

He was the basketball, baseball and football manager during the time RMSH won the State Championship in all three sports.

Mr. Capps said there are three main objectives for a trainer. The first thing is try to prevent an injury. Make sure there is nothing on the court or field to cause an injury. The second objective is when an injury occurs try to diagnose the injury and give first aid. The third objective of the trainer is to get the person who had the injury back on the road to recover.

He said the athletic

program at RMSH was great. Mr. Capps also commented that the coaches were great to work with and the administration was fully behind the athletic program.

Mr. Capps said there was an opening field for trainers. If a manager in high school does a good job he might get a scholarship to college.

He is also a part time teacher of Physical Education at D.S. Johnson. Mr. Capps finds working with kids very rewarding. That is why he chose to be a trainer. Mr. Capps loves working with kids and helping people.

He said RMSH has some great managers and a great student trainer. I agree with him fully on that point. The student trainer is Frank Reh and the managers are Lee Blackmon, Andy Bryant, Doug Jeffcoat, Allen Parrish, Daniel Richardson, Rudolph Colemon. They do a great job assisting Mr. Capps in anyway they can.

I think the athletics at RMSH are in great hands with Mr. Bernie Capps and the managers.

## SPORTS SHORTS

The question asked in this column last issue was: "Is chess a sport?" The sports department is happy to report that we received exactly two replies concerning this subject. The winning essay, a twenty-one word paper, was submitted by Percy L. Snodgrass, who is a student at one of this county's rural institutes of higher learning. Percy felt that chess was a sport because "it requires a lot of energy to move those pieces around the board." Percy receives no prize for this effort. Second place winner was Milton T. Wattsworth, who told us to "Go to &?—!" Milton's letter occupies a space on our dartboard. Milton will get a prize. The Sports Department is hoping Milton will enjoy his free trip to ?&!. Have fun, Milton. You deserve it.

A goal (that's a pun, son) for all you basketball players out there to accomplish this year is the record of consecutive free throws. Bill Sharman holds the record of 59 consecutive shots at the stripe. Shouldn't the guys who fouled him get credited with assists?

We think Stan Bastain, coach of the wrestling team, should win an award for niceness to Senior High journalism reporters. He's really a nice guy in all aspects of life, and maintains a very harmonious relation with his wrestlers.

Quote of the month: "The team comes first. You must have an eagerness to sacrifice personal interests for the welfare of the team."

-John Wooden

Athletics are supposed to improve posture, right? One day in English, Doug Henley was at the podium. Mrs. Armstrong remarked that Doug's posture at the stand was not very good. "I didn't know that I was performing," said Doug. "I thought we were just supposed to get up there."

And while we are on the subject, has there ever been a teacher (other than coaches) who follow high school athletics as closely as Mrs. Armstrong? Every day after a game, she is ready to offer her opinion about the contest and back up her claims with substantial reasoning. Mrs. Armstrong, you win the award for the best Monday morning quarterback. Keep up the good work.

Will the energy crisis affect the athletic program at Senior High? The basketball teams will do an awful lot of traveling this season. The buses burn gas, and there is a gas shortage. Also, the gym must be well-lighted and heated for basketball contests. Wouldn't it be terrible if the guys had to play in sweat suits? This subject is something to think about. We are going to look into it.

The Can't Win For Losing Department: Donnie Harrelson informed us of an error in last month's SPORTSLIGHTS column. According to Donnie, having fun is not the only reason for playing sports. Athletics are not fun all the time. Thanks, Donnie.

Isn't the Jayvee basketball team fantastic this year? It is well worth the effort to come early and watch these kids play. They are a very cohesive unit, and Coach Chesson deserves much praise for the development of this team. The offense is very explosive, which generates much excitement, and the defense is tough and pressing. Go out and see these kids play. You won't regret it.

By the way, did anyone catch Ronald Mingo on the Flip Wilson Show? Ronald is a speed typist. What's so great about being a speed typist? Well, Ronald has a talent for hitting the keys in certain rhythms to correspond with music. Outasight! That dude has the fastest fingers of anyone that's ever had fingers. Talent like that should not go unnoticed. Keep an eye out for Ronald Mingo. He's going to make it big..

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