

Coach Bob Sawyer's Whirlie swimfins engaged in one of the most rigorous training pro grams at GHS. Working out at the scenic YMCA Pool, the tankmen have the "push" this year to carry them to a state crown

## Managers and Trainers Provide Valuable Help To GHS Teams

To effectively run any athletic team, organization is definitely a prime need. At GHS one of the most important cogs in the wheel of the athletic department is the squad of trainers and managers, which are a great asset to our school. Although this group of young men is very often overlooked, knowledgable people realize the value of the trainers and managers.
Grimsley is very lucky to have three excellent trainers-Mr. Jim Balance, faculty trainerBill Tucker, head student trainer, and Mike Caudle, assistant trainer. In the words of Trainer Tucker, "our job is the prevention and care of athletic injuries." Although this basic statement seems very simple, one should not quickly conclude that a first aid book and a few band-aids are the only requirements to be a trainer. Our staff is called on to treat injuries ranging from twisted ankles to cleat wounds. This past summer Balance and Tucker attended a state-wide clinic for high school trainers. The complex job of trying to foresee possible injuries and treating the actual injuires is very important. The three trainers should be congratulated for their excellent service during the past football season.
Another vital segment of the GHS athletic program is the man gers. This year Ronald Shelton
is serving as the head manager is serving as the head manager,
with Nathan York acting as his assistant. It is their difficult task o handle and distribute the various types of equipment to the players. Another feature of the managers' job is to see that every piece of equipment is in its right place at the right time. The vast array of sports gegar is amazing and Shelton and York perform their difficult assignment with great finesse. Equipment handled by these two boys ranges from hip pads to jump ropes, weights to batters' helmets. The trainers and managers are a fine example of hour for little recognition these hour for little recognition, these boys are part of a group which
changes GHS from merely a school to a way of life. By the way, never call a trainer a manager.


Student trainers serve as vital part of the GS athletic program. While taping basketball players' ankles is only a small part of their jab, the trainers keep GIIS teams in top physical shape. The large number of special medivines and treatments in the background give one an idea of the scope of any trainers job.

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## Fred Mclall Places Second In Slate Meel

The Cross Country State Meet was held in Chapel Hill on the Pineley Golf Course of The University of
vember 9 .
On the two and a tenth mil long course, David Starnes mil first place for Henderson with the time of 10:29. Fred Mcall of Grims ley took second place with the time of $10: 40$

Henderson Cops First Henderson took first place at the meet with the team score of 77. Reynolds took the 8th position y-one schools participated in the event with 172 boys.
GHS finished its record in dua meets with Reynolds and Eas Forsyth by placing second. In the sectional meet, GHS finished up in the fourth position

Sophomores Promising
The cross-country team is very optimistic about next season because of the promising sophomores on the team who made a good showing at the meets.
The cross country team for this year consists of three seniors, only one junior, and five sophomores The team listed by class are sen ors Fred McCall, Tim Hilde brandt, Jim Barvin; junior Don Finch; sophomores Tommy Cam Arnold Magid and Tom Wrigh

A boy and his mother stood looking at a dentist's showease. "If I had to have false teeth mother, I'd take that pair," sai the little boy pointing.
"Hush James," snapped the mother quickly, shaking his arm "havers to pick your teeth in public?

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