



## Training Camp

Summer training camp is the hardest time of the year for many professional football players, whether they are rookies or veterans.

Rookies should report to camp in top-notch shape. For them, it is not a time to get in shape. It is a time to learn a new system and to prove themselves. They must really be on the ball if they are going to make the team.

Some veterans, on the other hand, report to camp out of shape thinking that they'll use the time for conditioning. But if they've taken it too easy in the off-season, they'll often wind up with nagging injuries that will last all season long. With football becoming more of a year-round sport, fewer are using training camp as the time to get in shape than when I was playing. Everybody in the game today is so big, so quick and so strong, players know that they better report for camp ready to play.

It's sad when talented players show up for camp so out of shape that they simply aren't effective. There is a good chance they could get hurt, especially with rookies hitting as hard as they can to prove they are good enough to make the team. In the bigger picture, it is often 90 to 95 degrees during these summer practices. The weather alone can really take a toll on your body.

My experience with training camp as a rookie was a little different from most rookies. Dick Butkus and I had come into camp a week late because we had been in the college all-star game. I was in shape, but had much less time to learn the system. Fortunately for me, the play-calling system was similar to the one I had used in college. I only had real trouble with audibles, when they would call one play and then change it on me when we got out of the huddle. Butkus, though, had to learn a whole new defensive system.

Although practice was hard and it was always very hot, I didn't mind training camp. Not everyone shared my feelings. One player who stands out in my mind as a guy who really hated camp was the Bears' Hall of Fame defensive end Doug Atkins. Atkins came to camp practically when he wanted to! He wouldn't participate in practice. He would come out and walk around practice, maybe jog for a while, and then stand and watch everyone else break their backs. George Halas let him go at his own speed and by the first game of the season, he was ready to play an entire game.

This year, camps have an NFL-imposed limit of 80 men, smaller than ever. But it is still 80 men fighting for their jobs. Camp is still the time to prove that you can cut it in the NFL. Camp is the time to show you came to play. **II**

Gale Sayers is considered one of the greatest running backs of all time. The former Chicago Bear is a member of the National Football League's Hall of Fame.

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## Black And Blue Clinic For Athletes

### From Staff Reports

CHARLOTTE - High school and junior high athletes who sustain injuries in football games can receive a free evaluation on Saturday mornings through a "Black and Blue Clinic" being offered by Carolinas Spine and Rehabilitation Center and Charlotte Orthopaedic Clinic Sports Medicine Center.

The first clinic will be September 21 from 8:30 - 10 a.m. The clinic will be held at Charlotte Orthopaedic Clinic Sports Medicine Center, 120 Providence Road. Each injury will be seen by a team of orthopaedic surgeons and certified athletic trainers. Parental consent is required for treatment.

"Athletic injuries are a little different from others," said Dr. Tom Buter of the Charlotte Orthopaedic Clinic. "We feel that it is important to offer this service

so that those injured have an opportunity to be evaluated by qualified personnel the next day after the injury occurs."

If the injury is such that treatment is required, the patient, his or her parents and trainer are informed and offered options of treatment. If treatment is rendered or X-rays are required, there is a charge. However, the initial evaluation is free.

Skip Hunter, sports medicine coordinator for Carolinas Spine and Rehabilitation Center commented, "Prompt treatment is often a key in successfully dealing with a sports injury. Now high school students have a means of learning how serious an injury is and what to do to treat it."

For more information, call the 24-hour sports medicine hotline at Carolinas Spine and Rehabilitation Center, 365-8708.

## Fullard, Davis New Basketball Coaches

### From Staff Reports

Ike Fullard and Antonio Davis have been named men's and women's basketball coaches at Livingstone.

Fullard, a native of Miami, returns to Livingstone for his second coaching stint. He was head wrestling coach and offensive coordinator for the football team.

Fullard is a former Johnson C.

Smith assistant basketball coach and served as academic counselor for athletes.

Davis was an all-CIAA guard at Livingstone in 1988, averaging 25 points per game for the Bears.

He previously was women's basketball coach at Morristown Junior College in Tennessee and spent the last year as an admissions counselor at Livingstone.

## Steroid Use Among All Athletes Is Discouraged

as you can get vitamins but you still have to lift weights and work out so you might as well do it naturally," Surratt said.

Jason Lutz, a senior basketball forward at West Charlotte, agrees that steroids are not necessary. When Lutz injured his knee last season, he never considered using steroids to speed his recovery.

"I had seen steroids in the Nalle Clinic and read about them in sports magazines, but I

never considered them an option because of the harmful side effects," Lutz said. "I know people who probably use them, but that's just not for me."

Because steroids are hard to detect in a routine blood test, unless you specifically look for it, Scott feels that some changes will be made.

"There is talk about making the steroid check standard in drug tests; particularly for athletes," she said.

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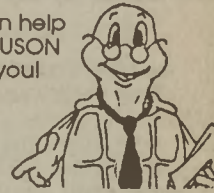
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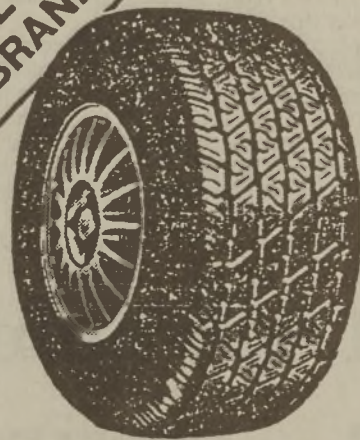
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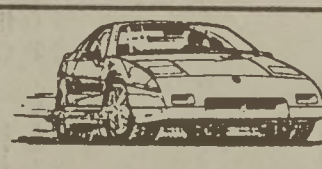
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185/70R13	44.48	215/75R14	45.78	245/60R14 RW	69.22	750/18/8	64.35
195/70R14	50.87	215/75R15 W	49.25	205/60R14 RW	73.16	800R/16.5/8	106.58
165/80R13 W	37.54	215/75R15 RW	56.98	195/60R15	68.79	875/16.5/8	80.83
175/80R13 W	39.40	225/75R15	47.48	205/60R15	75.00	875R15.5/8	97.81
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205/75R14 W	44.60	235/70R15 RW	72.10			31X1050R15/6	99.05
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