

MORE THAN WATER GIRLS

Athletic trainers help the football team by gathering their supplies along with giving them refreshments; tending to their injuries

Cathy Lebryk, senior

Max Baker
News Editor

Cathy Lebryk works with some of the school's finest athletic teams as an athletic trainer for three years and loving every minute of it.

"It gets very busy, but it's also very rewarding," Lebryk said. "You get so close to the trainers and some of the players, we're like one big happy family."

Lebryk feels that her drive and ambition towards the best athletic trainer stems from her desire to go into it professionally and her overall love of sports.



photo by Gabrielle Dore

TENDING TO Wrapping up Andrew Jumonville's broken wrist, Cathy Lebryk, senior, puts an ACE wrap around his wrist. "It is important to tape the wrist correctly because it helps stabilize and support it," Lebryk said.

Lebryk feels deeply satisfied when seeing injured players, recover and return to the playing field.

"It's nice seeing the players back out on the field doing their best thanks to us," Lebryk said. "It's so satisfying to know that the players are back on the field thanks to us."

Foster holds Cathy in the highest regards and has the utmost respect for her, despite the fact the pair never have actually spoken to one other.

"You can definitely tell that she has a passion for what she does," Tori says. "She's always willing to help every member of the team with their injuries or needs."

Lebryk works for many of the fall and winter sports including football, wrestling, boys and girls basketball, soccer and occasionally swimming.

"Each sport has their different injuries," Lebryk said. "You have to know a lot about medicine and how to take care of an injury, even if your still learning about it."

"I gain so much knowledge for the career in the future," Lebryk said. "It's a lot of hands-on action and you learn so much about taking care of injuries and doing this keeps me closer to sports, even if I'm not playing"

Lebryk claims that she has always wanted to go into athletic training and physical therapy.

"I've wanted to do this since I was in fifth grade," Lebryk said. "I finally got an opportunity to do it sophomore and I just fell in love with it."

Tori Foster, junior, recalls how carefully Cathy takes care of injured volleyball players both on and off the field.

"She's always ready to help anyone who gets injured," Foster said. "I always see her wrapping someone's knee or making sure they're hydrated."

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photo by Alisa Mulloz

COMMUNICATING Talking to Nick Ingolia, senior, Casey Gouwens, senior, adjusts his towel. "We are

constantly talking back and forth," Gouwens said. "If we don't talk then we can tell by their expressions."

Casey Gouwens, senior

William Hatczel
Sports Editor

One day in gym class during her Freshman year, Casey Gouwens, senior, listened to Mr. John Doherty, talk to her class about the possibility of joining the Athletic trainer staff.

Gouwens decided to join because of her passion for football along with wanting to help out.

"I really love football and the guys are great," Gouwens said. "I wanted to be involved in something that helps people out and helps the school and the team."

Although the trainers mostly work with just the football team, they have a long list of tasks to work on each week, according to Gouwens.

"The jobs range from addressing a cut up to taping someone's ankle," Gouwens said. "We know how to take someone's helmet or pads off. We also know how to tell if someone has a head injury."

Friday night stands out as the busiest time for the trainers due to the amount of work they have to do both before and after the game, according to Gouwens.

"We have to go prep about one to two

hours before the game," Gouwens said. "We have to make ice bags and make four gallons of Gatorade and Water. We also need to get other supplies like crutches, cleat cleaners, and spare footballs."

Gouwens also plans to work as a Mat mate during wrestling season where she will have two jobs.

"I am the one stands by the mat and keeps score," Gouwens said. "I also help if someone gets hurt so that is how I still act as an athletic trainer."

Many people watching from the stands might not realize the value of the trainers, but Gouwens stresses their importance to the team.

"We do a lot of stuff for them. If Doc did everything by himself, then kids wouldn't get rehabilitated," Gouwens said. "Without us a lot of people would be hurt and out for a long time. There would also be more serious injuries."

While getting ready to graduate at the end of the school year, Gouwens considers making this a career for herself.

"I would like to go to college for it," Gouwens said. "It is a lot of school and time, but it is a lot of fun and doesn't feel like work."