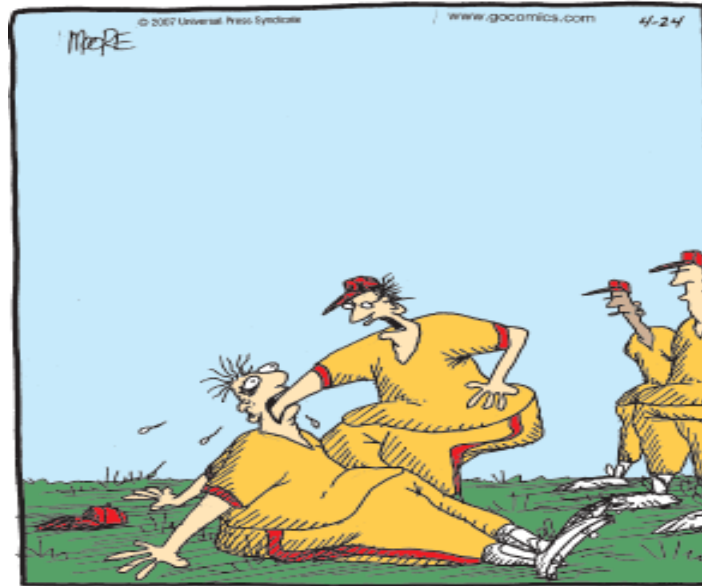


# ATHLETIC TRAINING 101

## 1. EDUCATE ATHLETES TO PREVENT INJURIES!



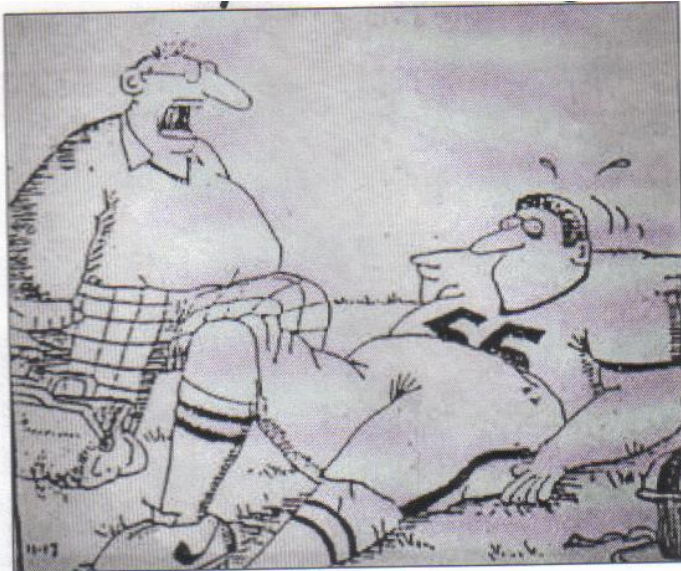
"Oh, man, it's way down there. ... OK, let this be a lesson. When you hear 'Heads up,' that means duck your head. Do not look up -- especially with your mouth open."

## 2. ALWAYS GET A GOOD History



"... Stop squirming, Mr. Silcox. The sooner we fill out these forms, the sooner we'll find out exactly what's wrong with you."

**3. IF YOU ARE NOT SURE . . . JUST GUESS!**



"Looks to me as if every ligament in your knee has been hideously shredded beyond repair ... Then again, it could be just a bruise."

**4. BE CONFIDENT! SOUND LIKE YOU KNOW WHAT YOU ARE TALKING ABOUT!**



"Hey, I'm no orthopedic surgeon — know what I'm sayin'? But this can't be good."