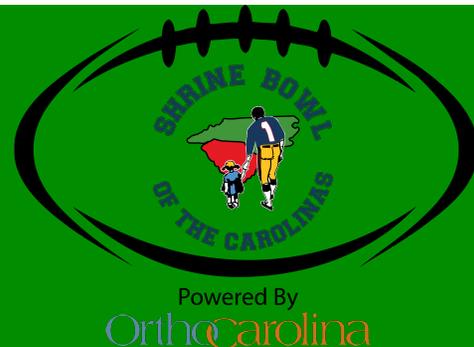


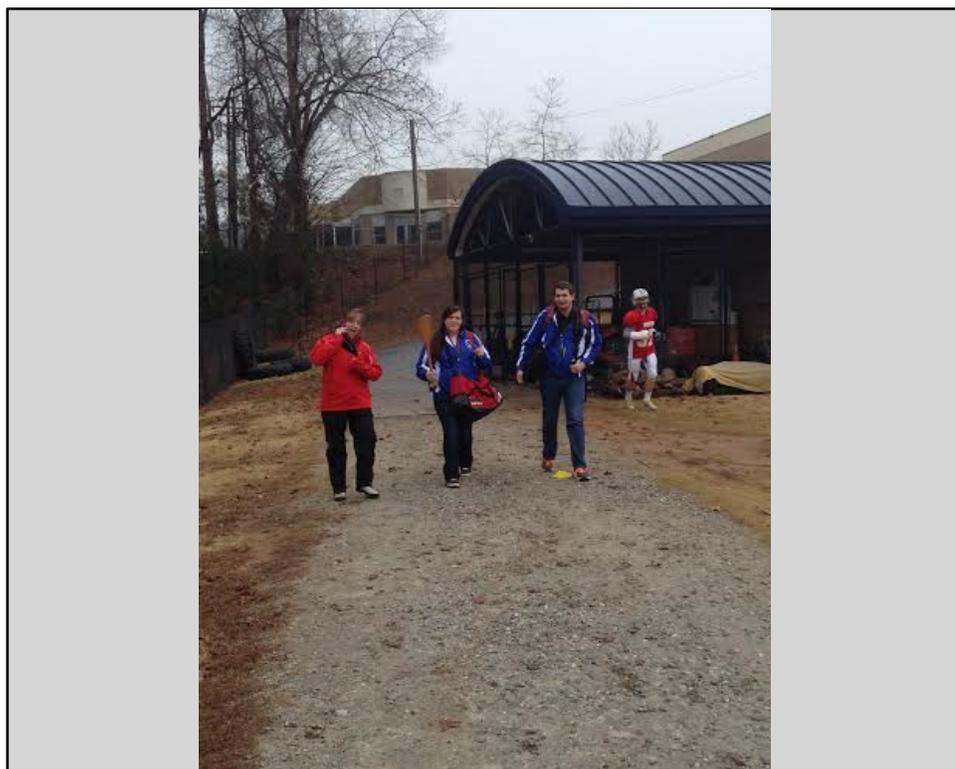
SHRINE BOWL OF THE CAROLINAS

"Strong Legs Run So Weak Legs May Walk"

December 18th, 2014 | ISSUE 5



Student Athletic Trainers: the Untold Stories



-Noah Thomas (@iNoahT)
NC Correspondent

Every year at the Shrine Bowl of the Carolinas there is a pair of Student Athletic Trainers who assist each team's certified trainers in helping with any physical ailment that may befall the athletes that call the Spartanburg Marriott home.

However, what many people do not know about being an athletic trainer is that it has an ugly side to it: sports injuries can be some of the worst a person can suffer.

"I've been an athletic trainer for four years," said North Carolina's Andrew Langley, "I was working with the softball team and a manager wasn't doing something right. One of the girl got hurt, so the coach told me to take things over. Our head athletic trainer saw what happened and asked me to be an assistant [it just took off from there]."

"It's great to be able to help people when they're hurt, sick, or injured."

"The ugliest injury I've ever seen is a torn patella tendon. The tendon wraps around the kneecap, so basically it went up into his thigh. (see page 4)

SC Participates in the Last "two-a-day" of the Week

- Jake Kea (@JakeKea) SC Correspondent

The Sandlappers started off their last day of two-a-days working on special teams, specifically punt formation. To the surprise of many, offensive lineman and University of South Carolina commit Zack Bailey jogged out on the field to handle the punting duties. After a short period of special teams work, the team broke off into individual practice. All three quarterbacks received the same number of repetitions, each one focusing on establishing a read on the defensive end so the option can be executed. (see page 2)

(Continued from Front)

The quarterbacks and running backs worked exclusively on the timing of the option pitch, something that usually takes a lot of time during the season to perfect. This was the first time all week that South Carolina had everyone dressed out and in full participation. Goose Creek running back Ty Rik Johnson was back at practice and was able to get in the rotation with Matt Colburn and Rod Johnson. Dupree Hart once again made some outstanding grabs lining up at the slot receiver position. During Northwestern's season, Hart was moved to quarterback diminishing his chances off breaking national receiving records. Rudy Whitestone made a reception up and over the top of a defensive back in team drills, he also went on to catch some short passes which would have picked up nice yardage in a live game. Wren quarterback, and Clemson commit Kelley Bryant has been as advertised the entire week.

Cousar Shines in Dim Practice

- Noah Thomas (@iNoahT) NC Correspondent

Another day, another set of two-a-day practices for the North Carolina Tar Heels.

Things started off well enough for the Tar Heels, but it wasn't long before problems began to creep up. There were a lot of bad snaps—a problem plaguing the team the entire week. Missed assignments towards the end of the morning practice also became a problem that had to be addressed by head coach Mike Capps:

"If you miss your assignment what you're basically telling your teammates is, 'well, good luck man. I hope you're playing hard.'" Emphasizing the fact that those missed assignments create wasted practice reps and are detrimental to the flow of the entire team.

"It [practice] was slow," said defensive tackle Jalen Cousar. Cousar has been unstoppable this week in practice, wreaking havoc all over the field.

"I mean, everybody's tired from two-a-days, but everybody will pick it up next practice."

When asked if he took any credit for the snap problems:

"No, not really. I mean, somewhat. My teammates [on the offensive line] were kind of nervous about me being quick which means they are trying to get the ball out from under center faster. They just had a bad day." In an article from GoUpState.com, Coach Capps referred to Cousar as "un-blockable". That he has been. Cousar had this to say about his coach's comments: "It makes me feel good. I'm an underrated player. People can see now that I can be the best if I want to be."

His passes on timing routes have been spot on, and his ability to to run through his progressions has been seamless. On defense, nose guard Eurndraus Bryant had showed great acceleration off the ball and will pose a serious threat to the Tar Heel center. At the linebacker, Mackenzie Flemon from Mid Carolina High School made an impressive play to jump a route and finish off with an interception. Dillion High School defensive back and state champion Eri Reon Hayes brings the size in the secondary that will be necessary to stop the North Carolina rushing attack. The South Carolina squad finished up their morning practice going over assignments on onside kick recovery team. Two quarterbacks, Kelley Byrant and Daniel Thompson are both on the "hands team" squad, something that isn't seen very often. The Sandlappers have two more days of practice in preperation for the game Saturday.



One play early on in practice, Cousar busted through the offensive line and stripped running back Akease Rankin of the ball. "I saw the ball and he was holding it out kind of wide, so I went and got it."

"[To get better in practice] we have to work hard every day. We just have to do our thing out there."

The defensive line for this Tar Heel team is absolutely stacked with talent; from the look of things in defensive line drills, the starting front three for the Tar Heels will be Darian Roseboro and Jalen Dalton at defensive end with Cousar acting as a wall up the middle.

The second unit on the defensive line will feature Purdue commit Chaz Turner, Tennessee commit Shy Tuttle, and Nash Central's Houshun Gaines.





Trainers-Continued From Page One

The most serious injury I've ever seen is definitely a cervical spine injury that occurred in a wrestling match when the wrestler was slammed on his head."

South Carolina's Jessica Padgett had similar stories:

"I started my sophomore year, because that was the earliest we can start at my school. For a 2-A school, our program is awesome. Our coach is awesome. Without him we likely wouldn't have a program."

"I found out [about the Shrine Bowl] from our coach. Meeting all these athletes and student athletic trainers and learning about how they do what they do. This, everything, has just been awesome."

"My first year as a trainer and my first JV game, we had a boy get hit in the lateral part of his shin. We got onto the field and he had a compound tibia/fibula fracture, which means the two bones in his leg were sticking out the front, blood and all."

It's obvious to see: there's an ugly side to everything.



Thursday, December 18th, 2014 (Partly Cloudy; Hi:58 Lo: 35)

Breakfast 7:30 AM

Team Practice
9:30-11:30 AM

Free Afternoon

Dinner 6:00-7:30

Lunch 12:00-1:00