



# INJURY STUDY

## From Our BFS Clinic Coaches

Please Refer to page 49 for additional information

| FOOTBALL INJURIES<br>Since 1990 |                              | BFS CLINICIANS   | WEIGHT TRAINING OF ATHLETES AND NON ATHLETES |   |   |  |                       |   |  |
|---------------------------------|------------------------------|--|--|---|---|--|-----------------------|---|--|
| # Of<br>Knee<br>Injuries        | # Of<br>Shoulder<br>Injuries | Coach<br>School<br>State                                       | # Of Students<br>Trained Daily               | # Of Students<br>Trained in<br>Career at H.S. | # Taken<br>to<br>hospital<br>or<br>Doctor | # Of<br>Student<br>s Who<br>Lost<br>Time | # Of<br>Law-<br>suits | # Of<br>Angry or<br>Con-<br>cerned<br>Parents | # Of<br>Doctors<br>Con-<br>cerned<br>or Called |
| <b>0</b> *                      | <b>0</b>                     | <b>Jim Brown<br/>Poplar Bluff H.S.<br/>Missouri</b>            | <b>200</b>                                   | <b>2,000</b>                                  | <b>0</b>                                  | <b>0</b>                                 | <b>0</b>              | <b>0</b>                                      | <b>0</b>                                       |
| <b>0</b>                        | <b>0</b>                     | <b>Doug Ekmark<br/>Park H.S.<br/>Minnesota</b>                 | <b>130</b>                                   | <b>1,500</b>                                  | <b>0</b>                                  | <b>0</b>                                 | <b>0</b>              | <b>0</b>                                      | <b>0</b>                                       |
| <b>1</b>                        | <b>0</b> **                  | <b>Jeff Scurran<br/>Sabino H.S.<br/>Arizona</b>                | <b>500</b>                                   | <b>2,000</b>                                  | <b>0</b>                                  | <b>0</b>                                 | <b>0</b>              | <b>0</b>                                      | <b>0</b>                                       |
| <b>0</b>                        | <b>0</b>                     | <b>Len Walencikowski<br/>Miami Southridge H.S.<br/>Florida</b> | <b>370</b>                                   | <b>2,300</b>                                  | <b>1</b> ***                              | <b>0</b>                                 | <b>0</b>              | <b>0</b>                                      | <b>0</b>                                       |
| <b>0</b> ****                   | <b>0</b>                     | <b>Bob Doyle<br/>Chardon H.S.<br/>Ohio</b>                     | <b>200</b>                                   | <b>2,400</b>                                  | <b>0</b>                                  | <b>12</b>                                | <b>0</b>              | <b>0</b>                                      | <b>0</b>                                       |
| <b>1</b>                        | <b>0</b>                     | <b>TOTALS</b>  | <b>1,400</b>                                 | <b>10,200</b>                                 | <b>1</b>                                  | <b>12</b>                                | <b>0</b>              | <b>0</b>                                      | <b>0</b>                                       |

\* Coach Brown had two new transfer kids get knee injuries and one other player who chose to take 8 months off from lifting got a knee injury. This lends further evidence to the importance of weight training to the prevention of serious injuries.

\*\* Coach Scurran had two players wear a shoulder harness and then surgery was performed after the season.

\*\*\* Coach Walencikowski had a student get 10 stitches for a cut.

\*\*\*\* Coach Doyle had a player get a knee injury in 1982.

