

Barfield continued . . .

game, a head coach can't deal with an injury because he can't take the time out to be away from his team.

Q: What happens to injured athletes when a trainer isn't available?

A: They either sit on the sidelines or go back out and play because they have no alternative. That's a big problem in the high schools. It seems to be better here. Each school in the Fresno Unified School District has a trainer. I worked at Clovis West High School for a couple of weeks and they also have a certified trainer. My goal is to return to the Bay Area and help build a similar program. There are a lot of kids there that I worked with in junior leagues and they will be going through high school in the next five to eight years. I'd like to help them.

"An athlete should have someone to turn to—whether he is injured swinging a golf club or out on the football field."

Q: What types of sports need a trainer?

A: All sports can use a trainer's guidance. An athlete should have someone to turn to—whether he is injured swinging a golf club or out on the football field.

Q: What experience have you had?

A: During my junior and senior years I was a trainer at my high school. Also, during my senior year I worked for a junior college and three other high schools during the basketball season. My responsibilities included giving injured athletes whirlpool treatments or an ice massage. Then we would tape ankles and wrists to prevent injury and protect areas that may be injured.

Q: How do you feel about administering drugs to athletes to keep the level of pain low as they play?

A: I've done a lot of reading about drugs like DMSO. It does relieve pain but there are side effects. Drugs may help you make it through a game but later, the injuries sustained just might come back to haunt you. When you get hurt, you have to give yourself time to come back. It might be better to sit on the bench for a week or two rather than risk a more serious injury that would end your sports career forever.

Q: What are your plans for the near future?

A: I plan to go to school year-round and earn a paramedic certificate because I feel the training would give me a good background for emergency situations. After that, I may continue on to medical school. Eventually, what I'd really like to do is set up a facility like the Fresno Star Clinic. It would be similar to a health spa, but it would feature physical therapy and emphasize prevention of injuries.

Q: Why did you choose to live in the dorms?

A: I thought it was time to live away from my family, and yet they live close enough for me to see them often. The dorms can be kind of noisy but hearing that racket in the background makes it seem more like home. The major advantage is convenience. You're within a five minute walking distance from almost everything on campus. Also, if you are wanting to meet a lot of people, this is the place to do it.