TRAINER 04/20/2016 K. VRUWINK

At the University of Wisconsin-River Falls there is one job that makes all sports possible. Kate Vruwink has the story.

MP3 R/T: 1:56 O/C: “…I’M KATE VRUWINK.”

KATE VRUWINK: AS AN ESSENTIAL PART TO AN ATHLETIC DEPARTMENT, AN ATHLETIC TRAINER'S JOB GOES UNNOTICED BY MANY. AT UW-RIVER FALLS THERE ARE THREE TRAINERS, TWO FULL TIME AND ONE PART TIME. THEIR JOB IS TO EVALUATE INJURIES, PROVIDE TREATMENTS, AND HELP ADMINISTER PHYSICAL THERAPY TO RECOVERING ATHLETES. HEAD ATHLETIC TRAINER ANDREW BAKER SAID IN A PHONE INTERVIEW THAT IT WAS HARD FOR THEIR SMALL STAFF TO COVER EVERY SPORTING EVENT.

ANDREW BAKER: WE’RE NOT AT EVERY PRACTICE FOR EVERY TEAM. WE JUST DON’T HAVE THE STAFF TO DO THAT. THE SPORTS THAT ARE IN SEASON TAKE PRIORITY.

KATE VRUWINK: CURRENTLY THERE ARE ONLY TWO SPORTS IN SEASON, ACCORDING TO THE U-W-R-F SPORTS INFORMATION WEBSITE, BUT BAKER SAID THERE IS STILL OTHER SPORTS PRACTICING AND WORKING OUT. WITH ALL THE ACTIVITY OCCURRING, THE NEED FOR TRAINERS IS PREVALENT, AND PROVIDES A BUSY SCHEDULE FOR THE STAFF.

ANDREW BAKER: WELL YOU’RE NEVER REALLY IN CHARGE OF YOUR SCHEDULE. IF I NEED TO BE THERE TO COVER THAT AND BE AVAILABLE, SO MY SCHEDULE IS BASED ON WHAT THE TEAMS ARE DOING.

KATE VRUWINK: ASSISTANT ATHLETIC TRAINER, CALLA KARL, ALSO BASES HER SCHEDULE AROUND THE ATHLETES. SOME DAYS KARL IS ON CAMPUS BY SIX IN THE MORNING AND DOESN’T LEAVE UNTIL EIGHT AT NIGHT. BECAUSE THE ATHLETES HAVE CLASS THROUGHOUT THE DAY, THEY HAVE TO COME IN EARLY. SHE WORKS WITH THEM IN THE WEIGHT ROOM, PROVIDES TREATMENTS, AND HELPS ICE INJURIES. IN A PHONE INTERVIEW KARL SAID ALL THAT WORK MAKES HER FAVORITE PART OF THE JOB PRETTY SIMPLE.

CALLA KARL: KNOWING THAT I DID EVERYTHING I COULD TO HELP THE TEAM SUCCEED.

KATE VRUWINK: THERE ARE CHALLENGES THAT COME WITH THE JOB AS WELL, SUCH AS NOT BEING ON THE SAME PAGE AS A COACH OR A PLAYER, BUT KARL SAID IT’S IMPORTANT TO KNOW THAT, AND HAD MORE ADVICE FOR ASPIRING ATHLETIC TRAINERS.

CALLA KARL: JUST WORK ON YOUR TIME MANAGEMENT SKILLS, HAVE PATIENCE, HAVE A GREAT ATTITUDE, AND PERSONALITY.

KATE VRUWINK: ALTHOUGH IT IS A JOB THAT COMES WITH LONG HOURS AND HARD WORK, BAKER EXPLAINS THAT MOST ARE IN THE PROFESSION FOR HELPING OUT ATHLETES. IF ONE FINDS THEMSELVES INJURED IN THE TRAINING ROOM, HE SAID THERE IS A LIGHT AT THE END OF TUNNEL.

ANDREW BAKER: WHEN THEY GET BACK TO THEIR SPORT AND ARE PLAYING AGAIN, THAT’S THE REWARDING PART FOR US.

KATE VRUWINK: A REWARDING PART THAT MAKES IT NOT ONLY A JOB, BUT A PASSION. FOR FALCON NEWS SERVICE, I’M KATE VRUWINK.

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