

• Safety

(CONTINUED FROM PAGE B1)

"Just about every body part can be taped," Shaff said. "It gives body parts a little bit more stability or support. But you can find about 10 additional uses for it with creativity."

Athletic trainers use two main kinds of athletic tape, standard and stretchy. The standard white, cotton cloth athletic tape is mainly used to tape various body parts for support. Ankles, wrists and fingers are regularly stabilized with it.

Franklin Community High School athletic trainer Marcus Davis has noticed athletes finding other ways of applying tape. He's seen athletes cover up blisters, tape down shoelaces or hold up socks.

"(Athletic tape) is very important," said Davis, in his fourth year as the Grizzly Cubs' head athletic trainer. "We need tape to hold things on, to hold Band-Aids on (and) to help give that area where the injury is some support so that kids can continue to participate. People can't always get a brace for something right away."

Stretchy tape looks like normal athletic tape but has ridges and ripples and expands more when pulled. It's used for securing a brace onto an athlete or securing a wrap around a muscle.

"If you put cloth tape on, any time the muscle is contracted it can only contract so far," he said. "The tape could rip or could cause muscle cramping. But if you have the stretchy tape on, it allows more freedom of movement. It has a little more pull and elasticity to it."

Some tapings require just seconds to complete, while others take more time.

Franklin College assistant athletic trainer Megan Rogers said wrists and fingers are the easiest body parts to tape. She needs only five seconds to tape a finger



STAFF PHOTO BY SCOTT ROBERSON/sroberson@thejournal.net

Ankle taping is one of the most common procedures athletic trainers perform during peak seasons. Taping the ankle helps keep the joint steady and prevent injury.

and 10 to wrap a wrist.

But other body parts, such as ankles, require more patience and lots of practice.

Shaff, 31, can tape an ankle in 45 seconds. But for beginners, ankle taping can take anywhere from two to five minutes, depending on their experience level.

Rogers, who has nine years of taping experience, can do it in less than one minute.

"With ankles, there are a lot of angles you have to figure out," the 26-year-old said. "There should be no outward wrinkles and no weak spots in the tape. It takes a while to figure out how to position the tape without weak spots."

Trainers stay busy, especially during the fall and winter months, taping ankles and wrists.

During the fall sports season, local trainers said they tape between 20 and 50 athletes per day, with most of their work being on ankles.

At Center Grove, freshman gymnast

Katelyn Fernandes had her right ankle taped Wednesday. Fernandes, 15, hurt the ankle in October performing on the balance beam. Since then, she's had it taped before every practice and meet.

"The tape supports it and causes less pain," Fernandes said. "It helps with landings. It gives it support and strengthens my ankle."

Trainers' tape jobs decline steadily after the fall season. Numbers drop in the winter, with a high of about 15 athletes each day. By spring, they're hardly taping any athletes at all.

"Overuse injuries occur in the spring," Davis said. "Tape isn't going to do much with (those). You'll get the occasional ankle sprain or a couple of them. There may be a wrist sprain. But most of it is shoulders or tendonitis in the knees. Tape doesn't do anything for those."

But athletic tape does keep many other injured ligaments and joints in place. Keeping athletes healthy is Buchholz's main goal.

TALE OF THE TAPE

Here's a look at some of the different types of tape used by athletic trainers:

Standard white: A cotton, cloth-like tape that provides stabilization and support for an injured joint; it comes in four widths (½ inch, 1 inch, 1½ inches and 2 inches)

Stretchy tape: Looks like standard athletic tape but has ridges and ripples and expands when pulled; it also comes in different colors

Pro's Choice or Lite-Flex tape: A lighter, thinner and stretchier tape used for securing a tape job to a knee or an elbow

AC tape: More rigid and firm than standard tape, used for ankle, Achilles tendon and hyperextension injuries to provide more support

Leukotape: A stretchy, durable adhesive-like tape used for McConnell taping, which is a taping technique done for shoulders and kneecap problems

Cover-roll stretch tape: A protective layer for the skin that's used in combination with leukotape

Kinesio tape: A Japanese method or form of taping that helps reduce swelling; it's used for muscle strains and is more stretchy and pliable than standard athletic tape

By the numbers

32 rolls of tape make up a case, with each roll of tape costing about \$1

Local trainers order between 25 and 100 cases (800 and 3,200 rolls of tape) each year

Cost is between \$25 and \$40 per case, depending on the quality and grade of tape

Total cost

\$625 to \$2,500 for lower-grade tape, \$1,000 to \$4,000 for higher-grade tape

SOURCES: Center Grove High School athletic trainer Dave Buchholz, Franklin Community High School athletic trainer Marcus Davis and Franklin College head athletic trainer Chris Shaff



Emily Hubler
WINTER SPORTS DIARY

Swimmers focused on sectional

Saturday was it. The final difficult practice for the girls and boys. Did it feel good to finish!

Now, it is up to each swimmer. The training, endurance and conditioning are done. Now, we focus only on technique and being mentally prepared.

Tuesday was the girls' final meet before the sectional. It was both enjoyable and sad. It was fun because we each swam our off events, which are the events that are not our specialty or what we swim in sectionals.

Everyone tried to soak in every moment of the meet. The bus ride was 45 minutes long, so our sack dinners, prepared by the parents, were especially appreciated.

The girls' priorities for the next week and a half are taper, rest and nutrition. Our coach stressed the importance of eating right, resting and keeping warm. Tapering is something we all look forward to.

The boys, however, are still swimming and diving strong, for they have not yet reached their tapering time.

As a team, the girls' main focus now is to bond. We are doing activities that will encourage bonding, such as secret swimmers, nights out and spending quality downtime together.

In the midst of all these activities are encouraging words to stay strong and keep our minds focused. The sectional is Thursday and Saturday at Indian Creek High School.

We are prepared to do an awesome job. Until then, all there is to do is just keep swimming.

Emily Hubler is a junior on the Whiteland Community High School girls swimming team. Her Winter Sports Diary entries appear weekly in the Daily Journal.

• Team

(CONTINUED FROM PAGE B1)

team sport, and I wanted to show the guys I'm always behind them," Cooper said.

"I was trying to give the guys advice, and tell them what was happening on the mat, which

they might not realize. It's a different perspective from actually wrestling."

Cooper said that while it was hard to watch others wrestle, especially in the weight class in which he was the defending sectional champion and was expected to dominate again this season, it was important for him to cheer on his teammates.

He certainly had the motiva-

tion: Had the Warriors advanced as a team, Cooper could have rejoined Whiteland in the team competition.

That hope ended when the Warriors finished in fifth place as a team.

The top two teams, Franklin and Center Grove, were the only ones to advance.

Still, Cooper said he'll be in practice next week, helping his

five teammates who advanced individually, including junior Matt Fields, who won the 112-pound division.

"We would rather have him out there on the mat, but having him in my corner is the next best thing," Fields said.

"Justin knows my moves and how I wrestle, and he told me to go for the headlock (against Franklin's Jordan Fish), and I

did it for the pin."

Cooper said he wouldn't mind a career as a wrestling coach, but wants to become a teacher.

He's already doing a good job, Thompson said.

"Justin's been coaching all year," Thompson said. "He does a nice job with the younger kids and works with them, and he'll be with the guys all through the tournament."

• Cubs

(CONTINUED FROM PAGE B1)

second place Center Grove.

In addition, the Grizzly Cubs advanced 13 of 14 wrestlers to next week's regional tournament at Mooresville, the most of any school in the eight-team sectional.

"I'm pleased overall with the team," Hasseman said. "And having 13 wrestlers move on is the most I've taken in a while. To win 11 sectional titles in a row is wonderful with the tough competition we've faced."

Winning titles for the Cubs were their three unbeaten seniors, Brad Gallagher (33-0) at 119 pounds, Michael Reese (32-0) at 160 pounds and Cody Johnson (34-0) at 215 pounds.

Also winning were sophomore Cord Dorsey (25-10) at 140 pounds, senior Phil Glasser (28-4) at 171 pounds and sophomore Brad Fox (29-6) at 189 pounds.

Center Grove crowned two champs with junior Tony Zubia (17-4) at 145 pounds and freshman Shelby Mappes (29-7), who earned a measure of revenge by beating Indian Creek junior Kyle Horton in the 152-pound title tilt.

Mappes had waited for that moment since the Johnson County Tournament in December.

Although Mappes won his weight class on criteria, he was pounced by Horton 19-6.

"(Horton) beat me pretty bad, so it was nice to get a little revenge," Mappes said. "We had a good scramble out there, and I was happy to get a quick start, which made it hard for him to come back."

The Trojans also advanced 10 wrestlers to the regional.

Whiteland, fifth in the tournament, crowned two junior champions, 112-pound Matt Fields (35-1) and Anthony Meister (23-6) at 115 pounds, and had five wrestlers advance.

Greenwood, sixth overall and Indian Creek, seventh, failed to

take an individual championship despite having grapplers in the finals, but both schools advanced five wrestlers each to the regional.

Host Mooresville claimed three champions, while Martinsville had one champ.

Center Grove coach Rusty Cullom was happy with the Trojans' performance and said his team is wrestling well at the perfect time, especially Mappes and Zubia.

"(Mappes is) not an ordinary freshman. He's very good, and he beat Horton, who's a talented wrestler.

"And Zubia in particular has been wrestling well the last two weeks. He's beat some great competition at the MIC Tournament and (sectional)."

"Tony's hitting his stride at the right time."

Zubia's win came in overtime against junior Donnie Nelson. Zubia appeared headed for a 4-3 win, but Nelson escaped with 10 seconds left to tie the match and force overtime. Zubia then scored a takedown on Nelson 11 seconds

into overtime to win 6-4. Dorsey's win was perhaps the biggest surprise of the tournament.

Seeded fifth going into the tournament, Dorsey ran through two opponents before pinning Greenwood senior Sam Thomas early in the second period.

Though Dorsey's win was a surprise to some, it wasn't to him.

"When I'm on I think I can wrestle with anyone," Dorsey said. "I had a bad day at the Mid-State Tournament, and I didn't

want that to happen again."

Hasseman said the Cubs will have to continue to work hard and concentrate if they want to match their performance from Saturday.

In particular, he's happy for his seniors and wants to add another trophy to an already crowded Franklin trophy case.

"The guys didn't quit," Hasseman said. "What we did (Saturday) was an accomplishment, and I'm so proud of the guys. They deserve it."

We're Expanding to Make Room for You!

Announcing new apartment homes and a fresh, new look

Our residents like Greenwood Village South Retirement Community so much that it was hard to imagine what we could do to make it better. Then the answer came to us — make more of it!



We're adding brand-new apartment homes equipped with kitchen and laundry appliances and featuring lovely ceramic tile, walk-in showers and optional two-bath designs. We're also adding wonderful new conveniences and amenities, and giving our community a fresh, new look with comfortable, inviting spaces for friends and family.

For a limited time, you can join our Priority Reservation List to be among the first to choose your favorite location, view and floor plan. You'll also enjoy periodic updates and be invited to exclusive, members-only special events.

Step on the gas and head straight to Greenwood Village South. Come see what's new to love about us. To learn more about our new apartments, call (317) 865-4642 today.



GREENWOOD VILLAGE SOUTH

A Continuing Care Retirement Community

295 Village Lane • Greenwood, IN 46143 • 317-881-2591

Managed by Life Care Services LLC



X9282

Make your loved one smile with a

Love Locket or Love Line

VALENTINE'S DAY SPECIAL

LOVE LINES

Send your mate or special friend a Love Line with 4 lines of type. Tell them how you feel, a note of friendship or even a marriage proposal!

LOVE LOCKETS

Submit a photo and up to 7 lines of copy. Tell them you love them! Children, grandchildren, parents, grandparents, nieces/nephews, friends or loved ones.

♥ We Love You Mommie
Be our Valentine
Zach & Liz

♥ To My Special Valentines ♥
Riley & Aaron
All my love, Mommie

♥ Advertising deadline to participate is Friday, February 3, at 5:00 pm. Prepayment is required.

♥ Pictures will only be returned when you send or bring a self addressed stamped envelope.

Love Lockets: \$15 each, or 2 for \$29 (7 lines of type each & photo)

Love Lines: \$10 each (4 lines of type)

Please Print your message:

1 _____ Name _____

2 _____ Address: _____

3 _____ Phone: _____

4 _____ I am a Daily Journal subscriber

5 _____ Stop here for LOVE LINES Payment Amount: _____

6 _____ Check enclosed

7 _____ Credit card. MC / Visa / Discover (circle one)

_____ Exp. date: _____

DAILY JOURNAL

Valentine Promotion

2575 N. Morton (U.S. 31), Franklin, IN 46131

317-736-2700