

Sports Medicine Program at Christian Brothers High School

By Kristen McCarthy

Each day as the school day ends, between 15 and 20 young women report to the athletic training room at Christian Brothers High School. They are not there to have an ankle taped before a practice or to rehabilitate an injury. They are there to learn to tape ankles and assist athletes needing care before practice and during games. Darci Stark, ATC, the school's certified athletic trainer and physical education teacher facilitates and after-school sport's medicine program. Students learn to help athletes who may need to have an ankle or wrist taped before a competition. They also learn lessons in anatomy, exercise physiology, biomechanics, injury prevention and recognition as well as the importance of proper hydration during practice and competitions.

"This program is a great way to introduce our students to the world of athletic training and in a small degree, sports medicine," says Stark. "The students take it very seriously and really come in here to learn. They are a tremendous help before and during games and the program continues to grow."

One former participant, Stephanie Gabrielli '07, is now studying kinesiology at C.S.U. Sacramento and plans on becoming an athletic trainer. Gabrielli arranged to participate in an internship at CB and regularly joins in on classes after school.



Emily Richardson '12 practices an ankle-wrapping technique on teacher, Darci Stark.

"It is gratifying to me to see former students pursuing careers in athletic training and even sports medicine," says Stark. "I enjoy my work in the program and appreciate that the school provides me with the tools and the facility to take care of our athletes and help our students learn and develop."

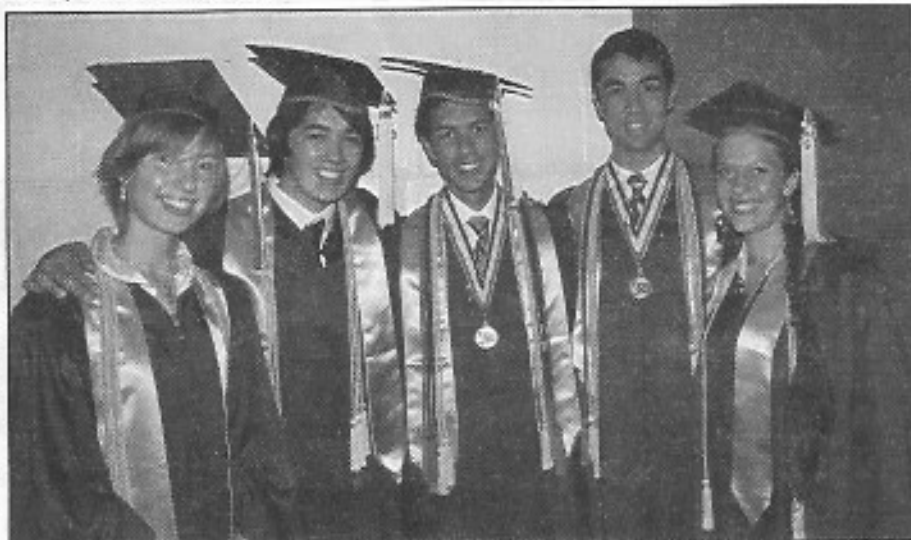
Christian Brothers' Commencement

By Kristen McCarthy

"A Christian Brothers High School diploma tells the world that you have learned that it is more important to serve others than to serve yourself...It tells the world that you have learned firsthand how opening your heart and mind to people from diverse backgrounds makes you a better person and builds a better world for all of us," declared CBHS President, Lorcan Barnes, to the Class of 2009. Friday, May 22, 2009, marked the school's 133rd Commencement celebration and honored the achievements of the 232 young men and women who now join the ranks of more than 18,000 graduates of Sacramento's longest-thriving Catholic high school.

Members of the Class of 2009 will be attending universities and colleges across the nation and state including Harvard University, University of Notre Dame, Stanford University, Rice University, St. Mary's, Loyola Marymount University, U.C. Berkeley, U.C.L.A., U.C. Davis and C.S.U. Sacramento.

"At Christian Brothers, we work very hard to provide an environment that helps students find and foster their unique gifts and talents," says Barnes. "For some that is athletics, for others it is the arts, or sciences. But, at the heart of everything



CBHS graduates Denise Miller (U.C. Irvine), Colin Mulhern (U.C. Berkeley), Ben Dagang (University of Washington), Nathan Connor (U.C. Berkeley) and Charlsie Berg (U.C. Davis).

is faith and the belief that every student is gifted."

"I loved my four years at Christian Brothers and I know that I am well prepared to succeed in the classroom and on the football field," says Matthew McCarthy '09, Harvard University '13. "The teachers really cared about us and pushed us to make us better students and better people."