

This year is my first year of volunteering in Sports Medicine and so far I really enjoy it. I've been to football games, volleyball games, and a softball game. In my opinion, I liked going to the volleyball game because there wasn't much to do but they're fun to watch and don't take long. The softball games are nice to go to but they could get boring. I mean it's a fun sport to play but not fun to watch. Now, in my opinion the football games are the absolutely best. The reason for that is because we had 3 different jobs we had to do in each quarter, for instance, the water person which is when you give the players water obviously, the shadow which is when you follow the coach around basically, and lastly, the blood person which is when you make sure there's no blood on the player or on the player's clothing.

When I went to the softball games or the volleyball games I never got to witness a player get hurt in any sort of way. However, when I went to the football game I got to experience two of them. One of them was that a football player hit his head really bad to the point where we had to call an ambulance because he was feeling a bit dizzy and was just laying on the ground. Then, that same day but couple hours later another player got injured. All I remember was that a chunk of his skin from the chin came off. When I witnessed that injury I just felt sorry for him because it seems really painful.

Lastly, my favorite thing to do in sports medicine is the taping. The reason for that is because it's interesting how there's different style of taping for every part of the body. My favorite tape job is the ankle one which is when you do different techniques that protect the ankle and the foot itself. In my opinion, that just makes the class fun and make it go by fast because you keep yourself busy. Therefore, I don't regret taking this class either because in case a family member gets injured and I'm there I could help them keep it stable for a bit and know how to check them if they get a certain type of injury.