

*On behalf of the Sports Turf Association,  
it gives me great pleasure to announce  
the date and location for the upcoming*

## **Educational Athletic Turf Field Day**

**Thursday, June 15, 1989  
8:30 a.m. to 4:30 p.m.**

**River Oaks Recreation Centre  
2400 Sixth Line  
Oakville, Ontario**

- **Guest Speakers**
- **Renovation/Maintenance Equipment**
- **Lunch Provided**

*Specific program details included in this newsletter*

**Doug Rigg**  
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## **ATHLETIC TURF**

It's important for a school or park athletic field manager to know the age of people using a baseball field. The height of the pitcher's mound and the age of the athlete can make a difference in injuries, according to sports physical therapist Allan Brown, of Brunswick, Maine.

If you're working with young kids, "keep it flat," Brown says. "Encourage no kicking out the hole in front of the mound."

The higher the mound, or the deeper the hole, the more speed on the ball. But higher mounds or deeper holes also create a higher torque for the arm. Such a powerful thrusting motion can cause shoulder injuries, especially in younger athletes.

Brown encourages turf managers to work closely with coaches and trainers. "If a kid complains of a painful arm, go look at the mound," he says. "Suggest to the coach that the kid throws on a flat surface for a while."

Brown also encourages turf managers to work closely with coaches in repairing divots and holes

on a football field which can cause ankle injuries. "Eighty-six percent of ankle sprains rotate outwards, often because of uneven terrain," Brown explains. The nerve endings in previously sprained ankles "forget" to stay balanced. When the foot comes down in a divot, the ankle will twist again.

"You can help as a turf professional by keeping the terrain even," Brown says. He also suggests that coaches advise athletes to wear 15-spike molded shoes whether they play on artificial or natural surfaces. That type of shoe distributes the friction between the leg and the surface.

The turf manager gets off easy on the problem of shin splints, however. Brown says most cases are not caused by the surface but by a "biomechanical problem in the athlete's lower extremities.

Brown spoke at the Maine Turf Conference in Portland, Maine.

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