

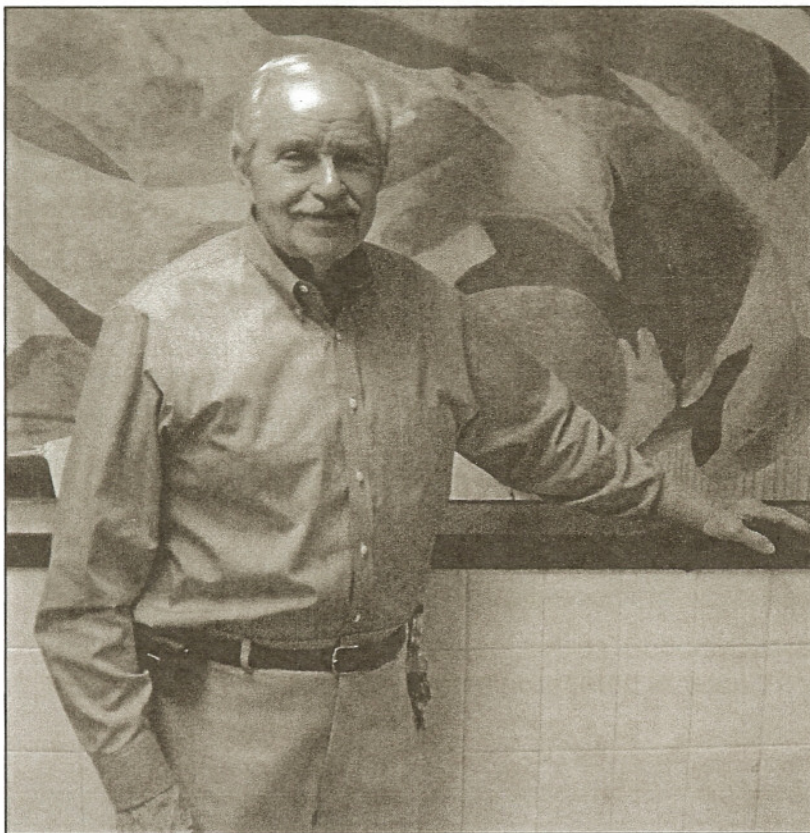
# Vince Sinovic

A 1954 graduate of Ambridge High School, Vince Sinovic traded away the garnet and gray and has been bleeding Freedom red and white for 45 years. He became a volunteer trainer for Freedom football in 1965 and stayed, making him one of the longest serving trainers, if not the longest, in scholastic history.

Over the years, Vince's role has changed as he took on additional responsibilities and now serves as the trainer for all 21 of Freedom's sports and the band. He was part of both of Freedom's undefeated football teams in 1973 and 1977 and has served 15 different head football coaches.

While longevity is impressive in and of its own right, few vocations have changed as much as athletic training. When Vince's career as trainer began, he used a can of freeze spray and a roll of tape. Then, his job was to get an injured player up and off the field as quickly as possible and get them back into the game.

Now, injured players don't move until Vince says to and his kit is as detailed as air



splints designed for individual fingers... as well as the ever-present roll of tape. Despite the dramatic changes, Vince has changed with the times and remains a respected member of the trainers' fraternity. He is also regularly sought out as a resource by the media.

A fixture at Freedom for all these decades, Sinovic has no plans to leave anytime soon. "I get my summers off and it keeps me busy," Vince said. "What else would I do?"

Freedom athletes, though, reverse that question and ask, "What else would we do?"