

CONGRESSMAN JOHN CONYERS, JR.

Chairman, U.S. House Judiciary Committee

**Michigan's 14th District Representative and Dean of the Congressional
Black Caucus**

Luther "BIG LU" Campbell

Trainer of Professional Athletes

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**House Judiciary Committee Chairman field hearing in Detroit, Michigan
on "Legal Issues Relating to Football Head Injuries, Part II."**

Monday, January 4, 2010, 1:00 P.M.

Wayne State University School of Medicine

Gordon H. Scott Hall, Room 1460

540 E. Canfield St., Detroit, MI

Mr. Chairman, I'm Luther Campbell. My moniker is "BIG LU", (started PhD. in 1975 @ Wayne State University, "Apocope and Apherisis in the black esoteric idiom"). The title affixed to my name for the past few decades is "Trainer of Professional Athletes". Among those I have helped prepare for their professional careers are: Tommy Hearns (8 time WBA boxing champ); Chris Webber (1st round NBA); Leon Spinks (world boxing champ); Jalen Rose (1st round NBA); Braylon Edwards (1st round NFL); Brian Westbrook (1st round NFL "Lions"); Derrick Coleman (1st round NBA); Robert Traylor (1st round NBA); Rod Hill (1st round NFL "Cowboys"); and the list continues.

I was recruited by former Michigan All-American, Mike Keller, General Manager of the United States Football League, "Michigan Panthers", to lead the first tryout camp at Oakland University in 1982. The late Judge Peter Spivak, former Commissioner of the USFL, and his partner Al Low, current Commissioner of the Unarmed Combat Commission, State of Michigan, acclaimed me as their "greatest asset" when the Panthers subsequently became world champs in 1983.

Joe Paterno, the incomparable head coach of Penn State University, came to Detroit and asked me to lecture his entire team on the importance of being (and staying) healthy, especially concerning alcohol consumption. I have done the same types of lectures at Tennessee State University, Coach Joe Gilliam; Florida A & M University, Dr. Al Lawson; Columbia University, and an array of institutions, coaches, and various individuals including actors, singers, and politicians (notably the honorable and most distinguished Congressman John Conyers), have been under my guidance concerning health, fitness, and nutritional needs.

My brother, Wayne Campbell, who left us several years ago, played football with the Oakland Raiders. When Jack Tatum placed that draconian, crippling blow on Daryl Stingly, resulting in lifelong paralysis, Wayne was never the same... he faded out of professional football. We must concern ourselves with the entire physicality of the game. Surely we are absorbed with closed head injuries; however, if we populate the discussion with connective issues, one may perhaps help resolve another. We need formative discussions and not debate, resolution of issues not dissolution and stalemate.

The possible contributory symptoms for these players might have the following incorporated in the evaluation of the injury: Headache, which in my opinion is an elementary step in diagnosing even from a trainer's, coach, or health professional's observation; Intellectual impairment, where the player has problems with practical judgment; Confusion, accompanied with mild hearing loss; Difficulty with short term memory (I find this especially important—"What day is it?" "Where are you?" "What happened?"); Drowsiness; Eye problems (in focusing and clarity); Personality and behavior modification (especially in a negative manner); Problems with you, the coach, in discerning his oration and delivery of transparency

or clearness of his speech, including stumbling and pronunciation; Look for balance of movement (especially linear), have him walk a sideline for 5 to 10 yards (Just note simple deductive reasoning).

I've trained six world boxing champs, and can attest to the debilitating results that can occur from constant beating to the head. Muhammad Ali and I sat together at ringside in Toronto (4-26-1975) after his fight with George Foreman. As we discussed body punishment, both given and taken, he amazed me at how much he took. Today, because of who I am and what I've accomplished over these years, I feel qualified in saying that much of his physical breakdown is and was due to constant blows to the body as well as directly to his head. Empirical knowledge allows me to qualify my judgement. Ali's apparent and demonstrative changes in his physical condition should have lead to some earlier proactive medical intervention.

All coaches must know and certainly be credentialed and/or clinically educated on what signs, conditions, and physical impairments to look for and determine what disposition is called for. You don't have to be a doctor or functioning clinician, just have the knowledge and coachable judgement to assess the problem and move on from there. Have a fatherly degree of empathy when a player is hurt and not so dispassionate. The gramatical conjunction "IF" always leaves us wondering what the supposition implies. Now, let's role play: What "IF" your son was lying on the 50 yard line, unconscious as a result of a "legal" blow to the head? Stay with me on this analogy; tell me truthfully who would you point to? How many tears? How many "What If's"? Let's continue to meet, prod, search, and possibly research until we have some acceptable resolvment.

Three years prior to the Lions moving to Ford Field, Detroit Lions Vice President, Larry Lee, invited me to his Silverdome office and suggested the Lions were working on bringing me on board as their strength coach. This was partly based on the fact that seemingly every year I was sent some of their players who needed to be re-defined; including All-Pro William Gay to Allen Hughes, and the insidious Kerwin Waldrop and the list continues. I met with Matt Millen days after he took charge, and he shut the door on my involvement.

During pre-season football in August 1965, I suffered a very, very serious concussion. Years later after reflecting on my personality, and disposition with headaches, I assessed the traumatic blow. It amazes me that I have not yet "recovered". One obvious factor that is so overwhelming is that I didn't ever come full circle with my attention span. The vision problems still come and go, and the grinding in my neck every time I turn is still there. Not only do I have first hand testimony, but empathetic transference of knowledge to those who have suffered. There's not much one can offer me in terms of how the injury occurs or how it feels, however, I can chronicle what you might possibly be in store for if it happens on your watch.

The game is violent and the rules are adjusted and modified yearly. Penalties, again, are regulated along with other "obligatory changes", however, injuries haven't abated. Perhaps revisiting the design and materials of football helmets; having all equipment modified; research analysis of field composition (absorption, and possibly buoyancy); making orthopedists and neurologists mandatory on staff would address some of the problems. The caveat is to get the doctors to engage themselves more objectively about the player's condition, instead of possibly thinking subjectively, meaning team first - "Fix you up Put you in - to win" attitude.

Articles on my abilities have been listed in our local papers THE DETROIT FREE PRESS; THE DETROIT NEWS and MICHIGAN CHRONICLE on 48 occasions and numerous times on our various electronic media.....Perhaps one that received more international attention started on the front page of our DETROIT NEWS and subsequently took four pages to explain on how I

took **544 lbs.** off three individuals in less than six months (Tuesday, March 30, 1999/pages 1F, 6F, 7 & 8F).

Just the opposite, I've put muscle mass on----naturally. I'm a vegetarian and thus believe in a more natural and holistic approach to the human body. I don't smoke or drink and won't and don't approve of either being used-----especially by athletes. As an example, THE DETROIT NEWS, Health and Fitness magazine, front page, (Wednesday, December 12, 2001 section H), headline "How he Builds His Body, Novi man goes from skinny 144 pounds at age 18 to 210 pounds of pure muscle at 21." (a gain of 66 pounds under the training of "BIG LU"). A subsequent story appears in MEN'S FITNESS magazine October 2004, pages 64 - 66. The current center at Oakland University, Keith Benson, was sent to me as a high school junior. His 6'11" frame at 172 lbs. was going to be a dramatic challenge. Keith didn't start, and rarely played as a junior at Detroit Country Day. He listened to me, trusted in my abilities, and last week (as a junior) was projected to be an NBA 1st round draft choice.

Over the years, I've trained 7 "Mr. Basketball"s, Robert "Tractor" Traylor (whom I took 48 pounds of fat from), Willie Mitchell, Mike Talley, Chris Webber, Derrick Nix, Dion Harris, and Winfred Walton; as well as a "Miss Basketball", Maxanne Reese. I am currently training, Nick Perry 2007 (USC) and William Gholston 2009 (headed for Michigan State University) both "Mr. Football"s....and a plethora of other super unheralded athletes.

This fall, my grandson, Jayru Campbell (age 13), lead the P.A.L. "Westside Steelers" to a perfect season, undefeated and unscored on in regular season play. During the championship game at Ford Field, November 14, 2009, Jayru passed for 3 touchdowns. He was named the MVP of the game. In 5 years ----- he never lost a game as a starter. The "Steelers" are the same team, with the same coaches, as Devin Gardner (University of Michigan's #1 recruit at quarterback). THE DETROIT FREE PRESS Tuesday, December 29, 2009, page 2B "ESPN scouts

inc. national recruiting director Tom Luginbill 'Devin has been far more prepared in the passing game and playing in a scheme that has required him to do some things with his arm on a much more consistent basis than Terrelle Pryor ever was" I write this because Jayru came up just one TD short of Devin's record for a season, Devin had 18.

My son, Shawn Campbell (Jayru's father, ex-pro basketballer @ 6'8", 242 lbs. and I'm 6'6" @ 278 lbs.; Jayru's genetic projection @ 17 yrs. is 6'7" and possibly 250 lbs.), said he hasn't had any head injuries because he has incorporated special training, and education, especially with technique tackling. Shawn won't allow him to lead with his head. He also wears the proper and best helmet. Now you see why I am overly involved in this direction in bringing attention to football players and closed head injuries. I plan to see Jayru through until his name is called as a #1 round draft choice.....by the way, he averages 20 points in basketball, he's also the league's MVP, and he has to maintain a 3.4 GPA or better.

Our cerebellum controls balance and is part of our brain. The coaching staff should have approval in some accredited area of academic training as it relates to this issue. Progressive deterioration of mental (and recall) functions.....subtle or acute changes should be observed and known by the coaches and of course proactive engagement started. All of the above information was, has, and will always be part of my concern as a trainer, coach, former athlete, mentor, and parent. The wellness of our players is indisputable.