April 2009

NATA NEWS

News Magazine of the National Athletic Trainers' Association





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on the cover

West Chester University student Millie Dorminy stands in front of the Parthenon in Athens, Greece, during a March trip with the Collegiate Sports Medicine Foundation. The CSMF took three groups of athletic training students on the yearly study-abroad trip.

Photo by Pradeep R. Vanguri, PhD, ATC

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Rachael Oats, CAE
Special Projects Manager

What do you do at NATA?
Manager of Special Projects and Volunteer Engagement

What gets you going in the morning?
A cold can of Diet Coke!.

My coworkers give me a hard time for:
My love of old school heavy metal and hair bands!

My nickname is:
That depends on whom you ask. Growing up, my family called me "Rocky Raccoon" or "Ray Ray" (now it's just Ray). In college my sorority sisters always ran my first and last name together ("RachaelCole"). On the derby track, I'm "Alex P. Beatin'" and no matter how old I get, I'll always be my grandma's "Sweet Babboo."



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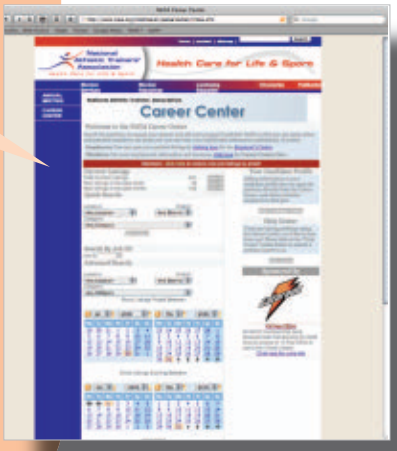
For those who love to plan ahead, NATA is already accepting proposals for the 2010 NATA Annual Meeting and Clinical Symposia. Submit your proposal at http://www.nata.org/annualmeeting/2010callforproposals.htm.





Our four student bloggers are constantly updating their blogs. Check them out at http://www.nata.org/members1/blogs/?cat=8.

The Career Center is one of NATA's most valuable resources. Browse job listings or post an available position at http://www.nata.org/careercenter/inset.htm.





NATA and the American Academy of Orthopaedic Surgeons jointly launched a public service campaign about ACL injuries in female athletes. View the campaign at http://www.nata.org/ACL/index.htm.

Part II: The Break-up

Text **Jay Sedory, MEd, ATC, EMT-T**

Recently we discussed dating and the potential for athletic training student–athlete relationships in the workplace. In researching the topic, I spoke with program directors, athletic trainers and instructors who represented various points of view.

I found that some programs have included specific language within their athletic training student handbook to address this issue, while several programs purposefully avoided the topic.

None of the athletic trainers with whom I spoke were comfortable saying that ATS were prohibited; however, some strongly discouraged them. Almost every athletic trainer interviewed indicated the same request: don't keep it secret. The student should approach his/her superiors in a professional manner to discuss the situation.

What happens when relationships occur?

The program director or supervising AT may deem a clinical assignment change depending on the circumstances. Several interviewees determined a more appropriate course of action would involve mentoring students, rather than reprimanding them. Their goals included making students aware of the potential difficulty in workplace romance and how such situations may impact a student's learning experience.

One program director said, "…one absolute necessity is to remove the student from the sport in which the athlete is a part for social and medical considerations. If a medical event were to occur, the student may not be able to make unbiased decisions." Conversely, such a romance may create a more strenuous social environment for the athlete or perhaps a distraction during practice or competition.

Also, it is important for the athletic training student to understand how his/her decision may affect classmates. For example, the ATS may have to be reassigned to another sport, requiring a second ATS to fill the void.

Additionally, in centralized athletic training facilities, students may cross paths with athletes of other sports. If a breakup occurs, the parties involved may have to deal with one another for the next few years.

Many athletic training students are required to follow a student handbook that may contain requirements ranging from minimum grades to appropriate uniforms and is usually solidified by an agreement between the student and academic institution. In this case, could there be legal and academic considerations of a student dating an athlete?

For this answer I consulted a well-respected lawyer. "There must be three parts to a contract: an offer, acceptance, and some form of consideration. Just because it's not notarized or full of legalese doesn't make it invalid. The court has enforced contracts written on bar napkins." While very few workplace relationship cases result in legal adjudication, athletic departments and deans of students have handed out adverse recommendations and dismissals.

Now let's change the landscape slightly. What happens if a certified student (most likely a graduate assistant) dates an athlete, an ATS or a fellow staff member? Most of our panelists gave this more thought. One panelist said, "The situation is different because now you're talking about a certified athletic trainer, not a student, and there are different expectations."

The certified student is now bound by the BOC Standards of Professional Practice and by state law. S/he may be subjected to license revocation, removed from his/her position, removed from the program, demoted or required to forfeit financial aid. Departmental or HR policies may come into play. And, since athletic training is a close-knit network, there may be social repercussions and lost credibility among peers.

This is not to say you can't meet your match at work. Many panelists know colleagues – many of whom are successful athletic trainers – who have married as a result of workplace relationships. However, all panelists agreed each situation is different and there's always potential for hard feelings when any feelings are involved. The bottom line is we must make sure workplace relationships don't adversely affect the quality of service offered to the very people we are obligated to serve.

Discussion questions:

— Is it reasonable to expect athletic training students to follow of the BOC Standards of Professional Practice?
— Would you notify the coach if your student was dating an athlete?
— Is there a human resources manual that addresses dating in the workplace?
— What would you do if the head coach strongly objected to having your student assigned to a sport because of a relationship issue?



Jay Sedory is an athletic trainer for the U.S. Marine Corps. Talk to him at azjay5@hotmail.com.

Olympic Service, Part III

Dear Editor:

This is regarding the articles on the athletic trainers who covered the Olympic games. USA Track and Field gets to select extra ATs, in addition to the ones brought by the OTC, because of the size of the team. Benny Vaughn, ATC; Randy Ballard, ATC; Glen Lowenberg, DC, ATC; and myself, Julie Endreson, ATC, were part of the USATF team.

We worked training camp in Dalian and the Games in Beijing. We worked the same long hours and were as important to the USATF team as the OTC ATs. When you write the article on the London games in 2012, it would be so nice to see the whole USATF athletic training staff acknowledged.

Sincerely,
Julie Endreson, MS, ATC



USA Track & Field athletic trainers who covered the Beijing Olympics include (clockwise, from back row left) **Glenn Lowenberg**, DC, ATC; **Benny Vaughn**, ATC; **Randy Ballard**, ATC; **Harris Patell**, ATC; **Monique Burton**, MD; **LaGwyn Durden**, ATC; **Julie Endreson**, ATC; **Angie Matson-Ruffenacht**, ATC. Not pictured: **Dr. Bob Adams**, head of USATF Medical; and **Ross Flowers**, sports psychologist.

Let's Protect Our Athletes

Dear Readers:

Last year, as in the year before, we saw a rising number of athletes die from indirect injuries such as exertional heat illness. One case in Kentucky has now led to unprecedented homicide charges against a coach and pending state legislation. NATA Pronouncements Committee Chair Douglas J. Casa, PhD, ATC, addressed the topic in the following letter to the editor, picked up by several Kentucky outlets.

Bill Falls Short of Goals

By Douglas J. Casa, PhD, ATC

A move by Kentucky lawmakers to require an ice pool at athletic events and additional emergency medical training for all coaches, while well-intentioned, does not go far enough and may even put some injured athletes in greater peril.

Sen. Joni Jenkins' bill would require defibrillators at every athletic event, practice or game and coaches trained in how to use them. It also requires teams to have an ice pool on site when temperatures rise past 94 degrees Fahrenheit.

This proposal is a well-intentioned response to the tragic heat stroke death of 15-year-old Louisville high school football player Max Gilpin last August. He collapsed during practice at Pleasure Ridge Park High School. His temperature was 107 degrees when he arrived at the hospital; he died three days later.

Immersing a severely overheated athlete in ice water is a proven and valid response to such an emergency medical situation. However, what Jenkins' bill fails to recognize is that highly skilled athletic trainers or physicians need to be present to make the initial assessment that the reason for an athlete's illness or collapse is heat-related.

Those critical, if not life-saving,

»

decisions should not be made by coaches with a few hours of additional training. There are a wide variety of reasons why an athlete may collapse on a hot day including head injuries, spinal cord injuries, a cardiac problem, complications due to the sickle cell trait, asthma, diabetes, a lightning strike or some other medical cause.

Only properly trained and experienced on-site medical staff can assess the reason for a collapse and take actions accordingly. Delayed appropriate treatment for a collapsed athlete not suffering from heat stroke is very likely under these proposed guidelines.

Arbitrarily setting 94 degrees as the temperature at which ice pools should be required is also a mistake. Heat stroke has been found to occur in athletes at temperatures in the 80s and low 90s. If lawmakers wish to protect athletes' lives, requiring ice pools during all practices in the summer months, regardless of the temperature, may be the more appropriate course of action to take.

I applaud Jenkins and the other lawmakers who are taking the initiative to better safeguard athletes. Such changes in existing policies are long overdue, not only in Kentucky but in all states around the country. We certainly endorse the concept of "cool first, transport second" when it comes to the treatment of heat stroke, but only when appropriate medical care is on-site to make the clinical decision.

The tragedy surrounding Max Gilpin's death and the subsequent arrest of his coach, David Janson Stinson, on a reckless homicide charge has brought the entire athletics community into uncharted territory.

Yet players, families and school administrators should use this opportunity to enact new regulations based on existing medical and scientific research literature, which has clearly established the risks and proposed guidelines to minimize health concerns for athletes who must do intense exercise during the hottest time of the year.

Phasing-in practices during the first week in terms of amount of equipment, number of practices, length of time, intensity, etc., is an extremely potent way to prevent heat stroke. Most problems occur in the first two to three days of pre-season practice, so it is essential to be extra cautious during this time.

With this death, we are reminded of 1905 when Theodore Roosevelt became appalled at the numerous deaths in college football. His mandate was the impetus for establishing the NCAA and was the emotional foundation for the legendary quote from the then-president of Syracuse University, James Roscoe Day: "One human life is too big a price for all the games of the season."

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AT Programs Go International



University of Southern Maine student **Jen Mangano** evaluates an injury during an International Service Learning trip last January. Students in the ATEP at USM traveled to The Dominican Republic and helped other health-care professionals offer advice and treatment to villagers there.

Text **Darrin Scheid**

The first time Ben Towne, MA, ATC, offered his students a trip to the Dominican Republic, where language and cultural barriers fueled apprehension and fear, hands went up around the room…slowly and halfway, he says.

This "chance of a lifetime" included long days and hikes into villages to treat injuries these youngsters had never seen on the sidelines. Towne, the athletic training education program director at the University of Southern Maine, did get a few takers and made that initial trip in January of last year.

A few months ago, Towne offered the same opportunity (keep in mind, only five students can go).

Hands reached to the sky.

"When that first group came back and shared what they had done and what they had learned, it completely changed," Towne says. "Now, I have students asking, 'How can I get on that next trip? What do I have to do?' We've increased from one trip to two. I just wish I could take more students."

Opportunities Nationwide

From Chapman (Calif.) University in the west to the University of Georgia in the south to the northeast tip of the United States at USM, program directors say an increasing number of students are asking, "How can I get on that trip?"

Universities are responding with more international service-learning trips and International Education programs. Those already in the game are expanding because of demand – and this all comes while the country fights a recession. Consider that when the new millennium arrived, study-abroad programs were scarce at best.

Today, the international service-learning project operated through Southern Maine has gone from one January excursion to one in January and one in August.

The Collegiate Sports Medicine Foundation Internationl Education trips to Greece ended last month. It took groups of 22, 20 and most recently, 40 students, across the country for eight days. Although one of the largest study-abroad programs, it's four years old. It began in 2006 as a once-per-year offering at Nova Southeastern University in Fort Lauderdale, Fla.

Michael Ferrara, PhD, ATC, the Athletic Education Program Director at the University of Georgia, took 18 students to Taiwan last year, and 13 were from universities other than Georgia. For the trip this May, they have 12 students with six from other universities.

Chapman University program director Ky Kugler, EdD, ATC, took students to Germany and Switzerland in 2008 as part of an 18-day clinical and cultural study program. This year,

Chapman went to Australia Jan. 3-24. That program recently started to include non-Chapman students.

George Mason University plans to take a group of students to Australia and New Zealand this July. And at Western Carolina, Ashley Long, PhD, ATC, is planning a trip to London next year – taking ideas from a similar study-abroad trip she organized while at Lenoir-Rhyne in 2008.

Mark Gibson, MS, ATC, PT, at the University of Wisconsin-La Crosse is taking the International Education concept one step further and wants to create an International Sports Medicine minor at UW-L. Although the logistical and academic plans are preliminary, Gibson's hope is to have it up and running by Fall 2010.

"In the past five years, a number of education colleagues have started taking groups of students overseas – people like Ferrara and Kugler – and that has spurred a lot of interest," Gibson says. "It's really about spreading athletic training worldwide."

Students Have Choices

Not all International Education programs are the same. Some are more clinical, such as the USM International Service Learning courses where students work alongside Peace Corps volunteers and nurses to treat people who have limited health care access. Others International Education trips are a mix of culture and athletic training. The amount of course credit earned depends on the program.

"How can I get on that trip?" is exactly what Millie Dorminy asked when she heard about the cultural/clinical opportunities offered during an eight-day trip to Greece with CSMF. A junior athletic training student at West Chester (Pa.) University, Dorminy just had to figure out how to meet the financial commitment of $2,650.

Within four days of landing, Dorminy had seen the Acropolis, the Parthenon and the site of the first modern Olympic Games in 1896. Later, she saw where the first Games were held in 776 B.C.

In all, the group visited five Greek cities and saw more than a dozen historic sites. But one of her favorite moments came on a bus.

Perdeep Vanguri, PhD, ATC, assistant professor and clinical coordinator at Nova Southeastern, was conducting a Board of Certification review to help seniors prepare for the exam while the group traveled to another Greek destination. Dorminy said sitting in the back of that bus and bouncing ideas off each other might have been the most valuable part of her journey.



University of Georgia student **Marta Amerein** stretches an athlete during the International Education program that takes students to the National Taiwan Sport University. Now in its second year, students who attend universities other than Georgia can take advantage of the credit hours, clinical study and cultural awareness being offered during the three-week spring program.

"We would go through manual muscle testing, special tests, reviews of anatomy among other items, and just sitting there working with all these students we just met was an amazing experience," she says. "We're all from different universities and different parts of the country, and we're 6,000 miles away from home and outside of the comfort zone of our athletic training room, but for some reason we all clicked. We spent so much time swapping tips and asking, 'How would you handle this situation?' and asking about different techniques. I couldn't help but thinking how these people might some day be my co-workers."

Athletic Training in Taiwan

On the other side of the globe, Georgia senior Marta Amerein was listening to Ferrara talk about an athletic training International Study program in Taiwan. Amerein had made up her mind: "I was pretty sure it wasn't for me," she says.

Occurring each year from mid-May to the first week of June, students learn traditional Asian therapies, including acupuncture and cranial therapy. They spend time observing athletic trainers at the National Taiwan Sport University, earning four credit hours in two classes: Global Issues in Sports Medicine and Clinical Experience in Athletic Training. Students also see injuries and observe sports they might never see in the United States, Ferrara says.

The Taiwan program is not limited to UGA students. It's simply limited to 20 students.

As it got closer to the registration deadline, Amerein changed her mind.

"I just figured that this opportunity might not come around again," she says. "But it wasn't anything like I expected; it was a hundred times better. I've been able to use so much of what I learned. I guess the main thing is that you understand that there are multiple ways to address a problem. If something isn't working,

»



Students who traveled with Chapman (Calif.) University on its International Education trip in January stand in front of the Harbour Bridge in Sydney, Australia. Pictured (L-R): **Matt Quijano**, **Matt Morrell**, **Brett Helmonds**, **Aung Aye**, **Annie Nalepa**, **Kelly Wierema**, **Maggie Lanctot**, **Kaitlyn Calhoun**, **Brad Westhauser**, ATEP Director **Ky Kugler**, EdD, ATC, and **Alyssa Alpert**

then maybe you should think about a completely different system from what you've been taught. I'm not going to use acupuncture on somebody, but it makes me realize that something you typically don't do might be the best way. It just opens your mind about treatment."

That's exactly the point of these trips, both in a cultural sense and from an athletic training point of view, says Ferrara.

The Taiwan trip grew from his relationship with Michael Huang, PED, ATC, with whom he worked on the NATA International Committee. Their goal was to create an educational program that is mixed with cultural awareness. What they developed were classes and observation at the NTSU, where students obtained clinical experience with sports such as Judo, Tai Kwon Do and Wu Shu in a facility similar to those in the U.S.

Students take a mid-term and a final exam. There were also two clinical exams and a written paper to demonstrate the skills and techniques they have learned. Weekends are saved for sightseeing trips – one to Toroko Gorge, a national park similar to the Grand Canyon, and one to the southern town in Taiwan called Kenting.

Ferrara says it's hard to look too far ahead because the Taiwan program is only in its second year, but he envisions more places from which students can choose.

"I see Taiwan as the foundation," he says. "I'd like to grow this into two or three different sites around the world that students could select. More and more, I think all college students want to study abroad, particularly when it's specific to their chosen field. It's worth it when you think of the bigger picture that we are in a global marketplace and a global economy. It's important that we expose students to as many cultures as possible. It can only benefit our profession."

Learning on the Job

Jen Mangano's successful knee evaluation in the Dominican Republic quickly became a favored topic among the students at Southern Maine. And it was only one of several memorable moments that made the trip worthwhile.

It was a clinic day, where students would speak with residents and evaluate problems. Many complaints were of back pain, and students offered tutorials on proper lifting techniques and exercises. But there were also some serious knee and shoulder injuries brought on by heavy lifting and other intense manual labor. Often, a student would evalaluate the problem, then check with Towne or a nurse for confirmation.

Mangano spoke with a man who complained of ongoing knee pain. He had fallen off a moped nearly three months earlier, and the pain was still intense, the knee still swollen.

Mangano determined the man had a torn ACL. Towne walked over and confirmed it. Mangano says there is something special about your first ACL diagnosis. Something makes it even better when you make the diagnosis without a baseball diamond or soccer field anywhere close.

"Working with all these athletes at Southern Maine, I never felt what a torn ACL was like," Mangano said. "Being the first clinic day of our trip, it boosted my confidence level for the rest of the time. It also felt good that I hope we were able to help this man, who still hadn't been to the doctor about this serious injury. We gave him a knee brace, and I'm still hoping he was able to see a doctor and get it treated properly. I will remember that story the rest of my life."

Such a life-changing story is normal, Towne said.

"We see students completely change down there," Towne says. "They come back more confident in their decisions and able to communicate more effectively with everybody around them. We get some of the athletic trainers at school coming to us and asking, 'Hey, what happened to Jen? She's a totally different person this year.' We see it every single time."

Big Program on Campus

Kugler at Chapman says study-abroad opportunities not only help the ATEP image nationwide, but also establish athletic training as a leader at the university.

"This concept has grown considerably over the past 3-5 years," Kugler says. "I think there is an overall push in higher education to globalize students at all universities. Our university has been very supportive when it comes to global education classes, not just with us but all across the campus. And our study-abroad inititiative has brought our athletic training program a certain amount of notoriety on campus. It has helped establish us as a fine major, a recognized major."

Kugler's study-abroad clinical rotation features two month-long trips – one to Germany and Switzerland in even-numbered years and one to Australia in odd-numbered years. He has opened the opportunity to students who don't attend Chapman.

The Australia rotation includes a trip to the Australian Institute of Sports, where students learn different techniques from Australian health care professionals, such as message therapists, sports physiotherapists and strength/conditioning experts. Exposure to rugby, cricket, tennis and net ball are featured at the Victoria Institute of Sports in Melbourne.

Students also get to mix in a fair amount of sightseeing. Matt Quijano learned so much on the initial Australian rotation in 2007, he went again earlier this year.

"I feel like, down there, they work a lot more with the whole kinetic chain," Quijano says. "Here, an athlete complains of pain in the knee, and we look at the knee. Down there, they look at the foot, the hip, the back and the whole body to try to figure out where this pain is coming from – then they look at the knee. It seems to be a little more hands on. I'm definitely planning to use some of those techniques in my career."

Kugler said it would be nice to offer students more opportunities, but at a better price. That will come with collaboration, he says.

"With bigger groups, we can get the cost down," Kugler says. "We've opened ours up to students everywhere, and we've invited certified athletic trainers as well to come in as educators and present and teach. It's simply cheaper to take a group of 25 rather than a group of 10. To expand this and make it available to more students, we need to work together."

Pushing the Borders

Five years ago this summer, Gibson had a student who was a double major in German and athletic training. The student, Michael Koroch, wanted to do an internship in Germany. Gibson set up a meeting with a faculty member at Johann Goethe University of Frankfurt. Helped by the sister-state relationship between Wisconsin and Hessen, Gibson says he was able to set up the internship in about 8.5 minutes.

"The faculty member said, 'Yes, I have a clinic. Yes, it's done,' and that was it. Then he asked what else we needed," Gibson says. "We talked for 2.5 hours about the potential for athletic training in Germany.

"I went back the following summer and taught a course to about 45 German students," Gibson continued. "I sent a colleague over, and she had 65 students in her course. She taught an abbreviated upper-body assessment course. Now, we have 80 kids who want it. We're doing this so they can offer an athletic training concentration at their university."

From that initial visit and those courses, the past five years have been filled with collaborative efforts between Wisconsin-La Crosse and Hessen.

Gibson says it got him thinking about the possibility of an International Sports Medicine minor. It would be a 24-hour course, and students would have to be proficient in German – medical German, not just conversational language skills. There are still plenty of questions to be answered, such as what classes to offer in Germany. "And what's CAATE going to say about this?" he asks. "It's complicated, but we're still trying to figure out how to do it."

The motivation is three-fold: "It increases scholarly productivity and collaborative work between institutions. It gives our students a study-abroad opportunity and a cultural exchange, and it introduces the profession of athletic training to the European Union," Gibson explains.

"Our students want this experience, and if it helps spread this profession worldwide, then the educational system should formulate programs that allow it."



Those who traveled to Greece on the Collegiate Sports Medicine Foundation journey sit at an ancient amphitheater in Athens. Pictured (L-R, Top to Bottom): **Cat Stemmans**, **Brian Anderson**, **Mitch Meszaros**, **Christa Robinson**, **Noelle Hoag**, **Bryan Bates**, **Christine Howard**, **Megan Bogdanski**, **Kim Stoudt**, **Allison Austin**, **Maggie Devlin**, **Eric McCrudden**, **Katherine Ritzdorf**, **Katelyn Kinney**, Nova Southeastern Clinical Coordinator and Assistant Professor **Pradeep Vanguri**, PdH, ATC, **Kim Becker** and **Millie Dorminy**.

Taking Care of Business in San Antonio



** Editor's Note: Registration for the 60th NATA Annual Meeting opened about a month ago, and the program is now receiving final touches. The list of reasons you should register stretches out the door: to keep up with professional developments, network with colleagues, catch up with old friends, support the association, hear the NATA presidential candidates, learn about important NATA business, visit the Trade Show, meet with leaders, browse the Career Center.*

But our Young Professionals Committee, always forward-thinking, knows you know why you should attend. Now, the YPC wants you to focus on the next step: what sort of image you project at the Annual Meeting.

Text **Raechel Cunningham, ATC**

Consider the gauntlet thrown down onto the Henry B. Gonzalez Convention Center floor.

Dress for success in San Antonio or…well, really nothing. But the Young Professionals Committee's is challenging you to step up the "look" of the Annual Meeting. When you do, you stand a good chance of being recognized as a positive example.

"Dress to Impress" this year in San Antonio, is the YPC battle cry.

It's actually a serious matter, in my opinion.

If we attend professional meetings in khaki shorts and our school polo – the same thing we would wear to a ball game – can we expect others to take us seriously as health professionals? Are we even taking ourselves seriously? How do presenters who come from all over the country perceive us? How do we perceive others we see in the hallways and auditoriums?

Attire always seems to be a sensitive subject in the workplace due to differing responsibilities, but Annual Meeting attire should be easier to tackle. (After all, a dress code is already in place.) While many people have stepped it up from shorts, T-shirts and running shoes, we can do better, and I strongly believe we should do better.

The Annual Meeting official guidelines for attendee attire call for "business casual," which is khakis with a sweater or golf shirt at the minimum. If we want to gain proper recognition as a profession, we all need to take responsibility for promoting a positive professional image. At this year's meeting and at a few key sessions, the Young Professionals Committee will be on the lookout for individuals who have raised the level of dress for the Annual Meeting and will be handing out "YPC Approved" stickers.

If you attend the YP Lounge Networking event on Thursday from noon to 2 p.m., the Young Professionals Panel Discussion on Friday from 7 a.m. to 9 a.m. or Face Time on Friday from 9:15 a.m. to 10:45 a.m., the YPC will be on hand to recognize you. Don't think you'll miss out if you miss these events, though; we will be "sticking" people all week – and some will even be featured in the *Convention Daily News*.

We will also run a small contest for individuals and groups to be recognized as "The Best-

Dressed of San Antonio" in the *NATA News*. On Saturday from 11 a.m. until 12:30 p.m., YPC members will browse the Hall of Fame area, manned with cameras to find the sharpest dressers. So save your best outfit for last.

YPC Contest: The Categories

Best-Dressed Female
Best-Dressed Male
Most "Flags"
Best Alumni Group
Best-Dressed Student Group
Best-Dressed Young Professionals Group
Best-Dressed Hall of Famer
Best-Dressed Board of Directors Member
Best Accessory (tie, briefcase, necklace, etc.)

What's Business Casual?

For Men

Ties are not required for men when dressing business casual. High-level business casual includes suits worn with dressy sport shirts or fine-gauge knits and tailored separates. Dress slacks, collared sport shirts that do not require a tie, fine knit shirts, sweaters and sport coats are perfectly fine for business casual. Low-level business casual includes khakis, chinos and knit golf shirts.

For Women

Pantsuits, tailored separates, such as skirts, slacks, blouses, sweaters, sweater sets, and jackets are acceptable for women dressing business-casual. Closed-toe/closed-heel shoes or slingbacks maximize a businesslike look.

Create Your Game Plan

The **Attendee Itinerary Builder** is back and better than ever! With keyword and speaker search capabilities, you can easily pinpoint the events that interest you most.

The 2009 Itinerary Builder will allow you to create and print your ideal convention schedule – your customized game plan – all while preventing you from getting double-booked.

The FREE Itinerary Builder opened in conjunction with attendee registration on March 2. Find it online at www.nata.org/SanAntonio2009. (Once there, click "Symposia" and then "Itinerary Builder.")

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Meet Your New Board Members!

Two new faces will join the NATA Board of Directors in June as the leadership of District Three and District 10 transitions. Meet Marty Baker, ATC, and Russ Richardson, EdD, ATC, your incoming board members. Baker takes the reins from NATA Vice President Charles Rozanski, MEd, ATC, LAT, and District 10 Director Barrie Steele, MS, ATC, LAT, passes the baton to Richardson.



Marty Baker, ATC

Please give us a brief chronology of your career.

MB: I graduated from State University of New York, College at Brockport in 1979 with a degree in biology, major in chemistry and a teaching certification. While at Brockport I took classes for athletic training and was eligible to sit for the certification exam by way of the internship route. After undergrad, I attended Indiana State University, where I got a master's degree with a specialization in athletic training. I took the certification exam – it only had two parts at that time – by way of the curriculum route after graduating from ISU in August 1980. Later that month, I started to work for Elon College, where I continue to work 28 years later. My tenure at Elon has allowed me to serve as the head athletic trainer (for 26 years) in addition to serving as program director, guiding Elon's ATEP to its initial accreditation. In addition to my current sport responsibility of women's basketball, I coordinate our athletic insurance and serve as associate head athletic trainer.

RR: I have been an AT or ATS since I was in the eighth grade! I began in this profession by plugging bloody noses in our community AAU wrestling program at age 13. Then, as a high school student, I worked under the guidance of our coaching staff (there were no ATs in Dillon, Montana, at that time), who taught me how to tape and provide basic medical care. I then attended Western Montana College (now University of Montana-Western) and earned my undergraduate degrees in sports medicine, industrial arts and physical education. From there I was a graduate assistant at CSU Fresno, where I worked as the AT for Hoover High School and then Kings River College. I worked for KRC for five years as a teacher and athletic trainer prior to being hired as the head AT at Whitworth University. This is my 21st year at Whitworth, and I am currently the ATEP director. While working at Whitworth, I also earned my doctorate in education from Washington State Universit,y specializing in higher education curriculum and instruction.

What was your first volunteer role?

MB: Our then-District Director Rod Walters asked me to serve as the district representative to the History and Archives Committee. While on that committee I was tasked with developing an outline for "Far Beyond the Shoebox: 50 Years of the National Athletic Trainers' Association," by Richard G. Ebel.

RR: My first volunteer experience with NATA was in the mid 1980s when ATs in California first attempted to regulate practice (the Montoya Bill – which failed). I continued to volunteer throughout the years in a number of capacities, and the highlight of my service was when Gov. Chris Gregoire of Washington signed the AT Licensure Act into law (Spring 2008). I was one of the co-authors and negotiators for the bill.

Why did you keep volunteering?

MB: I believe service to any worthwhile entity is the most meaningful way to demonstrate your commitment to that endeavor. In today's busy world, the giving of your time and energy illustrate how important that entity is to you. NATA has always been there for me, starting as a student, and it continues to represent my professional interests to this day. I continue to be involved with NATA because I believe strongly in what it stands for and the work it does on behalf of the athletic training profession. I draw great pleasure working on behalf of the profession and its members.

RR: I have been volunteering most of my career in some capacity. Serving my profession is simply an extension of my Christian faith and of how I try to live my life. I believe we serve in areas important to us, and without servant leaders, our association would be non-existent. Being part of something (like the NATA) that is bigger than myself is an incredible opportunity with enormous responsibility. It is also a great deal of fun.

What are your goals as a board member?

MB: To work with my colleagues on the board to address the challenges that confront us and to be agile enough to respond to those unanticipated issues that await us. Specifically I look forward to enhancing the reputation of athletic training in every facet of health care, as well as getting the general public to see the value our profession can bring to the care of any patient population. We must continue to define ourselves to our constituents and demonstrate the value we provide our patients. I want others to feel as strongly as I do about the profession and to have athletic training viewed as a necessary component to a quality health care experience.

RR: My first goal is to work with my colleagues and board members to move our profession to the next level professionally. I am a traditionalist in my education and background and want to honor the history and tradition that is the foundation of our profession, while encouraging our growth into emerging practice venues. A second goal is to work hard to honor and recognize those who have contributed to our growth as a credible medical profession. My third goal is to listen to the needs and concerns of our students and young professionals. These people are the future of our association and need to continue to be heard.

How will the profession change in the next three years?

MB: I believe we will see new job settings for athletic trainers because of successes in legislative issues as well as recognition from peer professions. I envision athletic trainers becoming a recognized necessity if the goal is to provide a quality health care experience. Finally, that our expertise will be sought out by our peers when establishing standards and guidelines as they relate to health care.

RR: I expect that our profession will change significantly in the next 3-5 years. As we become more significant players in the national and international health care venues, we will need to continue to sharpen our skills and improve our image related to health care. I anticipate our relationship with organizations like the APTA will be strengthened (yet still remain complex, controversial and sometimes contentious). I also expect our skill set as health care providers will continue to be expanded.

Why and how should athletic trainers support the profession?

MB: I believe if each athletic trainer looks at what NATA has to offer, they will see the value in membership: they will benefit as individuals from their association with NATA. As a membership, with the clarity of one voice, we can accomplish much more together than we could as individuals. Each member should look at the association as well as the profession and ask what skills s/he possesses that would allow him/her to add value to the association, the profession and, ultimately, to himself/herself.

RR: From my experiences as an AT and a member of the association (29 years), I am confident there is a role for every person in our profession to contribute to our future and continued success. Each member's gifts, skills and abilities need to be utilized, whether as a leader in front of thousands or behind the scenes in our local communities; all contributions are needed. The opportunities are limitless and each member's expertise is needed now more than at any time in the history of our profession. Just get involved! The voice of a member, actively involved, carries significant value. The voice of an uninvolved, cynical, grumbling critic is meaningless. Choose your voice!

What else should NATA members know about you?

MB: I am eagerly looking forward to my tenure on the board. The future will always hold challenges, but I am confident that as a board, a membership and as individuals, together we can meet those challenges and continue to move in a positive direction.

RR: My wife Debi and I have been married for 23 years. We have three great kids (millennials) who are all students at Whitworth University. Alicia is a senior graduating this spring in elementary education. Karl is a junior with a communications major and a minor in ministry. James is a sophomore with a double major in history and special education and a minor in coaching. We are all avid winter sports enthusiasts (skiing and snowboarding) and spend the summers together camping and fishing. I am also pretty good with a barbecue grill.



Russ Richardson, EdD, ATC

New Congress, New Bill, New Lobby Team



Capitol Hill Day 2009 kicked off the year's legislative efforts in impressive fashion, with nearly 500 NATA members supporting the cause in person and many more contributing behind-the-scenes efforts.

As athletic trainers fanned out through Congressional offices, Rep. Ed Towns, D-NY, put the finishing touches on H.R. 1137: Athletic Trainers' Equal Access to Medicare Act of 2009, a.k.a. ATEAM.

The bill would improve patient access to athletic training services, allow physicians to choose from a wider range of qualified health care providers, and restore the ability of athletic trainers to work incident-to a physician. (Support ATEAM now! It's easy and convenient, via the NATA Legislative Alert Center at www.nata.org/members1/documents/alert_center.cfm.)

Record-breaking Capitol Hill Day attendance and the new bill were complemented by the presence of NATA's new lobbying team from Drinker Biddle and Reath. Managing Government Relations Director Ilisa Halpern Paul, with Government Relations Directors Jim Twaddell and Jeremy Scott, took some time to discuss Capitol Hill Day and answer a few questions about the outlook for NATA's legislative priorities.







Q: You met a lot of athletic trainers during Capitol Hill Day. What are your impressions?

We were very impressed by the enthusiasm and preparation of the NATA members. We work with a number of health professional organizations and we have found the key to legislative success is a well-organized membership that is enthusiastic and prepared to meet with their elected officials. In our view, NATA members are the association's greatest assets; we are honored to be working with NATA staff and members.

Q: How did Capitol Hill Day go, in your estimation?

Based upon our observations of Capitol Hill Day activities, the meetings we attended, and the report-backs we heard and received, we think it was a great success. We know a number of members of Congress expressed interest in discussing NATA's legislation in more detail after meeting with athletic trainers from their home districts and states.

Q: What should NATA members expect as we continue our legislative efforts?

The legislative process and action by Congress is not something that occurs overnight. However, the urging and prompting of members of Congress by their constituents certainly helps move the needle in our direction. NATA members can expect a full-out push by the NATA staff and the Drinker Biddle team to immediately capitalize on the success of the NATA Capitol Hill Day. In addition, NATA members should keep an eye out for regular updates on our progress and calls to action when we need the membership to help reinforce our efforts.

Q: How can every athletic trainer make a difference to this initiative, regardless of practice setting, budget, etc.?

NATA has made it very easy to support the *Athletic Trainers' Equal Access to Medicare Act of 2009* (ATEAM), H.R. 1137, regardless of your practice setting or resources. First, we recommend that members visit the NATA Web site and use the Congressional contact system to send your senators and representatives a message requesting their support of the ATEAM bill. Second, please take a few minutes to call your representative and schedule an in-person meeting with him/her in the local district office. Members of Congress typically leave Washington on Thursday nights to head home, leaving them available for constituent meetings on Fridays, over the weekend, and on Mondays. Additionally, we encourage everyone to attend their Representative's town hall meetings or other local events open to constituents; these are excellent forums to raise the importance of this legislation, provide background and education about the role athletic trainers play in the health care system, and ask for support.

Q: Why is it important?

The participation of NATA members in carrying the message about the ATEAM bill is the key to success. Those of us in Washington can plan a legislative strategy and provide guidance on the most effective methods of influencing Members of Congress, but it still comes down to the individual contacts Members of Congress have with their constituents that makes the difference in legislation gaining support and becoming law. If

»



NATA members want the ATEAM bill to become law, for the federal government to recognize your profession, you have to get actively involved.

Q: What's our biggest challenge?

While this session of Congress promises to be legislatively rich in terms of health care matters, it also poses a challenge for organizations to have their voices and priorities heard through all the "noise." An additional and related challenge is that every health professional organization is seeking to play a role in the discussion of reforming the U.S. health care system. However, based upon the response we received from the NATA Capitol Hill Day and the positive message NATA members have to share about the important role athletic trainers play in providing quality care, we will be able to meet and overcome these challenges.

Q: What's our biggest strength?

NATA's biggest strength is its members. Again, the enthusiasm and hard work of NATA members will make the difference in the success of building support for and enacting the ATEAM legislation.



Athletic trainers from across the nation pause for pictures outside the Capitol before heading inside to meet with legislators.



Future Looks Bright

iLEAD Showcases Student Strengths

Underscoring the burgeoning strength of tomorrow's leaders, athletic training students flocked to the inaugural iLEAD seminar in February, held in conjunction with the Athletic Training Educators' Conference and NATA Capitol Hill Day.

Judging from that event, the profession will be in good hands as the next generation matures into leadership positions, said organizer Teresa Foster Welch, CAE, NATA associate executive director.

"This was truly a great group," Foster Welch said. "These students were enthusiastic, motivated, professional, appreciative, eager to learn. I wish all the members could have seen these future leaders! It's very clear they're up for the task."

Participants of the pilot program, dedicated to helping identify and foster leadership traits, had to apply and be chosen by their state associations; some students also organized fundraisers to pay their travel expenses. The event itself was sponsored by Schering Plough/Tinactin, Cramer Products and Sports Medicine Concepts.

iLEAD and its organizers, sponsors and participants gave students an unprecedented opportunity, said California delegate Holli Vandeman of CSU, Fullerton.

"iLEAD helped me realize what type of leader I am," Vandeman said. "Following the conference, I found myself appreciating everybody's individual qualities a little bit more than I did before."

Fellow California delegate Linda Duong of Chapman University said meeting student leaders from all across the country made it easy to be excited about the profession.

"There are so many opportunities to make a difference, and the profession itself is undergoing so many changes it's important to have people who are involved and willing to step up," Duong said. "You have to view this association like a family. Each person plays a part, and we are strongest when we are together – so I encourage all students to take part."

iLEAD included career roundtables, a Myers-Briggs assessment session, mock interviews, resume reviews and more. Many participants then stayed for Capitol Hill Day – a lesson in itself.

"I would highly recommend more students to register for the program next time," Vandeman said. "All of us in California are still and will remain fired up about iLEAD and Capitol Hill Day. Within less than a week's time, our District Director (Scott Sailor) created a 'Cause' site on Facebook regarding the ATEAM bill, and by Day Six we had 2,500 members joining the page. It goes to show that athletic trainers are motivated and united!"

Next Up: 2011

Based on the inaugural event, iLEAD is likely to become a regular occurrence with the Athletic Training Educators' Conference, which is next slated for 2011. Watch for updates about how to participate!

See it Online

View and purchase iLEAD photos online at http://natafebruary2009.shutterfly.com.



NATA President **Marje Albohm**, MS, ATC, (second from left) greets the California delegation at iLEAD. Representing the Golden State are (from left) **Linda Duong** of Chapman University, **Holli Vandeman** of California State University, Fullerton, and **Marissa Bonine** of Long Beach State.

Work in Progress:

Legislative Success Highlights Committee Actions

Text **Jordan Bostic**

Meeting in conjunction with the Athletic Training Educators' Conference and Capitol Hill Day, several NATA committees set ambitious agendas for the year before joining colleagues to visit legislators.

SSATC

The Secondary School Athletic Trainers' Committee works to improve hiring in high schools. Committee members also spoke to athletic training students at George Mason University. Pictured are (front row, from left) Shari Wagner, Jeff Ancheta, Samantha Mills, Erica Rimasse; (back row, from left) SSATC member Torrance Williams, GMU assistant professor Shane Caswell, SSATC Chair Brian Robinson,



SSATC representatives reach out to athletic training students during a trip to George Mason University during the February committee meeting/ATEC/Capitol Hill Day extravaganza.



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curriculum director Amanda Caswell, Sean Venckus, Brandon Augustine, Brian Wright, Knyesha Hilton, SSATC members Cindy Clivio, John Carda and Larry Cooper, and GMU assistant professor Jatin Ambegaonkar.

COR

The Committee on Revenue adopted a collaborative approach this year, sending a COR member to other committee meetings.

The goal is to serve as a resource for revenue issues that might arise during projects other committees undertake.

CUATC

David Weir, ATC, co-chair of the NATA/NCAA/AFCA Pre-Season Football Conditioning Task Force, reported a productive meeting in January. The task force agreed an educational resource is needed to help coaches, strength coaches and ATs understand the most common contributors to pre-season deaths in college football – asthma, sudden cardiac arrest, sickle cell trait and exertional heat exhaustion. The group is now working on these resources.

CEPAT

The Clinical & Emerging Practices Athletic Trainers' Committee created a work group to develop guidelines for employer-based internship programs and finalized plans for pre-convention workshops on performing arts, physician extender and public safety. They discussed educational modules for settings that require specialized knowledge, and they analyzed the preliminary results of their hospital survey.



CEPAT members (from left) are **Jason McCamey**, **Tate Erickson**, **Michelle Padgett**, **Chadron Hazelbaker**, **Lisa Kluchurosky**, **Mark Letendre**, **Elaine Winslow-Redmond**, **Jan Lauer**, **Peggy Houglum**, **Brian Franklin**, Chair **Kathy Dieringer** and NATA staff liaison **Kathryn Ayres**.

GAC

The Governmental Affairs Committee has been busy thus far in 2009.

Athletic trainers in Wyoming won a big victory when the governor signed a bill giving athletic trainers licensure. That brings the tally of states with licensure to 44.

Colorado has a registration bill in the hopper. Mississippi's legislature has placed a bill on the governor's desk that updates the athletic training practice act. Plus, licensure bills are pending in West Virginia, Maryland and Hawaii.

In addition, several states are working to update their state practice acts either this year or next. Arizona faces a sunset review of its practice act next year. Connecticut and California are working hard to protect athletes by addressing the placement of AEDs in schools. Meanwhile, legislatures in Arkansas, Kentucky and North Carolina – in response to tragic deaths of student athletes – are grappling with the issue of athletic trainers in secondary schools.

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Brown Prepares for Leadership Role

Incoming Chair of Education Council Looks at Issues Ahead

Text **Jordan Bostic**



Sara Brown, MS, ATC, is passionate about athletic training education. She has a lot of opinions, and she's never been afraid to voice them.

So when the NATA Education Council chair position became available, a colleague challenged her. Sometimes you complain, Brown remembers him telling her, but what are you going to do about it?

"The way he said it made me realize I could either be part of the change or sit back and watch," she said. That's when she first gave serious consideration to applying for the post.

Now, Brown is poised to follow Education Council Chair Ken Knight, PhD, LAT, ATC, FACSM, when his term ends in June.

Brown brings a wealth of experience to the role. She's the athletic training program director at Boston University, a position she has occupied since 1991. Before that she served as assistant athletic trainer and instructor at Syracuse University, and before *that* she ran the graduate education program at Ohio University, in addition to teaching classes and working as an AT.

"It's an exciting time to be involved in education," Brown said. Though she doesn't officially take the reins until the 2009 NATA Annual Meeting, Brown already has her eye on the athletic training education issues she plans to examine during her tenure.

"There are many issues that we will be examining, and we'll be looking for a wide array of input," Brown said. "We are going to continue the collaborative process that Ken Knight and Chad Starkey have established. I'm lucky to have a great group of people already involved; the current Education Council and its committees have excellent leadership and volunteers."

One issue Brown considers important is whether the entry-level degree for athletic training should be changed from a bachelor's to a master's. The health care providers athletic trainers want to be on par with don't have less than a master's as the entry-level degree, she said. "It was decided four years ago to keep it at the bachelor's degree level, but the environment has changed. It's time to re-examine it again."

Brown wants to facilitate inclusion of evidence-based practice in education. "We need to make EBP friendly to educators, practicing ATs and students. By using research, the needs of the patient and our experiences we can educate students and ourselves to make the best patient care decisions," Brown said.

Brown plans a focus on post-graduate study. She thinks it is important to maximize the graduate athletic training programs so students have many options. Along those same lines, Brown sees a need for developing more doctoral-level education "so athletic trainers can contribute to the body of knowledge."

"We're going to need more post-entry-level programs at whatever level. To do that we are going to need more doctorally trained athletic trainers," Brown explained. "To train those people we need more athletic trainers with terminal degrees who are actively engaged in research.

"It's a whole cycle, but it will take too long if we wait for it to happen sequentially; the steps need to happen concurrently. I think it's a big job."

Brown is counting on collaboration and participation from educators across the country. She plans to solicit feedback, prioritize the issues by importance and then create a progress plan. The idea is to hear people who disagree so Brown can understand the different schools of thought on each issue and make sure everyone is heard.

"We want to make the process as transparent as we can," Brown said. "The chair is the spokesperson, not the one who drives the agenda. We are depending on everyone's participation."

Four Years Later, Knight Confident in Continued Progress

When Ken Knight, PhD, ATC, became the second chair of the NATA Education Council, he set four top goals. Four years later, he leaves a tidy check-mark beside each item:

1. Refine clinical experiences so students develop greater clinical decision-making skills;
2. Work with the BOC and now-CAATE to eliminate open-endedness in the Competencies;
3. Launch and grow an online journal for athletic training educators;
4. Foster communication and a more positive attitude about athletic training education.

"Primarily, we just needed to let things settle in," added Knight, who said the crucial work led by inaugural EC Chair Chad Starkey, PhD, ATC, prompted the number of accredited programs to almost quadruple – all while the profession got used to the idea of an education-only route to certification.

"I did a lot of travel and talking and, most of all, listening," Knight said. "We needed to



stay the course and not panic; we had to let everyone get used to all these new things and express their frustrations and ideas. Too, we had to get people up and running in all those new educational programs.

"The concept of an athletic training educator wasn't extremely well-developed prior to the education reform, so we had a lot of rookie educators and we had to work through the situations that come with that."

As he did with the *Journal of Athletic Training* – and the *NATA News* – Knight has given athletic trainers a forum for new ideas and knowledge: the online-only *Athletic Training Education Journal*. Now in its third year, the communication vehicle has taken root.

"In our first issue we had 3,500 unique hits . . . and 7,000 document downloads," he said. "In 2008 we were at almost 10,000 hits and 22,000 downloads. We're getting information out there for the educators."

Looking forward, Knight sees athletic training education as a continual work in progress. The entry-level degree, post-professional education, the depth of athletic training knowledge, models for site-specific, on-the-job training – all of these issues and more will come to the forefront of athletic training education.

"There's always going to be goals to set and work to be done, or opportunities to advance," Knight said. "I think as long as we all communicate in a positive, constructive manner then we can't help but succeed."



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your information station

Members Win Big for Renewing

NATA members who renew their membership are automatically entered into three prize drawings. This year's grand prize winner, drawn from members who renewed by Dec. 31, is **Robin Wyatt Jones**, ATC, of Morgan, Utah, who won free registration, airfare and hotel to the 2009 Annual Meeting in San Antonio**.** **Jerry MacFarland**, ATC, of Moon Township, Penn., won free registration and airfare while **Chistopher Lemley**, ATC, of Flint, Mich., won free registration. Congratulations to all the winners!

New Research on Diabetes Complications

Study conducted on diabetic foot ulcers

A University of Missouri researcher has found that individuals with Diabetic Peripheral Neuropathy (DM+PN), which can cause foot ulcers and in amputation in extreme cases, may be able to participate in a graduated walking program. Physical activity is recommended for diabetics as a way to reduce the mortality risk and the development of cardiovascular disease, but diabetics with DM+PM have always been advised to stay off their feet. The study compared a control group that didn't walk to a group that participated in a graduated walking program. The walking group did not experience a significant increase in foot ulcers.

"Our study suggests that weight-bearing exercise might be appropriate for people with DM+PN if the patient currently has no foot ulcers, wears proper footwear and is in a walking program that is well-supervised and safely monitored by a medical professional," said Joseph Lemaster, associate professor of family and communication medicine at the University of Missouri.

JAT Editor Takes New Position

Ingersoll will serve as Dean

Journal of Athletic Training editor-in-chief **Chris Ingersoll**, PhD, ATC, will be the new dean of the Herbert H. and Grace A. Dow College of Health Professions at Central Michigan University, effective on June 1. Ingersoll currently is endowed chair of the Department of Human Services at the University of Virginia.

Legend Honored

LSU announces 2009 Hall of Fame class

The late **Martin J. "Marty" Broussard** was inducted into the Louisiana State University Athletic Hall of Fame on March 10. Broussard, who died in 2003, Broussard, who died in 2003, received his bachelors, master's and doctorate from LSU, where the athletic training room is named for him. Broussard lettered in baseball and track and field as a student at LSU in the 1940s. He played professional baseball and then served as head athletic trainer at LSU from 1948-93. He was an athletic trainer for the 1955 Pan American Games and the 1960 Olympics.

Broussard was elected to the NATA Hall of Fame in 1978, the Louisiana Athletic Trainers' Hall of Fame in 1982 and was recently selected for induction into the Louisiana Sports Hall of Fame.

Life Saved in Georgia

AT revives fallen basketball player

Crystal Small, ATC, LAT, an athletic trainer for Fort Valley State University, was covering a women's basketball game against Lane College when a Lane player collapsed, grasped her chest and motioned she couldn't breathe.

After Small initiated CPR, the player began breathing again. By the time the ambulance arrived, the athlete was alert and conscious.

Exercise is Medicine

Get ready to move in May

The American College of Sports Medicine's second Exercise is Medicine™ Month kicks off May 1, so get ready to get active.

Do your part to celebrate physical activity and get people moving. A comprehensive toolkit with resources and information will be available. Go to www. exerciseismedicine.org, and if you have questions contact eim@acsm.org.

Baseball Field Named After AT

Dodson honored by Midland Parks & Recreation Commission

A baseball field in Midland, Texas, will be named after **James "Doc" Dodson**, ATC, LAT. The Parks and Recreation Commission approved the recommendation made by Todd Hullander, president of the Mid-City Little League Association.

Dodson spent more than 30 years as the athletic trainer for Midland High School.

New Scholarships Available
Each fellowship worth $10,000

The Allied Health Research Institute will award four $10,000 fellowships in 2009 to faculty and/or staff from AHRI academic members.

The deadline for applications is May 25. For details, visit www.theahri.org/assets/dpf/ahri_2009_fellowship_rfa.pdf.

Physician Extender Role Explored
Profession is in the news

In February, *Medical News Today* explored the role athletic trainers could play in the national health care shortage. The online news source discussed athletic trainers as physician extenders and detailed the education and expertise of athletic trainers. Read the full article at www.medicalnewstoday.com/articles/138681.php.

New Facility Standards Released
Guidelines address design and operation of medical fitness center

The Medical Fitness Association released the 2009 edition of *Standards and Guidelines for Medical Fitness Center Facilities* in conjunction with Healthy Learning. It contains nationally derived guidelines applicable to the design and functionality of a medical fitness center, as well as sample job descriptions, a facility certification checklist, policies and procedures and industry resources.

Air Medical Transport Guide
NAEMT calls for stakeholder consensus

The National Association of Emergency Medical Technicians has released a position statement on air medical transport safety designed to address the increasing rate of accidents, injuries and deaths occurring in the air medical transport industry. NAEMT supports the development and enforcement of evidence-based, mission appropriate safety standards. The association recommends the federal government bring together all stakeholder groups to reach a consensus on these standards and incorporate them into federal regulation. Check out the full position statement at www.naemt.org/advocacy/naemt_positions.aspx.

Research Analyzes Surgery for Arthritic Knees
Study show positive results

A study examining activity levels of people who underwent High Tibial Osteomy to repair an arthritic knee found they were just as active after the surgery as before. The study examined 65 HTO patients. Before surgery, 88 percent were taking part in sports and recreational activities. After surgery, 91 percent were participating. All of the patients said they were in less pain after having the surgery.

Ergonomic Rules Reduce Work Injuries
Laws lead to significant decrease in claims

A study in the *American Journal of Industrial Medicine* shows rules to protect workers from musculoskeletal injuries reduced worker compensation claims and costs by approximately 50 percent, but companies are unlikely to implement ergonomic rules on their own.

Michael Foley of the Washington State Department of Labor and Industries and his colleagues analyzed a survey of more than 5,000 workplaces from 2001, 2003 and 2005, comparing it to results from 1998 before the law was in place. The study found the number of hazardous exposures decreased until 2003, when the law was repealed. "It is evident that hazard reduction was no longer a priority once the threat of enforcement was gone," Foley said.

Pats on the Back. . .

— To **Thomas Kaminski**, PhD, ATC, FACSM, who was inducted as a Research Consortium Fellow of the American Alliance for Health, Physical Education, Recreation and Dance. Kaminski, director of Athletic Training in the University of Delaware's College of Health Sciences, joins 375 Fellows in the consortium, a member group of more than 5,500 research scholars. Fellows are selected based on evidence of scholarship, including research presentations and publications.

— To **Lori Dewald**, EdD, ATC, CHES, one of five nationwide to become a fellow in the American Association for Health Education. She is the first AT to achieve the honor.

— To **Becky Spurlock**, MS, ATC, LAT, who has been reappointed to the Advisory Board of Athletic Trainers in Texas. Spurlock, who has been an athletic trainer for 29 years and is assistant director of athletics for the Keller School District, will serve on the board until 2015.

— To **Scott McLay**, MBA, ATC, athletic trainer for the Las Vegas Wranglers, on being selected to work the 2009 East Coast Hockey League All Star Game.

— To **Joe Underwood**, EdD, ATC, NBCT, on the release of *Today I Made a Difference: A Collection of Inspirational Stories from America's Top Educators*. Underwood, a Disney Teacher Award honoree, edited the collection of anecdotes from fellow Disney awardees who relate their favorite moments of overcoming obstacles in the classroom.

How to Give Bad News

Text **Leah Washington, MS, ATC**

We have all experienced finding a positive Lachman's test. First we think: "ACL tear!" Then, "How do I tell my athlete?" It is not uncommon to feel unprepared to handle an athlete's emotional response to injury.[1] Athletic trainers often have to give an athlete bad news, yet we do not usually get formal instruction about how best to have this conversation. This actually is a critical moment: how this news is delivered can have a positive or negative impact on the therapeutic relationship.[2]

The first step can be the most difficult to achieve. Ideally, you would have a quiet area to ensure privacy. In the reality of the athletic training facility, this isn't always possible. It is important to at least attempt to create a quite space to cut down on distractions or interruptions.

The second step is to understand what the athlete already knows or might suspect. Asking this question gives you an idea of his/her level of comprehension. This also provides an opportunity to include the athlete from the very beginning of the recovery process. Also let your athlete know negative information is coming so it isn't a surprise.[1,2]

When you share the actual news, be direct but compassionate.[1] Use the vocabulary of the athlete, and ask how much information s/he wants.[3] This is a time of significant stress and the athlete may not be able to handle a lot of detail at this stage.

After you give the news, let the athlete have a moment to process the information. Be empathetic and acknowledge (without judgment) emotions the athlete might be experiencing.[1-3] Though this may not be the first time you have seen this injury, try to appreciate the significance of the situation for the athlete.

Once the athlete has had an opportunity to process what is happening, summarize the main points and give him/her time to ask questions or voice concerns.[3] During stress, we don't always hear things the first time around; you might end up repeating a lot with the athlete; don't get frustrated! Repeat it as often as necessary and answer questions as many times as asked.

ABCDE

Remembering these steps is as easy as ABCDE[1]:

A: Advance planning (quiet space, no interruptions).
B: Build a therapeutic relationship (What does the athlete already know? Give a heads-up).
C: Communication skills (be direct, avoid medical jargon).
D: Deal with athlete reactions (allow time for processing).
E: Encourage and validate emotions (be empathetic and accepting).

Think about this process ahead of time so you can plan *what* you want to say and *how* you want to say it. As ATs, this helps reduce our own anxiety so we can attend more completely to our athletes.[2] Work with a colleague and brainstorm ideas about how to share difficult information. Like any other clinical skill, take the time to practice, so that when the time does come you will feel prepared to help your athletes as best as you can.

References

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Leah Washington is a certified athletic trainer and a PhD candidate in the sport and exercise psychology program at the University of North Carolina at Greensboro. Her research is focusing on coping with athletic injury, confidence and return-to-play, and helping ATs integrate psychological skills into rehabilitation. Talk to Leah at lmwashin@uncg.edu.

AN MRSA RESOURCE KIT FOR HEALTHCARE PROFESSIONALS

Data show that methicillin-resistant *Staphylococcus aureus* (MRSA) is a common cause of skin and soft tissue infections in the general population. To help address this problem, the Centers for Disease Control and Prevention (CDC) is launching a national initiative to provide healthcare professionals and the general public with up-to-date information about MRSA signs and symptoms, clinical management, and prevention.

For healthcare professionals, this kit contains basic MRSA skin infection information, as well as the latest clinical management guidance. It also includes patient materials to support your patient education efforts. These materials include:

- A brochure focused on evaluation and treatment of skin infections in the era of community-associated MRSA. The enclosed outpatient treatment algorithm was co-developed by the CDC, American Medical Association (AMA), and the Infectious Disease Society of America (IDSA)
- A poster with visuals of MRSA skin and soft tissue infections (SSTIs)

We encourage you to share these materials with your colleagues to help inform them about the increase of MRSA in the community and options for treatment and prevention.

Materials to help you educate patients and caregivers include:

- A brochure educating patients about MRSA skin infection recognition, management, and prevention
- A basic MRSA skin infection fact sheet
- Patient-focused posters to display in exam rooms, waiting rooms, and other patient areas

Please consider giving these materials to patients or caregivers when they have concerns or when they need to share additional information with schools, daycares, athletic teams, etc.

To download PDFs or order additional materials, please visit www.cdc.gov/MRSA.

Developed with support from the CDC Foundation through an educational grant from Pfizer Inc.

Student Spotlight



Jessica Falvo
Clarion University of Pennsylvania

Age: 24

Major: Athletic Training

Activities: President of the EATA Athletic Training Student Delegation, Special Olympics (Clarion) Medical Chairperson





What made you decide to go into athletic training?
I started in Clarion with a completely different major and was unsatisfied. I was living in a residence hall with some of the girls in the athletic training program at Clarion, and found myself enjoying studying with them more than doing my own homework! I changed my major my sophomore year and never looked back!

How do you balance being an AT student and your other college life?
You truly do learn how to manage your time well within your four years as an undergrad. I admit it was stressful at first, but after sophomore year everything seemed to fall into place.

What is your career goal?
Ideally I would like to stay within athletic training, but I would like to go into sports counseling as well. I love listening and helping out athletes as much as I can.

What do you do with free time?
I love spending time with my family and friends, and I draw and paint.

What's the best part about athletic training?
The best part is watching athletes progress in their rehabilitation. Seeing their excitement going for the next step in their rehab is so amazing. It is such a rewarding feeling to see the athlete being cleared to play because of your help. To see the smiles on their faces - that's the best part

How did you choose a graduate program?
I have begun the application process for graduate assistantships, and am pretty open-minded to where I want to go. I want to further my education within the medical field in whatever way possible, and if that means traveling to an unknown area, I'm ready and willing!

If you could do anything for the athletic training profession, what would it be?
I would like to stay involved in the profession as much as I can by supporting the young professionals committee.

Where do you see yourself in 10 years?
I see myself continuing to work within athletic training in whatever way possible, and hopefully married with an amazing family, God willing.

Chocolate or Vanilla?
Vanilla

American Idol or American Gladiators?
Neither! The Office!

Call or text?
Texting- I am a texting fiend!

Educational and Fun Opportunity:

"What is the NATA National Quiz Bowl, Alex?"



You know how it feels when you shout the Final Jeopardy answer at the TV before Alex Trebek announces it? (Or that less-smug feeling when you realize you got it wrong?)

Twelve of your fellow NATA members – comprising the Quiz Bowl Planning Team – have been working nearly a year to bring you that chance live and in-person at the First Annual National Quiz Bowl in San Antonio.

On Friday, June 19, teams of students from each of the 10 districts face off in a two-hour showdown (beginning at 4:30 p.m.) to crown a national champ.

Planning team leader Eric Fuchs, DA, ATC, EMT, said the quiz bowl is designed to promote not only athletic training knowledge but also involvement in the association – not to mention good old-fashioned school pride.

"Even though only one team from each district will compete in the National Quiz Bowl, that means many more have competed at district and, for some, state levels," Fuchs said. "This means a large number of students are seeing opportunities to advance their education and network through attending conferences.

"Also, this event, we hope, will create a great experience for all those in the profession to come together and support the future generation of athletic trainers [while cheering for their alma maters]."

The winning team will take home a trophy, prizes and bragging rights following a Jeopardy-style contest designed to showcase athletic training education.

Questions might cover anything from early NATA history to finer points of injury assessment.

"[The quiz bowl] is a chance in a fun atmosphere to see the quality of students who are working hard to become certified athletic trainers," Fuchs said. "[Also], members can get a chance to see and review their own knowledge of athletic training."

Take a Bow

Join us in recognizing the hard work of the Quiz Bowl Planning Team: Fuchs; Jason Bennett, DA, ATC; Andrea Clifford, ATC; Scott Ellis, ATC; Jessica Falvo; Kent Games; Jerry Greeson, LAT, ATC; Pamela Hansen, EdD, ATC; Gregory Janik, MS, ATC; Michelle Landis, MEd, ATC, LAT; Jill Manners, MS, ATC, LAT; and Melinda Terry, MS, ATC, LAT.

Get the Latest

Submit quiz bowl questions, check on nationwide results and find out more at www.nata.org/members1/student/quizbowl.cfm.

District Two

EATA

District Two gave its first annual "NATA D2 EDAC Pay It Forward Grant" during the Eastern Athletic Trainers' Association meeting in Boston, Mass., in January. The recipient was **Melanee Johnson**, MS, ATC, of Rutgers University. As the District Two representative to the Ethnic Diversity Advisory Committee, Johnson worked on the development of a unique initiative designed to recruit and retain ethnically diverse ATs for potential leadership positions.

The Pay It Forward grant was developed over two years and was made public during the District Two meeting in St. Louis in June 2008. It serves as an incentive for ethnically diverse young professionals who enter employment and subsequently remain within the NATA District Two service area. The grant is also designed to identify a pool of ethnically diverse professionals who could assume leadership roles and responsibilities within District Two and NATA in the future. Recipients get their NATA membership dues paid for two consecutive years as long as they remain employed in District Two.

District Two will be supporting and awarding up to three annual grants through a competitive application process. To get more details or to apply, visit www.natad2.org. The application window is from May 1-Oct. 1 each year, with the notification of the award recipients occurring annually by Dec. 15.

New York

Former Buffalo Bills player **Kevin Everett** and **Andrew Cappuccino**, MD, will headline the New York State Athletic Trainers' Association Conference May 29-30 at Syracuse University's Manley Field House. The registration fee of $55 includes eight CEUs.

Sports Medicine Concepts Head/Neck Workshop, on May 29 at Syracuse University's Manley Field House, will cost $60 and offer four CEUs.

Information and registration forms can be found on the NYSATA Web site at http://gonysata2.org, or contact Lisa Malolepszy (315.443.2085 or lmmallole@syr.edu) or Christopher Hobler (607.272.7000 or ckhobler@yahoo.com).



NOCSAE Offers Grants

The National Operating Committee for Standards in Athletic Equipment offers grants to researchers interested in sports injury topics. Since its inception in 1994 NOCSAE, has awarded more than $1.5 million towards research. Grant funding is usually for two years and approximately $100,000 each year.

The next deadline for pre-proposals is May 1, 2009.

For more information visit **www.nocsae.org** or contact:

Fred Mueller, NOCSAE Research Director
CB 8700
Fetzer Gymnasium
Chapel Hill, NC 27599-8700

District Four

Michigan

The 22nd Annual Michigan Athletic Trainers' Society Golf Outing will be held May 19 at the Michigan State University West Championship Golf Course in East Lansing. The registration fee of $75 per player covers 18 holes, a cart and dinner. For more information or to sign up, contact **Dave Carrier**, MA, ATC, at carrier@ath.msu.edu.

Ohio

The Ohio Athletic Trainers' Association held its Third Annual Night with the Cleveland Cavaliers on March 27. The evening started with a symposium on Public Relations and Ethics in Athletic Training and was followed by the game between the Cleveland Cavaliers and the Minnesota Timberwolves.

The 2009 OATA Annual Conference will be held at the Kings Island Resort in Mason, May 15-16. To register or for more information, visit www.oata.org.

Wisconsin

Congratulations to **Steve Nass**, ATC, PT, LAT, on a unanimous appointment to the Athletic Training Affiliated Credentialing Board by the Wisconsin Assembly as ≫

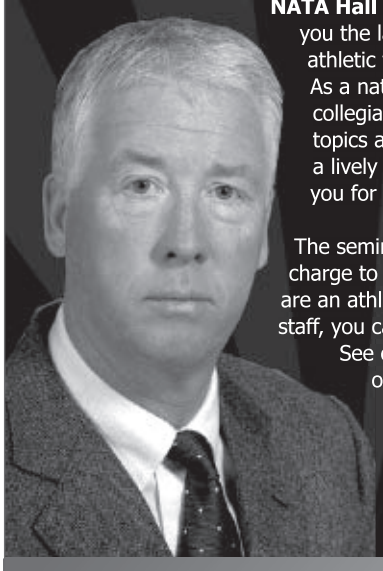
Indiana



NATA President **Marje Albohm**, MS, ATC, visited Indiana University to receive an award through the I Foundation. While on campus she and head athletic trainer **Kip Smith**, ATC, visited with IU senior athletic training students and helped recognize them on-field during the football game.

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Seminar Schedule - City and Date

City	Date
Little Rock, Arkansas	May 11, 2009
Jackson, Mississippi	May 14, 2009
Dallas, Texas	May 21, 2009
Cincinnati, Ohio	May 27, 2009
Salisbury, North Carolina	June 23, 2009
Athens, Georgia	July 7, 2009
Birmingham, Alabama	July 15, 2009
New Orleans, Louisiana	July 17, 2009
Jacksonville, Florida	July 27, 2009
Ft. Lauderdale, Florida	August 1, 2009

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District Four

well as the state senate. Nass now serves as chair of the ATACB. Other board members who are athletic trainers include Vice Chair **Ryan Berry**, ATC, Sec. **Jeanne Brown**, MS, ATC, and **James Nesbit**, MS, ATC, LAT, NASM-P. The Wisconsin Athletic Trainers' Association recognizes their dedicated service on behalf of Wisconsin's licensed athletic trainers and their many and varied populations.

The 2009 WATA Annual Meeting and Symposium will be held April 23-25. This year's program, "Adding Value to Your Practice," offers up to 16 CEUs in a new, three-day format. Featured speaker Michael Collins, PhD, from the University of Pittsburgh Medical Center will discuss head injuries and managing sports concussions.

The new WATA Public Relations Committee Chair is **Jolene Strifler**, ATC, CSCS, and the new Southeast Regional Representative is **Kenny Wilka**, MEd, ATC, LAT. WATA thanks outgoing Southeast Regional Rep. **Jeff Sischo**, DPT, ATC, PT, LAT, for his service.

Illinois

Now's the time to support the IATA-PAC raffle! Participation is vital to the continued success of the association's legislative advocacy efforts in Springfield. Proceeds from the raffle support ongoing efforts to inform and educate legislators about the issues important to athletic trainers throughout Illinois.

Find the raffle online at https://guest.cvent.com/events/register/identityconfirmation.aspx?e=94bd2868-d9ad-49a6-80b6-f54e62421689.

IATA-PAC raffle prizes include a grand prize of $2,500; second prize of $1,000; third prize, $500; fourth prize, $250.

If fewer than 500 tickets are sold, prizes will be drawn in a 50/50 manner with three distributions (grand prize 70 percent, second prize 20 percent and third prize 10 percent), while the second 50 percent of proceeds will go to the IATA-PAC.

The IATA Golf Outing will be held June 29 at the Broken Arrow Golf Club in Lockport, with a 10 a.m. shotgun start.

The IATA needs leaders! Step up to be appointed Public Relations director or Education Committee chair. Contact **Mike Sullivan**, ATC, at sullyatc@comcast.net to be considered for either position.

District Six

SWATA

February was "Hit the Hill Day" not only in Washington, D.C., but also in Austin at the Texas State Capitol on Feb. 9. The Texas State Athletic Trainers' Association gathered nine members to educate 50 Texas House and Senate members about athletic training and what athletic trainers do in the various job settings.

Following the state initiative, 32 members of SWATA took part in NATA Capitol Hill Day in Washington, D.C., speaking with federal legislators about H.R. 1846 and H.R. 1137 and to educate our representatives about athletic trainers. SWATA members in attendance included Director **Brian Conway**, ATC; SWATA President **Dan O'Connor**, ATC; SWATA Vice President **Mike Carroll**, MEd, ATC, LAT; and TSATA District Directors **Josh Woodall**, ATC, LAT, and President **Cathy Supak**, ATC, LAT.

District Eight

FWATA

The 2009 FWATA Clinical Symposium will be held April 16-19 at the Town and Country Resort and Convention Center in San Diego. There will be 18 CEUs available, and the cost is $125 for NATA certified members and $75 for NATA student members. For more information contact **Kristal Slover**, ATC, at kemig@calpoly.edu.

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District Nine

SEATA

The 2009 Southeast Athletic Trainers' Association Athletic Training Student Symposium was held Feb. 6-7 at the Crowne Plaza Ravinia in Atlanta, Ga. The format consisted of a symposium section designed for athletic training students at junior level and below and a workshop designed for senior level and graduate students within one year of taking the NATA Board of Certification examination.

The universal theme of the symposium for underclassmen was "Foundations in Athletic Training," and it had two specific educational tracks, led by Louisiana State University's **Ray Castle**, PhD, ATC. The senior level workshop theme was "Competencies in Athletic Training," which is designed as an examination refresher course for those students entering the final stages of preparation for the BOC certification test. It was led by **R.T. Floyd**, EdD, ATC, CSCS, of the University of West Alabama.

The 2009 meeting had approximately 620 students from eight of the 10 NATA districts, along with some students from Taiwan. The athletic training students represented athletic training education programs from 26 states.

The SEATA Student Senate held its first meeting at the Student Symposium. Top priorities of the group are to increase communication between students and professionals within District Nine, assist in getting students more involved in the profession, and establish a sense of identity for the district. The SEATA Student Senate held its next meeting in Washington, D.C., while attending the iLEAD Student Leadership Conference and Capitol Hill Day.

This year's recipient of the SEATA Memorial Undergraduate Scholarship was **Samantha Hopkins** from Barry University in Florida. **Ashley Dykes** from the University of Georgia was awarded the Jerry Rhea/Atlanta Falcons Undergraduate Scholarship; and **Nathaniel Lang** from Troy University received the Jim Gallaspy Student Leadership Scholarship. The Scholarship Committee is proud of these exemplary individuals who have succeeded in perpetuating the standards of excellence exemplified by athletic trainers.



Media Reviews

***The Athletic Trainers' Guide to Psychosocial Intervention and Referral* — James M. Mensch & Gary M. Miller**

***Baxter's the Foot and Ankle in Sports* — David A. Porter & Lew C. Schon**

***Exercise Prescription: A Case Study Approach to the ACSM Guidelines* — David P. Swain & Brian C. Leutholtz**

Media Reviews Edited by Peggy A. Houglum, PhD, ATC, PT, *Clinical Applications Editor*

The Athletic Trainers' Guide to Psychosocial Intervention and Referral

Authors: James M. Mensch, PhD, ATC; Gary M. Miller, PhD, NCC
Publisher: Slack, Inc
Year: 2008
Pages: 317
ISBN: 13 978-1-55642-733-6
Price: $44.95

The Athletic Trainers' Guide to Psychosocial Intervention and Referral is a much needed textbook and reference addressing psychosocial issues encountered in athletic training and allied health care settings. The text draws on perspectives and expertise from several sources, including psychological counselors, certified athletic trainers, medical field practitioners, and physicians. Arranged in an easy-to-follow, content-specific format, *The Athletic Trainers' Guide to Psychosocial Intervention and Referral* presents psychosocial issues in 11 concise chapters.

The wide array of psychosocial topics provides the reader with an excellent resource to refer to when challenged with atypical health issues in athletic training settings (eg, eating disorders, mental health issues, and catastrophic injuries). Another major strength of this text is the practical application of scenarios presented in each chapter. The book addresses the educational competencies in athletic training education, but it also crosses over into other allied health disciplines. Affective competencies are clearly impressed upon the reader through a variety of interactive educational strategies, such as case studies and mock interventions.

The varied experiences of the authors and contributors to this book are apparent. I particularly enjoyed the style of writing, which promotes critical thinking and classroom discussion. Chapter objectives stay true and consistent, culminating in relevant chapter review questions. Ample references are cited at the end of each chapter if the reader is inclined to further investigate a particular topic of interest. Additionally, Internet and Web-based resources are provided at the end of the book.

At $44.95, *The Athletic Trainers' Guide to Psychosocial Intervention and Referral* is moderately priced for its applicability and content related to athletic training and allied health. Some of the writing has grammar and syntax issues; however, overall, this is a nice text for teaching or referral decision making for the practicing clinician.

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Baxter's the Foot and Ankle in Sports, 2nd edition

David A. Porter, MD, PhD; Lew C. Schon, MD
Mosby Elsevier
Philadelphia, PA
2008
636 pgs.
ISBN: 978-0-323-02358-0
Price: $179

Baxter's Foot and Ankle in Sports is a great reference text for sports medicine professionals who work in a clinical or surgical setting. It would also be a great book for educators as an adjunct resource for teaching the more advanced points of foot and ankle examination, imaging, and injury management. Students just venturing down the road to an allied health career should hold off on purchasing this book until they are farther along in their journey.

Porter and Schon take Baxter's original text to the next level, with updated pictures and charts as well as the most up-to-date clinical and surgical management. A host of outstanding contributing authors make the text easy to read and follow. Some overlap of topics within each section creates redundancy, but the imaging pictures in the text are outstanding and make understanding the pathology and anatomy presented much easier.

The text is divided into 5 sections: "Athletic Evaluation," "Sports Syndromes," "Anatomic Disorders in Sports," "Unique problems in Sport and Dance," and "Athletic Shoes, Orthoses, and Rehabilitation." The "Athletic Evaluation" section is somewhat lackluster, presenting the topic as more case study and anecdotal conversation than a systematic and comprehensive guide. This presentation could make it difficult for the novice practitioner to assimilate the information for practical use.

The "Sports Syndromes" section is the reason to own the book. The authors break down the finer points of examination, imaging, and management of topics including stress fractures, impingement syndromes, degenerative tendon conditions, and neural disorders. Arthritic, metabolic, and vascular disorders are discussed, as well as infectious and dermatologic disease processes. The acute fracture evaluation and management subsection is brief but adequate; those seeking more in-depth information will need to consult other texts. The stress fracture subsection is by far one of the best sections I have read with regard to the

pathomechanics and principles of treatment and management of stress-related injuries.

Section 3, "Anatomic Disorders in Sports," discusses topics including surgical and nonsurgical management of ankle instability, osteochondritis dissecans lesions, subtalar injuries, chronic leg pain, and toe disorders. The ankle instability and toe disorders subsections are well organized and systematic. They provide the salient points for managing the classic lateral ankle sprain and the much less common syndesmotic injury. Turf toe, sesamoiditis, halux rigidus, and toe dislocations are well presented with both surgical and nonsurgical discussions. Section 4, "Unique Problems in Sport and Dance," takes on an international flavor as it discusses specific ankle and foot injuries related to martial arts (including subsections from Japan, China, and Korea), Australian rules football, and soccer (including subsections from Venezuela and the United Arab Emirates). Dance topics and specific considerations for pediatric and female athletes are also addressed in this section. The dance subsection is quite enlightening and truly makes you appreciate the demands placed on the foot by these extraordinary athletes.

The last section, "Athletic Shoes, Orthoses, and Rehabilitation" discusses these points in less detail than I would have anticipated for a book of this pedigree. All the subsections are brief and fail to add a great deal to the fund of knowledge that is already out in publication. However, the basics are covered and presented clearly. The final subsection, "Epidemiology and Management Tips in the Professional Athlete," was interesting reading. This section reads like more of a journal article, with statistical analysis and commentary provided by athletic trainers from a variety of professional sports teams. The epidemiology and demographics add content and weight to the topics previously discussed in the book, as they reflect the reality of occurrence of ankle and foot injuries in sports.

Overall, I feel this text is a very good adjunct resource for any practitioner who interacts with athletes sustaining ankle or foot injuries. The sections are well divided and provide advanced information for the practitioner. The imaging graphics are well done and provide great visual representation of the pathoanatomy.

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Exercise Prescription: A Case Study Approach to the ACSM Guidelines, 2nd edition

David P. Swain, PhD; Brian C. Leutholtz, PhD
Human Kinetics
Champaign, Ill.
2007
199 pgs.
ISBN-10: 0-7360-6680-2
ISBN-13: 978-0-7360-6680-8
Price: $29

The 2nd edition of *Exercise Prescription: A Case Study Approach to the ACSM Guidelines* is a well-written text on the use and interpretation of the 7th edition of *ACSM's Guidelines for Exercise Testing and Prescription.* The case-study approach allows the reader to evaluate the information that an athlete (client) provides to develop a safe exercise program for that specific client. Risk stratification with progression to exercise for specific outcomes and then to exercise for specific populations is addressed. The authors provide examples (case studies) in each situation to assist the reader in using the information for the specific client they are assisting.

Risk stratification information is provided to assist in assessing the client for level of safe exercise. This includes assessing the different components of fitness, goal setting, and exercise prescription. Basic principles of exercise prescription (including V0 reserve) and creating an exercise prescription for cardiorespiratory fitness are discussed. The ACSM's metabolic equations are described, including conversion of units and use with walking, running, leg cycling, arm cycling, and stepping. Exercise prescriptions for situations such as weight loss, flexibility, muscular strength, older adults, and those with heart disease or diabetes mellitus assist readers in providing clients with exercise programs that meet their needs and goals. Additional information is offered for developing a safe exercise program for clients with peripheral arterial disease, chronic obstructive pulmonary disease, hypertension, or pregnancy. Working with children is also addressed.

The appendix provides additional case studies with multiple choice questions (and answers) to further assist the reader in understanding the material presented. The authors also describe procedures for the different situations an athletic trainer may encounter with a client: e.g., exercise prescription may be provided by heart rate, perceived exertion, and/or workload (percentage of heart rate and heart rate reserve). An example of each is provided for the reader.

The text effectively provides a case-study approach that allows the reader to apply the ACSM's guidelines in designing exercise prescriptions for a variety of clients. Although the authors' goal of assisting the reader in preparing for ACSM certification is not necessary for athletic trainers, many athletic trainers are now employed in nontraditional settings, such as sports medicine clinics, exercise facilities, and industrial environments. In these nontraditional athletic training settings, the athletic trainer is likely to provide exercise prescriptions for a number of individuals with different medical histories. Many athletic training educational experiences may not cover safe exercise for nontraditional clients. This text offers the athletic trainer in these settings procedures to provide safe and effective exercise for their clients. In specific situations, the authors include suggestions that differ from the ACSM guidelines, but the authors always indicate same and also provide a rationale for the difference and their specific recommendations.

Exercise Prescription: A Case Study Approach to the ACSM Guidelines should be used by athletic trainers employed in or considering employment in nontraditional settings. The sections regarding weight loss, older adults, heart disease, diabetes mellitus, and exercise for other special situations provides the athletic trainer with information necessary to the nontraditional employment setting. The case-study approach allows the information to be presented in a manner that is specific to clients the athletic trainer may be providing services for and enhances the applicability of the information.

Alan Peppard, PT, ATC
Canandaigua, NY

NATA Bylaws Reflect Changes

The NATA Board of Directors in February revised the association's bylaws, which had not been updated since 2005. Please note the new version.

National Athletic Trainers' Association, Inc.™
(A Texas Nonprofit Corporation)
BYLAWS
Revised February 2009

ARTICLE 1
NAME, OFFICES AND AGENT

The name of the corporation is National Athletic Trainers' Association, Inc. (NATA). NATA shall have a registered office and such other offices and a registered agent as required under the laws of the State of Texas.

ARTICLE 2
PURPOSES

The purposes for which NATA is organized and shall be operated are as follows:

(a) To enhance the quality of health care provided by athletic trainers.
(b) To advance the athletic training profession.
(c) To safeguard and advance the interests of its members by presenting the profession's viewpoints, concerns, and other important information to the media and to appropriate legislative, administrative, regulatory, and private sector bodies and by developing a working relationship with appropriate governmental and private sector not-for-profit and for-profit entities.
(d) To advance members' levels of knowledge through the collection, interpretation, and dissemination of information on subjects appropriate to the profession.
e) To engage in any lawful act or activity for which a corporation may be organized under the Texas Non-Profit Corporation Act.

ARTICLE 3
MEMBERSHIP

3.1 Classes of Members. NATA shall have the following classes of Members. The Board of Directors may create categories within each class.

(a) Certified Members. Certified members possess current National Athletic Trainers' Association Board of Certification, Inc. (BOC) certification (ATC) and are in good standing with the BOC.
(b) Certified-Retired Members. Certified-Retired Members have resigned certification with the BOC and met the *Policies and Procedures Manual* requirements for Certified-Retired status.
(c) Other Members. Individuals who do not possess BOC certification.

3.2 Application for Membership. Applications for membership shall be made to the NATA membership department and must include payment of the applicable national and district dues.

3.3 Membership Standards. Members must comply with the NATA Code of Ethics and NATA's Membership Standards, Eligibility Requirements, and Membership Sanctions and Procedures. Copies of these documents shall be made available to all Members.

3.4 Membership Rights and Privileges.

(a) Certified Members. Each Certified Member shall have the right to one (1) vote on any matter coming before the Members and the right to attend the Annual Meeting and Clinical Symposia, the Annual Members' Meeting, and other national meetings of NATA. Only Certified-Regular Members and Certified-Student Members shall be eligible to serve as Directors and Officers of NATA. Certified Members may serve on Committees, Councils and task forces and as liaisons. Certified Members shall have the right to exercise such other privileges prescribed by the Board of Directors and set forth in these Bylaws and the Policies and Procedures Manual.
(b) Certified-Retired Members. Certified-Retired members shall have the right to one (1) vote on any matter coming before the Members and the right to attend the Annual Meeting and Clinical Symposia, the Annual Members' Meeting, and other national meetings of NATA. Certified-Retired members shall pay no dues and have other rights and privileges prescribed by the Board of Directors and set forth in these Bylaws and the Policies and Procedures Manual.
(c) Other Members. Other Members shall have the right to attend the Annual Meeting and Clinical Symposia, the Annual Members' Meeting, and other national meetings of NATA, but shall have no voting rights and shall not be eligible to serve as Directors or Officers of NATA. Such Members shall have other rights and privileges prescribed by the Board of Directors and set forth in these Bylaws and the Policies and Procedures Manual.

3.5 Membership Dues.

(a) National Dues. National dues for classes of membership shall be determined by the Board of Directors after consultation with the membership and are non-refundable. National dues for the initial year of membership shall be prorated. No dues shall be charged for any retired or honorary membership categories.
(b) District Dues. Where applicable, district dues shall be prescribed by the Districts and shall not be prorated.
(c) Payment. Procedures for payment of dues are approved by the Board of Directors and included in the Policies and Procedures Manual.

3.6 Nontransferability. Membership in NATA shall not be transferable from one Member to another Member or proposed Member.

ARTICLE 4
ANNUAL MEMBERS' MEETING

4.1 Time, Location, Notification. An Annual Members' Meeting of NATA shall be held in conjunction with NATA's Annual Meeting and Clinical Symposia. The location and time of the Annual Members' Meeting shall be published in advance in appropriate NATA publications.

4.2 Purposes. The Annual Members' Meeting shall be held for the purpose of announcing NATA's financial status based on its current audited financial statements, for the delivery of the President's Annual Report, and for the reporting of other information and the conduct of such other business as the Board of Directors may determine is important to NATA and its Members.

ARTICLE 5
DISTRICTS

5.1 Number and Geographic Boundaries. For purposes of the election of NATA's President and Board of Directors, and subject to the provisions of Section 5.2 of these Bylaws, NATA shall be divided into ten (10) Districts. Each voting Member of NATA may only be a Member of one (1) District. These Districts are:

District 1: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont, Quebec, New Brunswick, Nova Scotia.
District 2: Delaware, New Jersey, New York, Pennsylvania.
District 3: Maryland, North Carolina, South Carolina, Virginia, West Virginia, District of Columbia.
District 4: Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin, Manitoba, Ontario.
District 5: Iowa, Kansas, Missouri, Nebraska, North Dakota, Oklahoma, South Dakota.
District 6: Arkansas, Texas.
District 7: Arizona, Colorado, New Mexico, Utah, Wyoming.
District 8: California, Nevada, Hawaii, Guam.
District 9: Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, Tennessee, Puerto Rico, U.S. Virgin Islands.
District 10: Alaska, Idaho, Montana, Oregon, Washington, Alberta, British Columbia, Saskatchewan.

5.2 Division of a District into Two Districts. If (for at least twelve (12) consecutive months) the voting Members of a District constitute twenty percent (20%)

or more of the total voting Members of NATA, that District may, by majority vote at a District meeting, call for a ballot of its voting Members on the question of whether to split itself into two (2) Districts. The ballot shall specify the geographic boundaries that each of the two new Districts would have. If two-thirds (2/3) of the votes cast are in favor of subdividing the District, that District may submit a request to subdivide into two (2) Districts to the NATA Board of Directors. If the Board of Directors, at a meeting at which a quorum is present, accepts the request by a majority vote, the District shall be subdivided into two (2) Districts on the first day of January following the vote of the NATA Board of Directors. The District Director of the original District shall serve as representative of both new Districts until the new Districts shall hold District meetings and elect new District Directors.

ARTICLE 6
BOARD OF DIRECTORS

6.1 General Powers. Management and conduct of the affairs of NATA shall be vested in and controlled by its Board of Directors. The Board of Directors shall possess, and may exercise, any and all powers granted under the Texas Non-Profit Corporation Act and NATA's Articles of Incorporation.

6.2 Qualifications of Directors. Certified-Regular Members and Certified-Student Members of NATA in good standing shall be eligible for election to the Board of Directors. A Director who ceases to meet the qualifications for Certified-Regular Member or Certified-Student Member status shall automatically cease to be a Director. A Director who ceases to be a voting Member of the District that elected such Director shall automatically cease to be a Director except as provided in Section 5.2.

6.3 Number of Directors. Each District shall elect one (1) Director to serve on the NATA Board of Directors. In addition, the President shall serve as a member of the Board of Directors, but shall have only the voting rights prescribed in Sections 9.1 and 12.2 of these Bylaws.

6.4 Term of Office. The term of office of a Director starts in June following the Director's election and shall be two (2) years, once renewable. Terms shall be staggered. A Director who serves a partial term may then serve two (2) additional terms. A Director is eligible to serve again after a one year hiatus (except for interim Director as provided in Section 6.8) *[This substantive change was approved by the districts and the board in August 2008.]*

6.5 Election of Directors. Each District shall be responsible for conducting the election of its Director. Only voting Members of NATA may participate in the Director elections.

6.6 Removal. The voting Members of a District may remove their Director from office at any time, in accordance with such District's own rules, regulations or other procedures, so long as such rules, regulations or procedures are not in conflict with the NATA Articles of Incorporation, Bylaws, or Policies and Procedures Manual. District voting Members may, at the same time they remove a Director, elect a replacement Director, so long as only voting Members of NATA participate in each vote.

6.7 Resignations. Any Director may resign at any time by notifying the President in writing of such Director's resignation. Such resignation shall take effect at the time therein specified.

6.8 Vacancies. In the event of the death, resignation, retirement, removal or disqualification from office of a Director, an interim replacement Director will be appointed in accordance with the District's rules, regulations or other procedures until a new Director is elected.

6.9 Meetings. There shall be an Annual Meeting of the Board of Directors, which shall be held in conjunction with the NATA Annual Members' Meeting. Other meetings of the Board of Directors may be called at any time by the President or at the request in writing of a majority of the number of Directors then in office. Minutes of all Board meetings shall be taken.

6.10 Electronic Meetings. Members of the Board of Directors may convene using technology rather than an in person meeting as long as there is an audio component whereby participants can hear each other.

6.11 Notice of Meeting. Notice of the time and place of every meeting of the Board of Directors shall be given to each Director. For regularly scheduled meetings, Directors shall be given at least fourteen (14) days notice, and notices shall be delivered by generally accepted means to an address supplied by the Director. If the President or Executive Director determines an extraordinary meeting is needed due to exigent circumstances, notice must be given to Directors at least twenty-four (24) hours in advance. An agenda of the business to be transacted at any meeting of the Board of Directors shall be included with the notice.

6.12 Quorum. A majority of the number of Directors who are elected by the Districts and are then in office shall constitute a quorum at a meeting of the Board of Directors. Directors present at a meeting by proxy may not be counted toward a quorum.

6.13 Action by Majority Vote; Proxy Voting. Each Director shall have one (1) vote, except that the President shall have only the voting rights described in Sections 9.1 and 12.2 of these Bylaws. An affirmative majority vote of eligible voting Directors at a meeting where a quorum is present shall constitute action by the Board of Directors. A Director may vote in person or by proxy executed in writing by the Director. No proxy shall be valid after three (3) months from the date of its execution. Each proxy shall be revocable unless expressly provided therein to be irrevocable and unless otherwise made irrevocable by law. Only Certified-Regular Members or Certified-Student Members from the same District as the Director issuing the proxy may be named as proxies.

ARTICLE 7
COMMITTEES

7.1 Committees of the Board. Committees of the Board may be established at any time by the Board of Directors. The authority, responsibilities, and organization of each Board Committee shall be set forth in the NATA Policies and Procedures Manual.

7.2 Standing Committees.

(a) **Presidential Nominating Committee.** The Presidential Nominating Committee is comprised of eligible presidential candidates not seeking nomination. This includes current and past Directors going back four years from the time of nomination. Those who declare candidacy shall not serve on the Nominating Committee and shall not vote. The immediate Past President will be asked to participate ex-officio on the Nominating Committee to cast a vote to be used in case of a tie.

(b) **Finance Committee.** A Finance Committee will be appointed by the President to oversee the NATA budget and other financial matters as delegated by the Board.

(c) **Other Standing Committees.** The Board of Directors may establish other Standing Committees from the membership of NATA.

(d) **Organization and Procedure.** Standing Committee Chairs shall be appointed by the President and approved by the Board of Directors. Standing Committees shall be governed by the rules set forth in the NATA Policies and Procedures Manual except as specifically provided in this Article 7.

7.3 Other Committees. Ad Hoc Committees whose authority is limited to that of advising the Board of Directors shall be established by the President or the Board. Ad Hoc Committee Chairs shall be appointed by the President.

7.4 Notice of Meeting. Committee meetings may be called by the Chair of the Committee upon actual notice to each member by generally accepted means to an address supplied by the member for such purposes.

7.5 Quorum. A majority of the whole number of Committee members, but in any event not less than two (2) persons, shall be necessary and sufficient to constitute a quorum for the transaction of business at a Committee meeting.

ARTICLE 8
OFFICERS

8.1 Officers. NATA's Officers shall include a President, a Vice President and a Secretary/Treasurer.

8.2 President.

(a) **Nomination.** If more than two (2) candidates choose to stand for election, the Presidential

Nominating Committee shall (subject to qualifications contained in these bylaws) nominate two (2) candidates for President at the Annual Meeting one (1) year prior to the expiration of the current President's term. Each candidate must be a Certified-Regular Member or a Certified-Student Member, and must have been a Director during some portion of the four-year period prior to the nomination. *[Approved by the districts and the board in August 2008.]*

(b) **Election.** Elections shall be conducted in an orderly, efficient, equitable and secure manner. A ballot shall be sent to each Certified Member. An election shall not be held if there is only one candidate. The candidate receiving the largest number of votes shall take office as NATA's President at the next Annual Members' Meeting.

(c) **Term of Office, Re-election.** The term of office of the President shall be three (3) years. With the exception of a Vice President who advances to fill a partial term as President, the President may not serve more than one (1) term. *[Approved by the districts and the board in August 2008.]*

8.3 Vice President.

(a) **Nomination.** Members of the Board of Directors shall nominate one (1) or more Directors for Vice President of NATA.

(b) **Election.** The Board of Directors shall elect the Vice President by majority vote.

(c) **Term of Office.** The term of office of the Vice President shall be one (1) year.

8.4 Secretary/Treasurer. The Chair-Finance Committee, who shall be appointed by the President pursuant to Section 7.2 (d) of these Bylaws, shall serve as the Secretary/Treasurer of NATA.

8.5 Vacancy, Resignation, and Removal.

(a) **Vacancy and Resignation.**

(i) Voluntary. An Officer may resign at any time by notifying the Board of Directors or the Executive Director in writing.

(ii) Automatic. An Officer shall be deemed to have resigned and the Office shall be deemed to be vacant when such Officer: (A) resigns membership in NATA, (B) ceases to be a Certified Member in good standing of NATA, (C) dies, (D) ceases to be actively involved in the profession of athletic training, or (E) in the case of the Vice President, ceases to be a Director. If there is disagreement between an Officer and the Board of Directors with respect to whether one or more of these events has occurred, the Board shall decide the matter in the same manner as provided in Section 8.5 (b).

(b) **Removal.** An Officer may be removed by the Board of Directors under conditions set forth below. At an in-person meeting of the Board, the Officer whose removal is being considered will be given a full opportunity to discuss and respond. The Officer shall be removed if a four-fifths (4/5) vote of Directors not personally involved in the matter determines that one or both of the following has occurred:

(i) Conflict of Interest. The Officer has entered into a relationship that creates a significant conflict of interest with the goals of the NATA or the rights and obligations of the Office.

(ii) Incompetence. The Officer is no longer able to fulfill the obligations of Office competently.

8.6 Filling a Vacancy. If the President resigns or is removed or if the Office of President becomes vacant due to another cause, the Vice President shall assume the Office of President for the remaining part of the President's term. If the Vice President is unable to assume the Office of President, a special election shall be held to fill the Office of President. In the interim, the Board will appoint a Chair to preside at board meetings and fulfill any necessary presidential duties. If the Vice President resigns or is removed or if the office becomes vacant due to any other cause, the Board may fill such vacancy in the manner provided in Section 8.3 (b). If the Secretary/Treasurer resigns or is removed or if such office becomes vacant due to any other cause, such vacancy shall be filled in the manner provided in Section 8.4.

ARTICLE 9
DUTIES OF OFFICERS

9.1 President. The President shall preside at all meetings of the Board of Directors, and shall cast the Board's tie-breaking vote. The President shall serve as an ex-officio member of all NATA Committees, except the Nominating Committee, and appoint Committee Chairs, subject to approval of the Board. The President shall have general charge of the business of NATA, and shall preside at and make a report to the membership at the Annual Members' Meeting.

9.2 Vice President. The Vice President shall act in the absence of the President, and shall perform such other duties as the Board of Directors may prescribe.

9.3 Secretary/Treasurer. The Secretary/Treasurer shall supervise the keeping of the general records of NATA, including the minutes of meetings of the Board of Directors and members, shall supervise the financial activities of NATA and submit reports to the Board of Directors regarding the same at each regular meeting, and shall perform such other duties as usually pertain to that Office or as shall be delegated by the President or prescribed by the Board of Directors.

ARTICLE 10
CONTRACTS, CHECKS, DRAFTS, BANK ACCOUNTS, ETC.

10.1 Execution of Contracts. The Board of Directors may prospectively or retroactively authorize any Officer, employee, or agent, in the name of NATA, to enter into any contract or execute or satisfy any instrument, and any such authority may be general, confined to specific instances, or otherwise limited.

10.2 Checks, Drafts, Etc. Checks, drafts, or other orders for the payment of money issued in the name of NATA shall be signed by such Officer or Officers, agent or agents of NATA, and in such manner as shall be determined by resolution of the Board of Directors, except as otherwise provided herein.

10.3 Deposits. The funds of NATA shall be deposited in banks, trust companies, and/or investment vehicles according to the Investment Policy approved by the Board of Directors.

10.4 Gifts. NATA Directors, Officers, employees and agents may accept, on behalf of NATA, without prior authorization, a contribution, gift, bequest, or device, unless the gift is made with donor limitations or conditions that require Board approval.

10.5 Fiscal Year. The fiscal year of NATA shall be determined by resolution of the Board of Directors.

10.6 Auditing of Books. At least one month prior to the Annual Members' Meeting, NATA's accounts shall be audited by a certified public accountant. A full statement of the finances shall be submitted to each Director at or before the Annual Members' Meeting. A report summarizing NATA's financial status shall be made to the membership at the Annual Members' Meeting.

ARTICLE 11
WAIVER OF NOTICE

Notice of meetings required in these Bylaws may be waived in writing signed by the person or persons entitled to such notice, whether before or after the time stated therein. A waiver of notice is implied if no objection is raised by a person attending the meeting.

ARTICLE 12
AMENDMENTS

12.1 Substantive Changes. These Bylaws may be altered, amended, supplemented, or repealed after any such changes, approved by the Board of Directors, are submitted to each of the Districts' annual business meetings, and are approved by at least two-thirds (2/3) of the total number of Districts. Any changes so approved shall be resubmitted to the Board of Directors. If the Board of Directors then approves the changes by at least a two-thirds (2/3) vote of the number of Directors then in office (excluding the President), the changes shall thereupon become effective.

12.2 Technical Changes. Technical corrections to the Bylaws may be made by a unanimous vote of the Board of Directors, including the vote of the President. If the Bylaws are altered, amended or supplemented in this manner, the changes shall not become effective until 60 days after the Membership has been advised of the changes.



EMSoft

NATA Official Supplier Sports Medicine Concepts, Inc., offers its EMSoft application to help athletic trainers and sports medicine professionals create, organize, maintain, document, review and annually update an efficient emergency action plan in a fraction of the time, and with minimal effort.

EMSoft users will find the application provides everything required to develop and implement the type of EAP known to be the single most important factor in effective sports emergency care. EMSoft serves as a vital, secure emergency contact information repository, allows users to create and save venue maps, provides for quick and easy creation and maintenance of home and away venue EAPs, permits sharing of EAPs with visiting teams, provides important documentation and record keeping templates and allows remote access to EAP information from any internet ready phone or computer.

For more information visit www.sportsmedicineconcepts.com or call 585.346.0240.

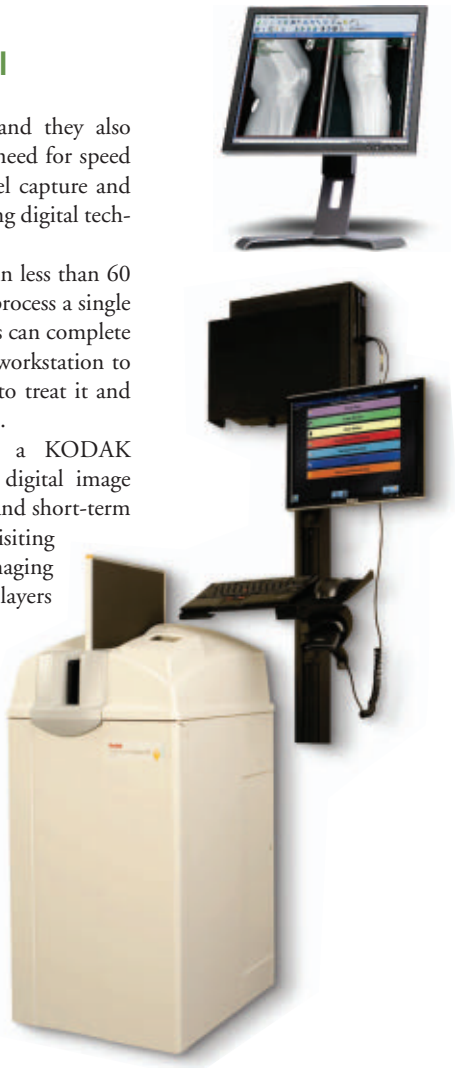
Carestream Health Digital Imaging System

Seconds count on the football field and they also count in the stadium's X-ray room. This need for speed is the reason Green Bay Packers personnel capture and view medical images of injured players using digital technology from Carestream Health, Inc.

Each X-ray image is captured digitally in less than 60 seconds. So in the time it used to take to process a single film image, athletic trainers and physicians can complete an entire imaging exam and view it on a workstation to determine the severity of an injury, how to treat it and whether the player can return to the game.

The imaging solution consists of a KODAK DIRECTVIEW Classic CR System for digital image capture, a workstation for image viewing and short-term storage, a laser printer and a CD burner. Visiting teams also benefit from this digital imaging solution, since medical exams on their players can be burned to CDs for convenient storage and access.

For more information, visit www.carestreamhealth.com.





Premium VersaBar®

Power Systems has introduced the Premium VersaBar® for use in upper-body resistance, lower-body strength and stretching. It comes in nine different weights, ranging from 4 to 36 lbs. to suit users of all levels. The end caps are color-coded by weight for easy identification, and the weight is molded into the cap to prevent it from wearing off. Made of high quality rubber, the end caps won't damage floors and help to reduce noise. The bar is made of steel.

For more information, visit www.powersystems.com or call 800.321.6975.

OtterBox Defender Series™

Stop traffic and turn heads with the OtterBox Defender Series™ case for the BlackBerry® Storm™ smartphone from Research In Motion. Offering complete interaction with the keys, BlackBerry® SurePress™ touch technology, sync/charge, USB port, camera and more, this case provides a captivating combination of looks and defense from bumps, drops and scratches.

Three essential layers on this case safeguard your BlackBerry Storm phone from whatever the day brings: two built-in polycarbonate screens (one over the screen and buttons and one over the camera and flash), high-impact polycarbonate shell and silicone skin to absorb shock.

For more information, visit www.otterbox.com.

The Agenda

Your CEU Opportunities



April 2-3
Dayton Sports Medicine Institute Sports Injury Symposium

Where: Dayton, Ohio
Price: $35-$140
CEUs: 2-7.5
Contact: www.khenetwork.org/dsmi

April 16-19
Rocky Mountain Athletic Trainers' Association Clinical Symposium

Where: Marriott Downtown Salt Lake City, Utah
Price: $50 for RMATA members
CEUs: 25+
Contact: Valerie Herzog, valerieherzog@weber.edu or www.rmata.org/symposium

April 17-19
SCAN Symposium 2009: The Seven Wonders of Wellness

Where: Doubletree Hotel, Scottsdale, AZ
Price: $250-$325; students $90
CEUs: 23.5
Contact: www.scandpg.org or Kimberly LaBounty, 630.617.5153

April 19
"Evaluation & Management of Musculoskeletal Injuries Using Strain/Counter-strain Techniques"

Where: West Chester University, West Chester, Pa.
Price: $140
CEUs: 7
Contact: Scott Heinerichs, sheinerichs@wcupa.edu

April 25-26
Arkansas Athletic Trainers' Association Annual Meeting

Where: Hot Springs, Ark.
Price: $60
CEUs: 12
Contact: BJ Maack, 501.539.3278 or bjmaack@arsportsperformance.com or www.swata.org/aata

May 2
Cloud9Fitness presents "Assessment & Rehabilitation: Shoulder"

Where: St. Louis, MO
Price: $199.99
CEUs: 10
Contact: 314.802.7238, www.cloud9fitness.com or contact@cloud9fitness.com

May 8-9
Third Annual Sanford Sports Medicine Symposium

Where: Sanford USD Medical Center, Sioux Falls, SD
Price: $200 allied health pros
CEUs: 16
Contact: Tryg Odney, 605.328.1727 or odneyt@sanfordhealth.org; www.sanfordhealth.org

May 11-13
"Fundamental Techniques of Evaluation and Treatment for the Spine – Level I"

Where: Michigan State University
Price: $395
CEUs: 20
Contact: 517.432.5018 or www.athletictraining.msu.edu

May 15-16
11th Annual University of Kentucky Sports Medicine Symposium, with keynote by Claude Moorman III, MD

Where: Embassy Suites, Lexington, KY
Price: $175 advance or $200 on-site
CEUs: 10.75
Contact: www.ukyce.com, under "Specialty Orthopedics"

May 15-16
"Basketball-Specific Strength & Conditioning Symposium"

Where: North Carolina State University, Raleigh, NC
Price: $160
CEUs: 10
Contact: www.specificstrength.com

May 16
Polar Bear Conference (Topics: spondylolysis, scoliosis & more)

Where: Kresge Auditorium, Bowdoin College, Brunswick, Maine
Price: $60
CEUs: 6
Contact: Dan Davies, 207.725.3018 or http://athletics.bowdoin.edu/information/at/index

May 27-30
ACSM 56th Annual Meeting

Where: Seattle, Wash.
Price: ACSM member incentive
CEUs: TBA
Contact: www.acsm.org

May 29
Sports Medicine Concepts Head/Neck Workshop

Where: Syracuse University's Manley Field House, Syracuse, NY
Price: $60
CEUs: 4
Contact: http://gonysata2.org

May 29-30
NY State Athletic Trainers' Conference, featuring Kevin Everett & Dr. Andrew Cappuccino

Where: Syracuse University's Manley Field House, Syracuse, NY
Price: $55
CEUs: 8
Contact: http://gonysata2.org

May 29-31
19th Annual "Practical Applications in Sports Medicine"

Where: Riviera Resort & Spa, Palm Springs, Calif.
Price: $255 professional; $105 student; add $25 after May 7
CEUs: 20 (add 3.5 for BLS Pro)
Contact: www.sportfoundation.org or Jim Clover, sportclinic@earthlink.net

May 30
Cloud9Fitness presents "Sport-Specific Training: Running Biomechanics

Where: St. Louis, MO
Price: $199.99
CEUs: 10
Contact: 314.802.7238, www.cloud9fitness.com or contact@cloud9fitness.com

June 4-5
First Annual Lakeside Sports Medicine Conference

Where: Breezy Point Resort, Breezy Point, Minn.
Price: $175
CEUs: 12
Contact: Lara Parkin, 218.820.9608 or parkin807@embarqmail.com

July 9-11
2009 Louisiana Athletic Trainers' Association Summer Educational Symposium

Where: Loews Hotel, New Orleans
Price: $130
CEUs: 13
Contact: www.latainc.org

July 13-15
"Fundamental Techniques of Evaluation and Treatment for the Spine – Level II"

Where: Michigan State University
Price: $395
CEUs: 20
Contact: 517.432.5018 or www.athletictraining.msu.edu

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Send CEU event listings to natanews@nata.org.

The Send-Off



The **Temple University Owls Athletic Training Students Organization** took part in the 14th Annual Martin Luther King Day of Service, joining more than 65,000 volunteers in 900 projects throughout the region. The OATS booth at the Health & Wellness Fair offered hydration and heat injury tips, plus information about athletic training. OATS participants (from left) included Max Ozer, Jessica Clark, Adam Raikes, Sean Dundon, Stephanie Martinez, Kathia France and Tiphanie McKinley.

When **Missouri Valley College** hosted the Women's Collegiate Wrestling national championship in January, MVC's athletic training staff and students were geared up and ready for absolutely anything – unnecessarily, as it turned out, said clinical coordinator David Tomchuk, MS, LAT, ATC, CSCS. "The worst injury for the Women's College Wrestling Association national championships was a men's soccer athlete cut his right pinky toe on his bed in his dorm room."

(Photo by Jennifer Germany)



Florida's **Pine Ridge High School**, led by sports science program director **Perry Revlett**, MA, ATC, LAT, presented a workshop for its athletic training students and EMS Academy participants in February. Six area universities were on hand with career information, and guest speakers included **Ken Schields**, ATC, and **Jim Mackie**, MEd, ATC, LAT. More than 130 students showed up for the lectures, labs and hands-on demonstrations, complete with a visit from a local emergency air transport helicopter crew.

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