

# NATA News



Newsletter of  
The National Athletic  
Trainers' Association  
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## Board Follows Through On Pledge to Make Changes

By John LeGear

The Board of Directors instituted swift and sweeping changes in the NATA's Dallas-based headquarters in November that were designed to streamline the administrative operation and lay the groundwork for the person who will succeed former Executive Director Otho Davis in February.

Staff and budget reductions were the first of what is expected to be a series of measures to be carried out by the Board in the next six months. Board members also tabled consideration of non-essential projects and postponed most new endeavors until they convene again in February.

The NATA's ongoing transition, which began with the move from Greenville to Dallas last May, was dictated by a growing and increasingly complicated health care industry. The NATA's membership has increased by 50 percent, to 13,000, since 1985.

The headquarters staff was realigned on November 29 for seven full-time positions. NATA President Mark Smaha said the realignment was needed to "get back to basics of good personnel management and sound fiscal policy."

He said few if any new home office pro-

jects will be approved until a full-time Executive Director is chosen and in place. The new chief executive will assume a post that was held since 1971 by Davis, head athletic trainer for the NFL's Philadelphia Eagles.

"The Board has been weighing some matters for many months," Smaha explained. "We gave careful consideration to recommendations made last summer by the management consulting company we hired early in 1989. Many decisions were difficult, and there are more challenges ahead, but I'm confident the Board's actions are best for the membership of the NATA."

Coincidentally, staff reductions and new office procedural policies were announced at the same time the NATA closed sale of its former headquarters in Greenville, N.C.

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### Mary Edgerley

On November 10, Administrative Assistant Mary Edgerley completed her service with the NATA. She had been on-site supervisor in the home office for the past 15 years, with responsibilities for managing personnel and internal operations. The Board of Directors, well aware of her contributions to the association and to the profession, presented her



NATA President Mark Smaha's first term has been "challenging."

with a financial benefit package and letter of appreciation, part of which contained the following:

"On behalf of the Board of Directors and the NATA, we would like to extend our gratitude and appreciation for your work, dedication and faithful loyalty to our profession. Through your love and caring service to our association and its members, the National Athletic Trainers' Association has grown and prospered. We thank you for your many contributions and wish you the very best of health and happiness in the years ahead."

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## Secondary School Committee High On Having 'Teaching' Certificate

By David Mooney

College students working toward NATA certification and a career in athletic training are being urged again to obtain a teaching certificate to improve employment opportunities and salary prospects.

Hal Hilmer, chairman of the Secondary School Committee since 1987 and a high school trainer for nine years, said it's more important than ever that newly certified trainers be qualified to teach core curriculum subjects like math, science, history and English.

"We're urging directors of athletic training curriculum and internship programs to help their students understand

the critical importance of earning a teaching certificate in something other than physical education and health," said Hilmer, head athletic trainer at John Hersey High School in Arlington Heights, Ill.

"In some regions of the country, ATCs qualified to teach only physical education clash head-on with coaches who traditionally fill those positions," Hilmer said. "Athletic trainers are fighting an uphill battle if they don't become more diversified."

The NATA estimates that nearly 4,000 high schools, one-fifth of the nation's total, have the services of athletic trainers today. About half are full-time or

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### The Search

The NATA began its search for a full-time Executive Director in August when Lawrence-Leiter, the Kansas City-based consulting firm, announced the opening of the position in a variety of management publications.

To assist in the screening process, Smaha appointed a three-person committee to work with the consulting company: John Schrader, Janice Daniels and Doug May, Directors of Districts Four, Eight and Nine respectively. Smaha also appointed three members of the Board to help NATA accountant Brooks McIntyre prepare a long-range budget. Finance committee members are Joe Godek (Dis-

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# Parents Fight For ATCs in D.C. High Schools

Parents of interscholastic athletes are waging an unprecedented legal battle against the Washington, D.C. public school system for neglecting to provide adequate health supervision at high school sporting events.

"Parents United for the D.C. Public Schools," a group representing 112 parent-teacher associations in the District of Columbia, is suing the city government for failing to comply with "The 1987 Nurse Assignment Act." The law requires the presence of either a certified athletic trainer or nurse at all interscholastic athletic events.

While the issue probably won't be settled until it goes to trial in May, Parents United requested and received a court injunction requiring the presence of medical personnel at athletic events to protect the athletes. To obtain the injunction, the parents group was required to demonstrate that "irreparable harm" could be done if the school district continued to ignore the two-year-old statute by holding games without medical coverage.

During a four-day hearing, Superior Court Judge Nan R. Huhn listened to testimony from District of Columbia officials and Parents United to determine what measures should be taken until the May trial.

"The D.C. school district is violating the first rule of providing a safe environment for the student athletes to compete," said Cathleen A. Massey, an attorney for Morrison and Foerster, the law firm representing Parents United.

"When the Nurse Assignment Act was passed in 1987, the District knew it would cost approximately \$1 million to hire...athletic trainers to get the program started. The school district (still) has no safety program in place and no system for hiring trainers," Massey said.

According to court documents, the school system had not allocated funding for the health care program. As of December, only two certified trainers were available for students, both serving primarily in a volunteer capacity. The health care needs of student athletes are in question at 11 senior high and 25 junior high schools. Athletic participation has not been affected at 15 elementary schools in the District.

## ATCs Testify

Dr. John Powell, chairman of the NATA Research and Injury committee, testified in early October before Judge Huhn regarding the inherent nature of injury in high school sports. Armed with three years of NATA injury statistics, Powell cited the number and severity of injuries occurring today in high school sports.

Barbara Kelly, an athletic trainer at Mount Vernon High School in nearby Alexandria, Va., also testified at the hearing.



*John Powell testified at the D.C. hearings on the inherent risks of high school sports.*

Massey said testimony from both was instrumental.

"During the four-day hearing, we received outstanding testimonies from both athletic trainers who provided hard evidence for the need of proper medical supervision at the high school level," Massey said.

"Dr. Powell provided information on the NATA certification process and why trainers are qualified to work with young athletes. Ms. Kelly supplemented that by explaining the trainer's role in evaluating injuries, something a coach is simply not qualified to handle."

On October 6, 1989 Judge Huhn granted a temporary injunction stating that a physician, nurse or certified athletic trainer must be present for all football, basketball, wrestling, soccer and cross country contests. In addition, she required someone with Red Cross CPR credentials and first aid training to be on site at swimming and volleyball events.

## Student Sidelined

The decision seemed to take the school district by surprise. Since health care professionals weren't immediately available, many games were suspended. Students were forced to sit on the sidelines and wait for further action.

In late November, according to Massey, Parents United received from the NATA the names and addresses of an estimated 300 ATCs working in nearby Maryland, Virginia and in the District of Columbia. The Washington Post reported that parents made a "public plea" to persuade ATCs and other health care professionals to volunteer their services for the remainder of the school year.

By early December, three weeks of

high school volleyball and a number of soccer games were suspended. The basketball season was postponed for two weeks. Massey said she could not predict the future of interscholastic sports in D.C. schools.

The Post reported that a sufficient number of medical professionals, many of them ATCs, volunteered to help complete the football season as scheduled. However, some volunteers at football games failed to inform coaches and school officials that they were on hand to provide medical coverage. As a result, Judge Huhn ordered that medical personnel must arrive 15 minutes before the games and remain until the conclusion. The order also required that they "be attired in a manner so as to guarantee that he or she is clearly identifiable to the coaches and other school personnel, as well as to the athletes themselves, as the person responsible for the management of all injuries to the athletes which occur during the event."

As the winter sports season began, the D.C. school district informed the court that it was unable to recruit enough volunteers for boys and girls basketball. Judge Huhn refused to reduce the requirements for having either a certified athletic trainer, physician or nurse at basketball events.

On November 30, the Board of Education made a public plea for medical volunteers for the 500 scheduled boys and girls basketball games. In addition, members of the Washington D.C. Coaches Association proposed an alternative health care plan to save the basketball season. They compiled a list of basketball coaches who are certified in CPR and have completed first aid training courses. Their hope was that Judge Huhn would temporarily amend her order to permit basketball games as long as someone with those credentials was in attendance.

The coaches also offered to schedule their games around games in nearby Fairfax County, Va. Since all Fairfax County high schools employ NATA-certified trainers, the coaches reasoned that they could schedule their games at times when Fairfax ATCs would be available.

## Mayor Provides Funding

On December 7, Washington Mayor Marion Barry, Jr., the city's chief financial officer, announced the allocation of \$500,000 to provide medical personnel for the remainder of the current school year.

At the same time, the city also announced an agreement made with George Washington University to provide medical assistance through the remainder of the basketball season.

According to Massie, the school district immediately set out in December to hire full-time ATCs for their junior high and high schools.



Otho Davis (left) lived a double life since 1971 as NATA Executive Director and NFL trainer. He's shown here with assistant David Price in October, 1989, two months before stepping down from his NATA chief executive post. Davis intends to remain with the Philadelphia Eagles.

## Executive Director Post Attracts 125 Applicants

The six-month search for a full-time Executive Director will end soon after the NATA Board of Directors interviews finalists at its mid-year meeting in February.

According to NATA President Mark Smaha, the person who will succeed Otho Davis after nearly 19 years in office will be directing operations at the association's Dallas headquarters well before 4,000 athletic trainers converge on Indianapolis for the 41st annual clinical symposium June 9-13. Davis resigned in December to devote his full attention to the NFL's Philadelphia Eagles, where he has been head trainer since 1973.

The search has been led by Katey Tryon, vice president at Lawrence-Leiter, the Kansas City-based management firm that has provided counsel to the Board on a variety of issues during the past year. It began last summer, ac-

cording to Tryon, when Board members outlined "desired specifications and characteristics" for the chief executive during the NATA's long-range planning session.

Lawrence-Leiter was instructed by the Board to advertise for the position in "NCAA News," in select daily newspapers, and in "Association Trends," a trade publication for executives. Tryon, an executive search specialist for five years, also contacted the American Society of Association Executives, the Texas Society of Association Executives and the Chicago Society of Association Executives.

By December, more than 125 men and women expressed interest in the NATA position. Tryon said the majority of applicants resided in the West and Midwest regions of the U.S. About two-thirds of them had an association management

## Board Follows Through

*cont'd from page 1*

trict Two) Terry O'Brien (District Three) and Mike Nesbitt (District Seven).

Finalists will meet with Board members during their mid-year conference in February (see related story). Smaha said the Board will make an offer to the best candidate soon afterward.

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### Realignment

The Board hired a "transition coordinator," Jane Lavender, to manage affairs

in NATA headquarters until the new Executive Director takes office. Lavender, who resides in Dallas, has worked 18 years either as manager or in the human resources department for a number of large companies.

Full-time members of the headquarters staff, and their primary responsibilities, include: Molly McKenzie, membership; Ann Baillargeon, continuing education; Linda Tilley, accounting; Phyllis Stone, receptionist/secretary; and Chris Brown, mail room/office assistant. Lavender said an additional position for a high-speed data entry person would be filled by January.

## Otho Davis Resigns After 18 Years As Executive Director

Otho Davis, Executive Director of the NATA since 1971, submitted his resignation to NATA President Mark Smaha on December 11. In doing so, Davis immediately transferred full responsibility for running the organization to the Board of Directors.

Davis, 54, who served the NATA primarily in a volunteer capacity while maintaining his position since 1973 as head athletic trainer for the NFL's Philadelphia Eagles, wasn't scheduled to step down until April 30, 1990, the end of the NATA's fiscal year.



Paul Zeek

The Board immediately named District Six Director Paul Zeek as Acting Executive Director until a full-time chief executive is named at the NATA's annual mid-year meeting February 17-19 in Dallas. Smaha, who had been making frequent trips to the

NATA's Dallas headquarters during the Fall to oversee operations, said service to the membership would not be affected.

Smaha felt news of Davis' decision warranted a letter to the membership, which he issued December 15.

"On behalf of the Board of Directors and the members of the NATA, I would like to express our appreciation for the many contributions and years of service Mr. Davis made to foster the growth of our organization," Smaha said.

"We wish him well."

background. Another one-sixth, or about 20, had experience in athletics or athletic training.

Tryon said the Board established criteria last June for their new chief executive, which included excellent communication and financial skills, and someone who will work well with the NATA's volunteer leadership. The Board also expressed a preference for someone with a management background and good lobbying and fund-raising capabilities.

By January, Tryon planned to summon the assistance of a three-person committee comprised of NATA Board members John Schrader, Janice Daniels and Doug May to participate in the screening process. The list will eventually be pared to three candidates, Tryon said. Each of the finalists will meet with the entire Board, a common practice when selecting someone to head an association, during the mid-year meeting February 17-19 in Dallas. Barring unforeseen difficulties, Smaha said the Board will make its selection before it adjourns.



# Don Lowe: High Man on the Totem Pole

By David Mooney

Time management and organizational skills are essential tools of the trade, and one of the most proficient craftsmen with both is the seemingly omnipresent Don Lowe.

Lowe is Coordinator of Sports Medicine at Syracuse University and Secretary of NATA District Two. He also chairs the NATA's Membership Committee. As if those responsibilities weren't enough, Lowe finds time to direct operations for two sports medicine clinics in upstate New York. How does he manage?

"It's actually very simple," said the charismatic ATC of 24 years. "The key to success is surrounding yourself with excellent people. I recruit talented individuals who are very knowledgeable but need more experience," Lowe said. "The program at Syracuse allows us to refine their skills as they gain valuable experience. It's like taking the rough diamond and faceting it into a perfectly cut jewel. I'm fortunate to have quality personnel working with me at Syracuse."

As head trainer for Syracuse football and men's basketball programs during the past 15 seasons, Lowe has seen, and to a certain extent fostered, the evolution of athletic training.

"With more and more paperwork and the advent of drug testing, athletic trainers' responsibilities have grown dramatically," Lowe explains. "But the three full-time staff members and seven graduate assistants at Syracuse are top-notch individuals who work well with me."

Lowe expressed admiration for the dedication and hard work exhibited by his full-time assistants at Syracuse: Sara Brown, Tim Neal and Chris Koenig.

"They are committed to being the best athletic trainers they can be and it really shows in their work," Lowe said. "Not only are they loyal to me, but also to their jobs and the institution."

Lowe, a native of Lowell, Ohio, received his bachelors and master's degrees in physical education from Kent State University. He served as head trainer at Kent State for six years before coming to Syracuse in 1975.

A highly-respected clinician, Lowe founded the Syracuse-based Onondaga Sports Medicine and Rehabilitation Center in 1986.

"Five years ago, colleges, universities and professional sports teams were the only places to find health care for athletes in our region," Lowe said. "I opened the sports medicine center with the high school athlete in mind. When the NATA's national campaign for providing certified trainers at secondary schools kicked into gear, we wound up doubling the size of the clinic after one year."

His position at Syracuse enabled Lowe

to staff his clinic with athletic trainers who developed under his leadership. In November of 1989, he opened a second Onondaga Sports Medicine Center north of Syracuse in Clay, N.Y.

Lowe is only beginning to reap the fruits of his labor. Over the years, he has given his time and experience for a number of amateur athletic events, including participation in the Pan American Games and head trainer for the men's basketball team in the 1984 and 1988 Olympic Games. He also brought his wealth of health care expertise to three National Sports Festivals and, for five years, to New York's Empire State Games.

The former President of the New York State Athletic Trainers Association was the recipient of the 1983 Thomas Sheehan Award as the outstanding athletic trainer in the State of New York, and he received Nutriment's distinguished

"Collegiate Trainer of the Year" award in 1986.

Lowe currently serves on the editorial board for "College Athletic Management and Sports Medicine Update," a publication of HEALTHSOUTH Sports Medicine Institute.

"I've always loved working at the university, and I truly enjoy my involvement with the clinic," Lowe said. "I service the clinics in a way that doesn't compromise my commitment to the university. Most of the time I manage the clinic through early morning or late evening meetings. If anything, the clinical involvement makes me work harder at Syracuse."

Every athletic trainer who serves as an officer of the NATA scrambles for free time between their job and volunteer work. Few manage their time, their responsibilities or their people better than Don Lowe.



Syracuse head trainer Don Lowe attributes his success to surrounding himself with good people, like assistant trainer Steve Marshall (center).

Photo by Stephen Parker/SID, Syracuse University.

## ATCs Add 'Strength Coach' To Their Titles

Athletic trainers accounted for 37 percent of 212 people who sat for a 1988 certification exam given by the National Strength and Conditioning Association.

The September, 1989 issue of the National Strength and Conditioning Association Bulletin reported 37.3 percent of the candidates who sat for the examination were certified athletic trainers. Candidates are seeking to earn the title "Certified Strength and Conditioning Specialist (CSCS)." Physical therapists

accounted for 18 percent of the those sitting for the exam.

The survey results reveal a growing interest on the part of ATCs to add to their credentials.

Twenty-one percent of those sitting for the exam were employed at colleges and universities, followed by 20 percent at high schools, 16 percent at sports medicine centers and 15 percent at health clubs or spas.



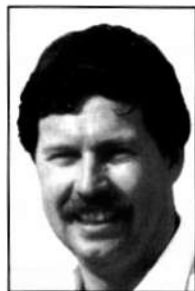
University of Kentucky athletic trainers Sue Stanley and Al Green opened their 5,700-square-foot training room last fall to advertising executives who were doing research and scouting sites for future television commercials. The training room, which Green and Stanley helped design, was opened in 1987.

## Licensure Committee Nears Completion of New Model Legislation

Writing model legislation for a profession changing as rapidly as athletic training is like trying to track a hurricane to predict where it will go. It isn't easy.

But until all 50 states have a law on the books that regulates the practice of athletic training—only 19 currently have it—model legislation will be an important issue.

After requesting and receiving recommendations from a variety of sources, members of the Licensure Committee began drafting new model legislation late last year.



Dan Campbell

Committee Chairman Dan Campbell and one representative from each NATA district will be participating in conference calls to settle on proper verbiage for the model bill.

"We will be receiving direction on some specific wording from the Board

of Certification and the Clinical/Industrial Committee," said Campbell, who manages athletic training services at the University of Wisconsin Hospital. "New and ongoing developments in those two areas have drastically changed the way an athletic training bill must be written.

"Our committee will form a consensus and submit the recommended model to the Board of Directors for approval when

## News Notes

Paul Grace, coordinator of Sports Medicine at MIT and Chairman of the Board of Certification for athletic training, was elected Chairman of the National Commission for Health Certifying Agencies December 2. The Commission's election of Grace, former President of the Eastern Athletic Trainers' Association, is another step forward in athletic trainers' ongoing quest for greater credibility.

As chairman of the NATA's Certification Committee since 1979, Grace was instrumental in getting NCHCA accreditation of the NATA's certification program. That 1983 endorsement was the first formal acknowledgement of the NATA certification program.

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The Pittsburgh Press, the city's largest newspaper, surveyed 145 high schools in Southwestern Pennsylvania last fall to determine the extent of their athletic health care coverage. The Press said 88 of 145 schools in the region reported that they had the services of athletic trainers. Of those, 23 were full-time ATCs at the schools and 65 worked part-time.

In an editorial published two days after survey results were released, the Press said:

they convene this June in Indianapolis."

Campbell said the model will be flexible enough to suit the needs of individual states, but strong enough to protect athletes and athletic trainers.

"Hopefully," he said, "it will also encourage athletic trainers in more states to work for regulation."

"When physicians or trainers or first-aid trained coaches are not on hand, seriously injured players may not receive quick or adequate attention. In fact, they may run the risk of aggravated injuries to delay or mishandling...."

"Considering the huge investment and interest in high school sports, the goal of making them safer deserves a higher priority that it's getting."

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Two representatives of Bayer, Bess, Vanderwalker, Quaker Oats' Chicago-based advertising agency for Gatorade Thirst Quencher, traveled to Kentucky in September to learn more about athletic training and the traditional athletic training room setting.

They visited the University of Kentucky to meet with head trainer Al Green and associate athletic trainer Sue Stanley, and to see UK's state-of-the-art 5,700 square foot training room. Advertising agencies routinely visit a number of sites before selecting one for a print ad or television commercial. No plans have been announced.

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The ad agency's creative team also stopped in on Bobby Barton, Eastern Kentucky University's head trainer and Past President of the NATA (1982-86). Barton and ECU assistant trainer Eva Clifton spent two hours telling them about the role of ATCs in college athletics.

Barton, one of athletic training's most eloquent speakers, was summoned by Johnson & Johnson's Athletic Products division later in the fall for the same purpose. He addressed sales representatives of the Ken Young Company, a new sales force for J & J that will service athletic trainers in the Southeastern U.S.



# NBA Trainers Pioneers of The Profession

Athletic trainers perform such a variety of tasks, many unrelated to health care, that it's often difficult to explain to the lay public why they're so vital to sports.

In short, athletic trainers are educated, certified and primarily responsible for the care and prevention of athletic injuries. But when seeking a deeper understanding, one need only look to a different breed of athletic trainer... those found in the National Basketball Association.



Joe O'Toole



David Craig

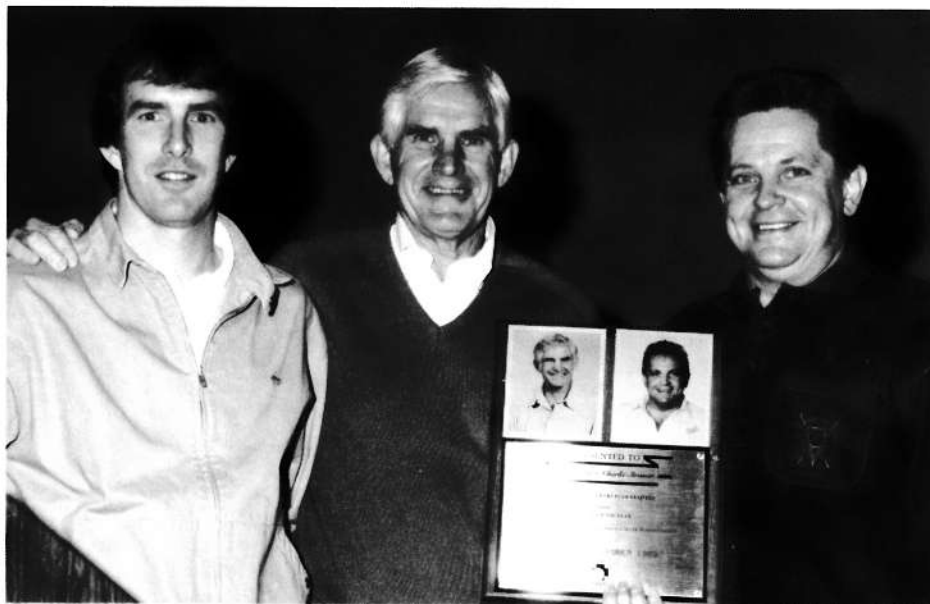
When Joe O'Toole of the Atlanta Hawks and several other NBA trainers formed the National Basketball Trainers Association in 1974, their goal was to institute and carry out programs to preserve the health and enhance the health care of NBA players. True to their word, NBA trainers have never lost sight of that goal. Under the direction of newly elected chairman David Craig (Indiana Pacers), the NBTA provides outstanding health care augmented by a mutually respectful working relationship with NBA team physicians.

Still, NBA trainers are quite unlike their counterparts in professional baseball, football, or the 7,000 certified trainers working in colleges, high schools and sports medicine clinics. Due in part to the small size of their roster, many NBA trainers double as strength and conditioning coaches. Most coordinate travel arrangements for their club, a demanding job in itself during inclement weather. And almost all serve as game statisticians, medical "historians" and traveling spokespersons for their team and the League.

## Injury Management

When NBTA members were invited for the first time in the fall of 1989 to participate in the annual NBA League meetings, they didn't come empty handed. They presented their own "NBA Injury and Illness Report," a detailed five-year study of player injuries that they took upon themselves to produce. Naturally,

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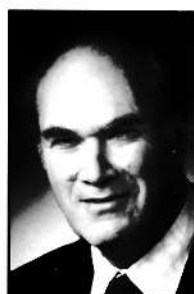


Dodgers' head trainer Bill Buhler (center) and assistant Charlie Strasser (right) accepted the first "Major League Baseball Athletic Training Staff of the Year" award, presented in December by Seattle head trainer Rick Griffin.

## Pro Trainers Take Time Out To Honor Some of Their Own

Time magazine honors its "Man of the Year." Most companies recognize their top producer. And professional sports leagues honor the season's Most Valuable Player. So it's only fitting that athletic trainers in professional sports honor their peers for providing exemplary care and for making outstanding contributions to their profession.

Three satellite organizations of the NATA have established awards to honor athletic trainers in their respective sport.



Frank Furtado

Frank Furtado, a 15-year veteran of the NBA's Seattle Supersonics, was honored by members of the National Basketball Trainers Association as 1989 "NBA Athletic Trainer of the Year." Furtado also doubles as the team's strength and conditioning coach.



Joe Proski

Jazz (1984); Dick Vandervoort, Houston Rockets (1983); and Joe O'Toole, Atlanta Hawks (1982).

The Los Angeles Dodgers training staff became the first to be named "Major League Baseball Athletic Training Staff of the Year." The Dodgers head trainer of 33 years, Bill Buhler, and assistant trainer Charlie Strasser were selected by members of the Professional Baseball Athletic Trainers Society for the 1989 season.

Buhler has worked in the Dodgers' organization since 1954. Strasser, who has worked in the NBA and professional tennis, has been Buhler's assistant for five years.



Bruce Graham

PBATS also paid tribute to their Minor League Trainer of the Year. He is Bruce Graham, head trainer with San Francisco Giants' Triple A ballclub, the Phoenix Firebirds.

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The Cleveland Browns training staff was named "NFL Athletic Training Staff of the Year" for 1989 by members of the Professional Football Athletic Trainers Society. Head trainer Bill Tessenor and assistants Mark Smith and Ron Medlin will be formally recognized at the annual Ed Block Courage Awards Banquet in Baltimore on March 6.

Past recipients of Professional Football's "Athletic Training Staff of the Year" are the Seattle Seahawks (1988), Denver Broncos (1987), New Orleans Saints (1986), and the New York Jets (1985).

# Dates Set for NATA District, National Meetings in 1990

<b>District 1 &amp; 2:</b>	<b>JANUARY 7-9, 1990</b> Kutcher's Lodge Monticello, NY 914/794-6000 (in New York) 800-431-1273 (outside New York) Matthew Gerken (508/697-1252)	<b>District 3:</b>	<b>MAY 18-20, 1990</b> Cavalier Hotel Virginia Beach, VA 804/425-8555 Robbie Lester (919/733-3512)
<b>NATA Contact:</b>		<b>NATA Contact:</b>	
<b>District 4:</b>	<b>MARCH 8-10, 1990</b> SeaGate Centre—419/255-3300 Radisson Hotel Toledo Toledo, OH 419/241-3000 Roger Kalisiak (708/882-8006)	<b>National Meeting:</b>	<b>JUNE 9-13, 1990</b> Convention Center in the Hoosier Dome Weston Hotel Indianapolis, IN 317/262-8100 Tim Kerin (615/974-1229)
<b>NATA Contact:</b>		<b>NATA Contact:</b>	
<b>District 5:</b>	<b>MARCH 16-18, 1990</b> Nebraska Center For Continuing Education University of Nebraska at Lincoln 402/472-3435 Jerry Weber (402/472-2276)	<b>District 8:</b>	<b>JUNE 22-24, 1990</b> Anaheim Marriott Anaheim, CA 714/750-8000 Bill Chambers (714/879-5227)
<b>NATA Contact:</b>		<b>NATA Contact:</b>	
<b>District 7:</b>	<b>MARCH 16-18, 1990</b> Hyatt Regency Tech Center Denver, CO 303/779-1234 Rich Griswold (303/247-7576)	<b>District 9:</b>	<b>JULY 9-11, 1990</b> Columbus Iron Works Convention and Trade Center— Hilton Hotel Columbus, GA 404/324-1800 Jerry Robertson (615/929-4208)
<b>NATA Contact:</b>		<b>NATA Contact:</b>	
<b>District 10:</b>	<b>MARCH 23-25, 1990</b> Red Lion Riverside Inn Boise, ID 208/343-1871 Tom Koto (208/336-8250)	<b>District 6:</b>	<b>JULY 26-28, 1990</b> Arlington Convention Center Sheraton Centre Park Hotel Arlington, TX 817/261-8200 George Young (817/565-2662)
<b>NATA Contact:</b>		<b>NATA Contact:</b>	

## Nutrition Workshop Slated for All 1990 Meetings

"Nutrition & Performance," a one-hour workshop to help better acquaint athletic trainers with a variety of issues surrounding the nutritional aspects of sport, will be held this year at all nine NATA district meetings. The workshop entails a clinical view of nutrition supplements, the causes and risks associated with fluid loss, and recommendations designed to help athletes restore energy sources depleted through athletic activity.



Bob Murray

The presentation will be hosted by one of several exercise physiologists from The Quaker Oats Company, including Robert Murray, Ph.D., who earned his doctorate degree from Ohio State University, and Mark Davis, Ph.D., an exercise physiologist from the University of South Carolina.

Topics of discussion at the workshop will include the pros and cons of:

- Vitamin and mineral supplementation
- Amino acids supplements
- The effects of caffeine
- Bicarbonate loading
- Phosphate loading

Also scheduled is a clinical discussion on fluid replacement and carbohydrate feeding before, during and after exercise.

## Pro Basketball Trainers Do Things A Little Differently

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team physicians found the studies of particular interest, but team administrators also recognized the importance of tracking injuries to help minimize their impact.



Mark Pfeil

NBA trainers also play a significant role in the annual pre-draft physicals. Under the direction of Chicago Bulls head trainer Mark Pfeil, athletic trainers and team physicians conduct the physicals and develop medical profiles on NBA prospects. Athletic

trainers have long contended that familiarity with the athlete plays a significant role in minimizing risk of injury.

### Hall of Fame Presence

Despite Shakespeare's contention that "all the world's a stage, and each of us a player," athletic trainers fully understand that their role is not in the limelight. That fact notwithstanding, the NBTA is well represented in the Naismith Memorial Basketball Hall of Fame in Springfield, Mass, which is toured each year by 140,000 visitors. The exhibit features all 27 NBTA members, with special emphasis given to those who have been selected since 1982 as "NBA Athletic Trainers of the Year."

Under the direction of Golden State head trainer Tom Abdenour, plans are

underway to expand the NBTA exhibit, which will entail construction of a photographic story that tells of the role and responsibilities of NBA trainers in the 1990s. The expansion phase is expected to be completed prior to the annual Hall of Fame induction ceremonies on May 15, 1990.

### Supporting the NATA

NBA trainers were the first to formally create a satellite organization of their parent, the NATA. Athletic trainers in professional football, baseball and hockey used the NBTA model to form similar organizations. The NBTA was also the first satellite group to create a college scholarship program for student trainers.

The NBTA presented \$1,500 scholarships to three students at the 1989 NATA clinical symposium in Dallas. Recipients were Robert J. Cullen, from Indiana State University, who received the Richard E. Vandervoort Memorial Scholarship Award, named in honor of the late Houston Rockets trainer who was instrumental in the growth of the NBTA in the 1970s and '80s. The NBTA/Gatorade undergraduate scholarship was awarded to Christine K. Bollman, a senior at Texas Tech University. A second NBTA undergraduate scholarship was awarded to Michael G. Gall, a junior at Ohio State University.

There are barely more than two dozen of them, but the NBA's athletic trainers have played an important role in the growth and prosperity of the athletic training profession. They're a group worth watching in the future.



# Arizona's Delforge Literally Defines Professionalism

By David Mooney

Athletic trainers often attribute their roots in the profession to an individual who provided care and rehabilitation to them when they were athletes.

That's how it happened for Gary Delforge, director of the graduate athletic training curriculum program at the University of Arizona. No one could have imagined that Delforge's broken ankle would account for so many outstanding ATCs in the country today?

"A student trainer named Dick Vandervoort was a year ahead of me at Concordia (Kansas) High School," recalled Delforge, who has a doctorate degree in Education. "I fractured my ankle playing football and he supervised my rehabilitation. He persuaded me to attend Kansas State University to work as a part-time student trainer."

The connection made in that small town of 5,000 residents was the first of many career-building relationships Delforge would have with current and future NATA Hall of Famers.

Delforge was fortunate to work with some of the best-known and most highly respected athletic trainers in the business. His destiny, it seemed, was to flourish along side some of the best ATCs in the profession.

Vandervoort, for instance, went on to serve on the NATA Board of Directors in the 1960s. He became head trainer for the NBA's Houston Rockets in 1970, and served 10 years as president of the National Basketball Trainers Association. Vandervoort continued to contribute to the profession until his untimely death in 1987.

While at Kansas State, Delforge was groomed by the late Laurence "Porky" Morgan, another member of the NATA Hall.

"Dick Vandervoort was instrumental in getting me a job with Porky Morgan," Delforge said. "Porky broke me in and taught me the basics."

After receiving his bachelor's degree in physical education, Delforge worked one year at Kent State University under then head trainer Otho Davis. After completing his master's degree at KSU and spending a year at Western Michigan University, Delforge accepted the head trainer position at the University of Arizona, where he spent the first six years in the training room.

## Clinician Turned Professor

"I started the graduate athletic training program at Arizona in 1969," Delforge said. "It was one of the first two graduate curriculum programs approved by the NATA. We started with three students. Now we accommodate up to 20."

During the past 20 years as associate professor, Delforge molded hundreds of ATCs through what most agree is a ri-



*Gary Delforge has been at the University of Arizona since 1963.*

gorous but well-organized program.

"ATCs who go through Dr. Delforge's program are as highly qualified as any in the country," said Gary Lang, a 1980 graduate now serving as head trainer at Foothill College in Los Altos Hills, Calif.

"His program is very challenging," Lang said. "I attribute the knowledge and experience I gained from Dr. Delforge to the happiness I enjoy today in athletic training."

Fran Babich, a 1978 Arizona graduate who is now head trainer and instructor at Butte College in Oroville, Calif., agreed that Delforge is a strict disciplinarian.

"He commands respect, but there is reward," Babich said. "And there's another side of him many don't see. He's a great kidder and a fun person. He can take it as well he can dish it out."

## Rebuilding PEC

Mentor is only one dimension of Delforge's legacy. He served as secretary-treasurer in District Seven, and later on the NATA Board of Directors. In 1977, he founded the Arizona Athletic Trainers Association, served as president for two years and as chairman for the Arizona legislative committee for eight years.

But he's probably best known for whipping into shape the NATA's Professional Education Committee between 1981-87.

"The most significant accomplishment for the Professional Education Committee during that time was development of the athletic training major," Delforge explained. "We took a competency-based approach to education and developed new guidelines for standards of approval."

Delforge humbly points out that he merely carried out an idea conceived by the late Sayers "Bud" Miller, Jr., yet another member of the NATA Hall of Fame.

Questionnaires were sent to college deans and department heads in 1982 to gauge their interest in establishing the equivalent of an athletic training major.

Delforge received favorable feedback from the very people whose support the PEC needed. Sixty-four curriculum directors who responded indicated they were willing to make significant changes in course work to meet the new competencies, as far as the committee could determine. Only one school dropped its athletic training curriculum.

"We were amazed," Delforge said. "I don't think we realized the accomplishment. For the first time, deans and department heads were recognizing athletic training as a profession."

One person who has come to appreciate Delforge's achievements is Dr. Robert Behnke from Indiana State University. Behnke succeeded Delforge as PEC chairmanship in 1987.

"Gary took the bull by the horns and developed clear and well-written guidelines for the undergraduate and graduate programs," Behnke said. "He standardized the entire process of establishing athletic training curricula."

Although overburdened, the PEC continues to operate smoothly. The committee currently oversees 68 undergraduate and 14 graduate curriculum programs. In addition, Behnke is seeking formal recognition for the NATA from the American Medical Association, which is expected to bring still higher credibility to the profession.

The PEC workload will get heavier. More than 25 schools are in the process of applying for evaluation by the committee, the most applications ever under review at one time.

As for Delforge, at age 51, he relishes his free time with wife Ardie and daughters Julie, Sandy and Kelly. An interest in gardening helps take his mind off work. He keeps his hand in local and national affairs, but, he's already accomplished about as much as one person can.

In 1988, Delforge received athletic training's highest distinction when inducted to the NATA Hall of Fame. It saddened him that his old and dear friend Dick Vandervoort wasn't alive to share the moment. But in one sense, he did. Mr. Vandervoort was posthumously inducted to the Hall of Fame at the same ceremony.



## Mark Smaha Returns For Second Term As NATA President

Mark Smaha was re-elected by members of the National Athletic Trainers' Association to serve a second two-year term as President, it was announced in early December.

Smaha, 43, Director of Athletic Medicine at Washington State University, was opposed by Doug May, Director of District Nine since 1986.

"I'm proud to have the opportunity to serve the members of this association for a second term," Smaha said. "I was compelled to see through the changes called for by the membership. That's one of the main reasons I ran again. I look forward to an equally productive two years ahead."



Doug May

May, head athletic trainer at The McCallie school in Chattanooga, Tenn., seemed as pleased with the outcome as Smaha.

"I went in knowing that no matter what happens, I win," May said. "I would have been excited about leading our profession,

but I've been a strong supporter of Mark Smaha all along. We've worked side by side together and shared a lot of thoughts. He's a good friend and a good leader. He has kept us progressing as a profession, and I know he'll continue to do so."

Forty-six percent of the NATA's 7,400 certified members voted, which is approximately twice the norm in NATA Presidential elections. Smaha congratulated



Washington State University's Director of Athletic Medicine, Mark Smaha, was re-elected for a second term as NATA President.

May for his role in the historic vote count.

"Doug and I are especially pleased about the number of NATA members who participated in the election," Smaha said. "I think it's a reflection of the membership's concern for the future of our profession. It's an expression of increasing involvement in the association."

## Airline Offers Discount Fares

Athletic trainers traveling to the NATA's annual clinical symposium in Indianapolis, scheduled to be held June 9-13, can receive up to 40 percent discount on round-trip air fare on American Airlines, according to the NATA's National Convention Committee.

Ross Bailey, hotel and travel representative on the NATA convention committee, said the discount applies only to "full-fare coach seats." He said a five percent discount will be granted to those who take advantage of American's promotional fares or other discount rates.

"All NATA members have to do is order their airline tickets at least seven days in advance and use the special code established for the convention," said Bailey, head trainer at Texas Christian University.

American Airlines ticket agents can be reached toll-free by calling 800/433-1790. The NATA discount code number is "SO 1Z 2RJ." The discount package will be available for the NATA's 1991 annual meeting in New Orleans and the 1992 meeting in Phoenix.

The convention committee is working to make arrangements with a second air carrier, one that offers more extensive service from the East Coast, where American flights are limited.

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NATA members will receive convention packets in mid-February, Bailey said. He noted that Indianapolis has a centralized convention district where many hotels are within convenient walking distance to the Hoosier Dome Convention Center.

## Volunteers Needed For Goodwill Games

Twenty-five to 50 certified athletic trainers willing to volunteer their services for 40 to 60 work-hours between July 16 and August 5 are needed for the 1990 Goodwill Games in Seattle, Wash.

Leslie Handley, coordinator of athletic training and physical therapy services for the Games, said more than half of the 100 ATCs and PTs needed have already committed their services. Those who reside in or near Washington state are probably best suited, Handley said, since volunteers must provide their own transportation, housing and meals. But anyone with proper qualifications is invited to submit an application.

Some 2,500 of the world's best athletes from more than 50 countries will compete in 21 sports at the Games. Invitations have been extended to the top eight athletes and teams, based on performances at the 1988 Olympics, world championships and ongoing interna-

tional competitions. Athletes begin to arrive July 16; the Games begin July 20.

Handley is from Group Health Cooperative, which is managing the health care for the Games. Dennis Sealey, Director of NATA District Ten, is lending his assistance to help coordinate athletic training services.

If you're interested in volunteering, send a summary of your experience and credentials, including a description of any specific type of expertise you have and the sports you would be most interested in by February 23 to:

Leslie Handley  
c/o Group Health  
Cooperative—Goodwill Games  
999 First Avenue—5th floor  
Seattle, WA 98151-1990

If interested in speaking with Dennis Sealey, NATA members are invited to call him at his office at the University of Washington: 206/543-2239.

## New Index of All Journal Entries Is Now Available

Significant research papers, case studies and "Tips from the Field" that have been published over the past 33 years in the Journal of the National Athletic Trainers' Association have been indexed on computer diskette and are now available for a nominal fee.

If you would like to purchase the complete author-subject index, which encompasses all significant Journal entries between 1956 and 1989, make check for \$10 payable to "Athletic Training, JNATA." Send the request to Dr. Ken Knight, Physical Education Dept., Indiana State University, Terre Haute, IN 47809. Please specify either 3.5-inch or 5.25-inch format of the diskette.

Dr. Knight said the index will be reformatted for print and published in the December, 1990 edition of "Athletic Training."

# High School ATCs Urged to Get Teaching Certificate

cont'd from page 1

"teacher-trainers" employed by the school district.

Hilmer reported that his committee has drafted three projects for consideration by the NATA Board of Directors at their mid-year meeting in February.

The first is a survey of NATA members employed at secondary schools. The committee devised the survey with help from representatives of the Board of Certification, PEC, Public Relations and Membership committees.

Hilmer said his committee needs to know more about specifics pertaining to secondary school athletic trainers, including precise job description, salary, benefits, years of experience and the number of sports and athletes they serve.

If the proposal is approved, the Secondary School Committee will submit a finished version of the survey to the Board of Directors for final approval in June. Hilmer said the survey could be conducted and results tabulated by the end of the year.

## Curriculum Project

Hilmer's committee is also seeking Board approval for a pamphlet of guidelines for implementing an athletic training curriculum at the high school level.

The pamphlet, geared to educate school administrators and assist high school ATCs, would include a course outline, recommended textbooks and specific instructions on setting up a curriculum. Hilmer stressed they are only recommended guidelines, which permit athletic trainers to tailor the program to their particular needs.

While not certain how many programs could be established with the pamphlet program, Hilmer feels it is a practical way to remind high school administrators and students about athletic training.

"It would not only help people who propose athletic training services to school administrators, it would aid in the implementation of the program after it's approved," he said.

## Equipment Standards

A third project to be proposed is the "Basic Minimum Equipment List" for secondary school training facilities.

Like the pamphlet program, the NATA-approved equipment list is aimed at secondary school administrators and serves a dual purpose. First, it would set guidelines for equipment necessary to make a training room operational. Second, it would outline the variety of methods available in 1990 to employ a certified trainer, ranging from hiring full-time professionals to contracting those provided by sports medicine centers.

The survey results and related collateral material being proposed by the committee are a natural follow-up to the NATA's three-year injury surveillance program.



Hal Hilmer said ATCs with teaching certificates will continue to be in demand during the 1990s.

"The injury studies illustrated just how important it is for secondary school athletes to have the services of qualified health care personnel," Hilmer said. "Our proposals call for producing and distributing the kind of information school administrators need before they can add the athletic training position at their school."

Hilmer's plan adds fuel to the NATA's campaign for having certified athletic trainers at half the nation's 20,000 high schools by the year 2000.

"Our goal is simple and straightforward," Hilmer said. "We want high school administrators to understand how they can make the athletic training profession work best for them. That entails telling them who we are, what we do and what we need to get the job done. Our committee is best equipped to get that kind of information out to those administrators, and we're prepared to take on the challenge."

For more information about the secondary school committee, contact your district representative:

**District 1**—Wm. Gordon Coole, Phillips Exeter Academy, 508/356-9084.

**District 2**—Angela Cacciabauda, Bridgewater-Raritan High School, 201/231-8660 (ext. 26)

**District 3**—Scott Douglass, Irmo High School, 803/781-1465.

**District 4**—Tom O'Connell, Glenbrook North High School, 708/272-6405

**District 5**—Joe Kroeber, Jamestown High School, 701/252-0559.

**District 6**—Rex Hartwig, San Antonio Independent School, 512/735-9331.

**District 7**—James Newberry, Cibola High School, 505/897-0110.

**District 8**—Robert Packard, Vista High School, 619/726-5611 (ext. 4125).

**District 9**—David Bayes, Boyd Co. Senior High School, 606/928-6473.

**District 10**—Jim Richards, Sammamish High School, 206/455-6162.

# High School ATCs Taking Matters Into Their Own Hands

Athletic trainers employed by high schools are volunteering their time to staff the NATA's re-designed exhibit booth to promote the importance of having a certified athletic trainer on site in secondary schools.

Vista (Calif.) High School trainer Robert Packard is coordinating a group of ATCs to attend the National Association of Secondary School Principals' annual meeting February 16-20 in San Diego. Packard, District Eight representative on the Secondary School Athletic Trainer Committee, has recruited a team of ATCs to be in the exhibit to answer questions and distribute NATA information.

District Six representative Rex Hartwig coordinated the staffing of the booth at the National Conference of High School Athletic Directors last December in Dallas.

Hal Hilmer, chairman of the Secondary School Athletic Trainers Committee, plans to request approval from the Board of Directors to attend more school-related functions in the future.

Bill Prentice, Ph.D., coordinator of the sports medicine program at the University of North Carolina at Chapel Hill, has staffed the NATA booth at up to three national meetings per year since 1982. Prentice, who said interest in the athletic training profession continues to grow, will be attending the National School Board Association Convention April 21-23 in New Orleans.

Anyone interested in lending their assistance to help staff the NATA exhibit is invited to contact their district representative on the Secondary School Committee.



# Thousands Mourn Passing of NU's Koko Kassabian

*Koko Kassabian died unexpectedly on Saturday, November 18, 1989, two days after undergoing a seven-hour operation for cancer. Koko was a pioneer in athletic training. He was a mentor and colleague, leader and partner to thousands during his 42 years at Northeastern University. He was at the forefront of precedent-setting athletic training legislation in Massachusetts, and instrumental in the continued growth and success of the Eastern Athletic Trainers Association. Koko had many dear friends, one of whom was staff writer Bob Monahan of the Boston Globe. We reprint Mr. Monahan's tribute to Koko with permission of the Boston Globe.*

A living legend was lost over the weekend when Northeastern University professor Kerkor (Koko) Kassabian, 59, died of cancer following surgery at University Hospital.

Koko is not a few paragraphs or pages. He's a book filled with laughs, sorrows and, most of all, accomplishments—two of the best his being athletic training director at Northeastern and founder of NU's sports medicine program, one of the best in the country.

Koko, who touched thousands, received dozens of tributes along the way, perhaps the biggest being named to the National Athletic Trainers' Association Hall of Fame in 1986. After that induction Koko joked, "I think they gave it to me because they thought I was going to die. I'll try and fool them." He had cancer at the time, but few knew it.

I first met Koko in the lower chambers of Old Boston Arena (now Matthews Arena) in 1946. He introduced me to his father, Bacrad, who ran the skate shop there. They worked long hours, sometimes from 6 a.m. to 9 p.m.

I asked, "What's that smell?" Koko laughed. "We're cooking shish kebab in back. Want some?" After I said no way he joked, "You Southie Irish guys never learned how to eat the good stuff."

Our relationship lasted five decades and his accomplishments were many and shared. He always was happy, genial, helpful, available and he cared deeply for his work and his friends. He never forgot his humble beginning and loved to talk about the old days at his special dining room in the Arena.

Koko entered NU as a student in 1947 and was manager of three teams under coaches William Grinnell and Joe Zabilski (football), Herb Gallagher and Jim Bell (hockey) and Gallagher and John Connelly (baseball).

Gallagher once said at a hockey game, "Give Koko 20 minutes and all the tape he wants and he'd have Lazarus playing left wing."

Koko watched the late Dr. George

Lane work on Husky athletes and, even though he was only a freshman, he started to help the doctor. Everything he did came naturally. As a result he created the job of trainer.

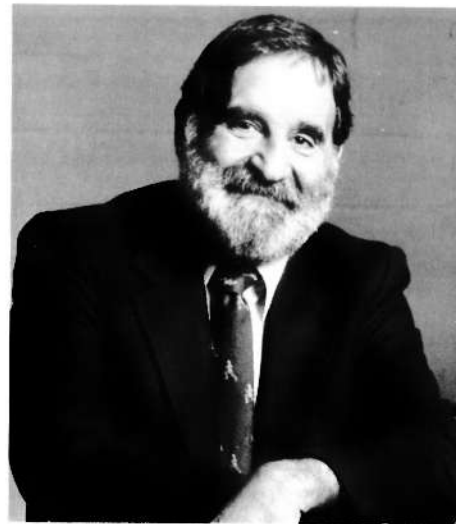
He was trainer for all Northeastern sports from 1953 to 1965 (he received his masters in education at Boston University in 1961) and began teaching physical education and athletic training at NU in 1966.

NU associate athletic director Jack Grinold said, "Koko had a remarkable feeling for the athletes. He really cared. We've had 15 Hall of Fame dinners and I think it's great that every year the athletes go out of their way to praise Koko. He is an institution and an NU Hall of Famer himself.

"He is emblematic of all the good things that have come out of NU, and don't forget, he gets credit for the formation of our sports medicine department."

Last month Koko was at a football game at Parsons Field wearing a red NU sweater. "The kids are getting bigger and bigger," he grinned through his black and white beard. "Know what? They are so much bigger the trainers need more tape. By the way would you like some shish kebab?"

Koko, who served in the Army during the Korean War, didn't just help out Northeastern. He was trainer for the Boston Olympics hockey team (1948-51), the Lowell Giants football team (1967-68), the Newton Pop Warner League (1970-76) and Newton North High School (1970-71).



Koko Kassabian

The man he admired most was the late trainer William (Doc) Linskey, who worked for the Cambridge schools. Koko took over as 'The Man' when Linskey died.

Koko was active in the Boston Marathon and other road races. The Marathon was special to him; he recruited trainers to assist the athletes every year and chipped in himself.

After every Marathon, Koko would have ideas of how to improve on services the following year. As much as he was a teacher, he always was a student.

"You're never too old to learn," he said last month. "I always listen to my students. That's the way it should be. Life is people helping people any way you can and also sharing ideas. When we all work together in all of our fields we can make life better for not just the athletes, but better for everyone."

## Quick-response Mechanisms Speed Job Placement Service

By David Mooney

The bad news was that the NATA's move last May from Greenville, N.C. to Dallas took its toll on job placement services. The good news is the situation has been remedied, according to the Placement Committee.

After fielding concerns about inaccuracy and tardy distribution of job openings for athletic trainers, Placement Committee Chairman Ron Medlin worked with the national office to iron out the wrinkles of the NATA's newly developed phone and computer-driven job listing systems.

"We've cleared up some computer problems associated with the move to take some of the bugs out of the system," Medlin said. "Everything is much easier to use now. I urge members who are genuinely interested in learning more about employment opportunities to utilize our job assistance programs."

For immediate information about employment opportunities, members can access either the phone hotline system or the computer-driven jobs bulletin. Both have been adjusted and fine-tuned since November.

"Once you call the placement hotline (214/638-0744), it simply directs you to the job information through a step-by-step process," Medlin said.

Specific job settings are sought by depressing a corresponding key: (1) high school, (2) college, (3) private/professional, and (4) graduate assistant. Once a setting is selected, callers are asked to either "listen to" or "skip" positions in NATA Districts (1 and 2), (3 and 9), (4 and 5), (6 and 7), or (8 and 10). Once positions have been explained for that region, the hotline guides you back to the beginning of the cycle.

The system lists about 150 job openings at any one time during the spring

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## A Breeding Ground For Better Understanding

It isn't uncommon for non-profit organizations like the NATA to work hand in hand with corporate sponsors. State and national coaches associations, for instance, solicit support from sporting goods manufacturers to sponsor awards programs and banquets. Organ donation agencies rely on pharmaceutical companies to underwrite their public education programs.

Common goals of non-profits usually include increasing membership, promoting continuing education, enhancing public awareness and conducting new research. Corporate sponsors lend their support to help the non-profits reach those goals, which in turn expands the marketplace. That's good business for both parties. It is the proverbial "win-win situation."

The NATA has been fortunate to receive assistance from many companies since its inception in 1950, beginning with The Cramer Products Company, which underwrote a variety of programs and athletic training workshops. During most of the past 40 years, additional support from dozens of companies has been provided at the state and district level as well. But it wasn't until

five years ago that the corporate sponsorship program kicked into high gear.

Substantial funding was provided in 1985 by The Quaker Oats Company, maker of Gatorade, and by Johnson & Johnson, to underwrite new research and public relations efforts. That support resulted in the development of the NATA's high school injury surveillance studies, which in turn fueled the public education effort. If not for that combination of corporate support and the volunteer efforts of 300 high school ATCs working for the Research & Injury Committee, the NATA's public relations program would have failed.

McNeil Consumer Products Company became the NATA's third corporate sponsor in 1989. McNeil's funding, combined with continued monetary support from Quaker and J & J at least through 1994, creates a challenge that every non-profit organization would like to have: how to best use the money.

As we welcome the dawn of a new decade, NATA members are calling upon the Board of Directors to sustain growth, increase research, build upon public awareness efforts and improve service to the membership. The Board convened last June at a long-range planning session to map strategies to address those and other issues. President Mark Smaha has since given his assurance that the long-range plan addresses the priorities of the membership. He said we'll learn more about the details sometime after a new Executive Director takes office this spring.

Membership fees alone will cover the costs of the NATA's paid-employees, legal and accounting fees. Members' annual dues should also be sufficient to meet the budgets of the NATA's various committees, notably professional education, continuing education, certification and the secondary school athletic trainers.

Corporate funds, on the other hand, are expected to be used for new research and to support licensure efforts, among other things. The Board recognizes that sound research adds to our professionalism and credibility, and it makes athletic trainers' contribution to sports and sports medicine that much more evident. The same might be said about state-wide licensure campaigns that regulate the practice of athletic training. They are essential for protection not only of ATCs in the state, but for the profession as whole.

Like corporate sponsorship, new research programs and renewed licensing efforts are good business.

When the Board of Directors convenes in February and again in June to finalize their policies on research, licensure and a host of other issues, they might consider something rarely done by non-profit associations: tapping into the corporate brain trust.

It stands to reason that representatives of Gatorade, Johnson & Johnson and McNeil would be willing to convene with the Board for a few hours once or twice a year. It would, at the very least, foster good will. More than likely, it would be educational for everyone involved. But equally important, an occasional brainstorming session between the Board and NATA corporate sponsors would open new lines of communication. Good communication is an invaluable commodity. It is the essence of understanding.

## Support Your Licensing Lobbyist

One can only imagine how many high school laboratories would explode every year if secondary school chemistry teachers were permitted to practice without any form of regulation. And how safe would our roads be if anyone, regardless of age, eyesight or mental competence, was permitted to drive without a license?

In the same context, how can law makers fail to recognize the value of regulating the practice of athletic training. Currently, 19 states have an athletic training law that sets standards for ATCs. Conversely, anyone in the remaining 31 states who can persuade an employer that he is an "athletic trainer" can assume the role with minimum risk of retribution. He doesn't have to earn the title, or prove he can meet the qualifications. He only has to convince someone he can do the job.

That risk poses a clear and present danger to athletes, not to mention unsuspecting school districts or sports medicine clinics. It also jeopardizes everything athletic trainers have been working 40 years to achieve. Most NATA members recognize the need to regulate their profession, but only a handful in perhaps half of those 31 states are doing something about it.

Athletic trainers in several states have resigned themselves to wait for a better time to push for legislation. No one questions their judgement. They know what they're doing. But in more than a dozen other states like Ohio, Indiana, New York and California, the time has come to get the law on the books. Athletic trainers in these states are well on their way to getting a law passed. They're rallying support and, for the most part, getting it.

But they could still use your active assistance. At the very least, they need your support. Licensure isn't a matter of importance to only a few. Everyone shares equally in the benefits of regulation. In a perfect world, everyone would shoulder an equal share of responsibility. But that's not necessary. All the state leaders need is a little support from everyone.



## Teacher-Trainers

Hal Hilmer is back on the stump this winter imploring students of athletic training to stay in school and earn a teaching certificate. Hilmer, Chairman of the Secondary School Committee, said there is overwhelming evidence that career opportunities are wide open to ATCs with teaching credentials for core curriculum subjects like math, science or English...anything, he said, but physical education and health. Placement Committee Chairman Ron Medlin agrees.

The situation in Washington D.C.'s school district, where interscholastic competition is being suspended for want of health care, clearly illustrates that more parents, school boards and secondary school administrators recognize the need for the kind of day-to-day athletic health care that can be provided by certified athletic trainers.

But schools don't always get what they want. Shrinking high school enrollments and perennially slim athletic budgets make it difficult to squeeze a full-time ATC into the budget.

There are, it seems, only two ways to go. Athletic training graduates can wait for the marketplace to change more rapidly to suit their needs and desires. Or they can conform to the marketplace. It doesn't take a genius to figure out which option will yield the better results.

If trends and logic prevail, demand for science and history teachers with an NATA certificate will continue to grow. The supply, at least in the short term, will probably remain low, which translates to better salaries and benefits for qualified candidates. Add the fact that high school teacher-trainers usually prosper from having a union and a well traveled route of tenure, and what do you have? Better job security and, in many cases, better compensation for a 10-month position than most year-round positions in athletic training.

Those who have no desire to teach will still have opportunities to work elsewhere. Sports medicine centers and the fledgling "corporate-industrial" positions usually provide respectable salaries for a reasonable number of work hours. And the traditional training room setting is still sacred ground. Come to think of it, there may be even more college positions opening in the years to come, as more college trainers go back to high school.

# LETTERS TO THE EDITOR

## Law Passed in 1971

Stafford, Texas—The Fall, 1989 issue of NATA News reported the State of Texas adopted athletic training legislation in 1973. I believe the Texas Licensure Law was signed by the governor and put into law in 1971.

*Robert H. Gunn (retired)*

**Editor's Note:** NATA News stands corrected by Mr. Gunn who, as the first NATA President and longtime resident of Texas, ought to know.

\* \* \* \* \*

## Alive and Well

Gardner, Kansas—There was an error on the "Presidential Election" story in the Fall, 1989 issue of NATA News. John Cramer was indeed the NATA Chief Executive of the NATA in 1954-1955, but he is not deceased. John is alive and well in Gardner, Kansas and we're very thankful of that.

*Janet Losar, Assistant Director  
Educational Services  
Department*

*Cramer Services Department*

**Editor's Note:** We're also thankful, and sincerely regret the error.

\* \* \* \* \*

## Improve Job Listings

Oxford, Ohio—I just read my Fall, 1989 issue of "NATA News" from cover to cover and came away with a renewed sense of encouragement that the NATA is pursuing the proper professional direction. The new Dallas headquarters, the hiring of our first full-time executive director to oversee all operations in Dallas, the NATA presidential election, and the clearing of fellow trainer John Faulstick are all a part of what I feel is progress due to our strong people-powered organization.

The strong history of volunteerism, often mentioned in "NATA News" and the Fall issue of "Athletic Training" is responsible for the great strides we are making as a profession. I am encouraged that the PEC is seeking AMA recognition, and national efforts are being directed toward helping state associations pursue state licensure.

As a program director of an undergraduate curriculum, I am especially interested to see the Clinical/Industrial Committee join forces with other committees so students will be better prepared to work in the allied clinical setting. In the future, thousands of positions will be found in this segment of our profession. This brings me to the issue of job opportunities.

We must improve our method of informing the membership of employment opportunities. I recently received the most current position vacancy notices from my district representative. They

were extremely late in getting to him. Financial constraints will prohibit our district from distributing vacancy notices in the future.

We do not have access to the Computer Bulletin Board, and the Placement Hotline is as difficult to use as the aforementioned position vacancy notice.

Certified members in my district pay dues of \$90 per year, with the student fee at \$30. I urge the Board of Directors to assist our Placement Committee to design an efficient, low-cost or no-cost means of obtaining current position vacancies for our membership. We have come too far to neglect this important area of concern.

*Patricia J. Troesch, ATC  
Assistant Athletic Trainer and  
Athletic Training Curriculum  
Coordinator  
Miami University*

\* \* \* \* \*

## Job Openings Need Advertising

Mankato, Minn.—The athletic training profession is gaining recognition at a rapid pace. Through corporate sponsorship and public relations, our professional image has improved and more employment opportunities exist for NATA-certified athletic trainers. The transformation of the NATA, in fact, is evident in many areas.

One area in particular is NATA News. The articles are well written and the information newsworthy. But the format of the newsletter is not what was proposed to the Board of Directors several years ago. In short, the original intent of the NATA newsletter was to list current employment opportunities thoroughly and completely.

The NATA Placement committee has done a credible job with its hot line system and new computer system, but who do they reach? How thorough is their job description. The point is, the system does not provide time or space for thorough job descriptions.

With the progress made by the NATA, we can do better. Full and complete job descriptions may even entice ATCs who are not seeking a new job to consider one. Wouldn't a monthly newsletter with 75 percent of classified advertising be more beneficial to all members? Schools and clinics can now afford to pay for this classified advertising.

Progress on this issue cannot be made without input from an active membership. I urge you to contact your state and district officers regarding this issue so that we can continue to grow. And I ask that our new executive director seriously consider this important matter.

*Gordy Graham, ATC  
Head Athletic Trainer  
Mankato State University*

# QUOTABLES

"An athletic trainer is part nurse, counselor, therapist, groundskeeper, clerk, diplomat, drug tester, nutritionist, equipment manager, teacher and student."

*Tallahassee Democrat staff writer Gerald Enslley sums up the role of an athletic trainer in a feature story on Florida State University head trainer Randy Oravetz and his staff.*

—**Tallahassee Democrat**  
November 4, 1989

\* \* \* \* \*

"Since I became commissioner (of the Louisiana High School Athletic Association in 1982), there were no football related deaths and no paralyzing injuries... This has been the worst part of my time as commissioner. It is a side of athletics I'd hoped I'd never see."

*LSHAA's Tommy Henry, a former high school coach, commenting on two football related deaths and three football-related paralyzing injuries in Louisiana during a six-week stretch between August 5 and September 16.*

—**Chicago Tribune**  
November 5, 1989

\* \* \* \* \*

"Parents have to understand that nobody can keep their children in a protective shell to keep them from being injured. I don't have firm data, but I don't think the number of serious athletic injuries is higher than injuries sustained by young people in other activities, judging by the number we see. Other injuries just aren't in the public eye."

*Tulane Medical Center's Dr. Michael Brunet, trying to reassure parents of Louisiana athletes that high school football is no more dangerous than many other everyday activities.*

—**New Orleans Times Picayune**  
September 24, 1989

\* \* \* \* \*

"Schools wouldn't open their doors without a school nurse on site, so why shouldn't kids who participate in sports after school be afforded the same health care opportunities?"

*Mike Nesbitt, head trainer at Northern Arizona University and Director of NATA District Seven.*

—**Los Angeles Times**  
November 2, 1989

\* \* \* \* \*

"Colleges and professionals have athletic trainers. Why are our young people less precious?"

*New York Assemblyman Samuel Colman, presenting his support for a state-wide movement to make certified trainers available to athletes in every high school.*

—**West Nyack Journal-News**  
October 3, 1989

\* \* \* \* \*

"We need to make a commitment—(high school) kids need care. The thing that keeps coming up is money, money, money. But we need athletic trainers in the schools."

*Jerry Rhea, Atlanta Falcons head trainer and former NATA President, campaigning, as he*

*has throughout his 30-year career, for ATCs in more high schools.*

—**Atlanta Constitution**  
November 17, 1989

\* \* \* \* \*

"If a kid gets hurt, we hurt. We're like one big family here. When we work for an athlete who's been injured for six months and he comes back and scores his first touchdown, you feel as much emotion as he does. That's the whole reward of the job."

*Graduate assistant athletic trainer Gary Bray of Boise State University, expressing the satisfaction he and the BSU medical staff share during football season.*

—**Idaho Statesman**  
September 26, 1989

\* \* \* \* \*

"Any team that can raise enough money to buy each player a knee brace would be better off using that money to hire an athletic trainer."

*Dr. James D. Garrick, orthopedic surgeon at the Center for Sports Medicine at St. Francis Memorial Hospital in San Francisco. Dr. Garrick said he believes strengthening leg muscles goes further toward preventing injuries than knee braces.*

—**Winston-Salem Journal**  
October 11, 1989

\* \* \* \* \*

"Telling us we can't perform double stunts and pyramids is like telling football players that they have to play tag football."

*Thirteen-year-old cheerleader Mandy Guyton's opinion of the ban on certain cheerleading stunts at five suburban Birmingham, Ala. school systems.*

—**Birmingham News/Post Herald**  
September 30, 1989

\* \* \* \* \*

"When you're going along with a maintenance-level budget in activities, there just isn't a chance to add that kind of program."

*Dick Mize, coordinator of secondary education for the Anchorage, Alaska School District, citing monetary constraints that he says prevents hiring of athletic trainers.*

—**Anchorage Daily News**  
September 7, 1989

\* \* \* \* \*

"Under no circumstance could we recommend the program continue next year without a certified athletic trainer as program advisor."

*Woodstock, IL School District 200 superintendent Joseph Hentges, requesting the school board employ a full-time certified trainer to head their student trainer program for the 1990-91 school year.*

—**Daily (Northwest Chicago) Herald**  
October 16, 1989

\* \* \* \* \*

"Personal training will be the hot new industry of the '90s. Eventually, everyone will have their own trainer—not just the elite."

*Larry North, a "personal trainer" in the Dallas area who has no affiliation to the NATA.*

—**Dallas Morning News**  
October 16, 1989

## Rockland County Setting Stage For ATC Law in N.Y.

Rockland County public schools in the southern part of New York have become a proving ground for why certified athletic trainers are necessary in the state's 800 high schools.

Samuel Colman, the state Assemblyman who for two years has been spearheading a campaign to place NATA-certified trainers in all New York secondary schools, expanded his model program this year by procuring an additional \$170,000 to employ full-time ATCs at five high schools in his district.

The program was initiated in 1988-89 when Colman provided \$105,000 of discretionary funding from the state to underwrite the costs of three ATCs for four Rockland County high schools.

Rockland Community College (RCC), which is also sharing the benefits of state funding, was designed recently as a feeder program for New York secondary schools. Veteran ATC Bob Burkhardt directs a two-year athletic training internship program at the two-year college, where 16 students are enrolled.

"We've patterned the RCC program after institutions with established athletic training internship programs," said Burkhardt, who is employed by Airmont Orthopaedic Sports Medicine in Suffern, NY.

"Students gain basic knowledge and experience here and, hopefully, they'll pursue their four-year degree at universities with NATA-approved curriculums."

Assemblyman Colman has been lauded for his support of the athletic care programs, and he hopes fellow lawmakers notice the progress being made in his 93rd Assembly District. He is co-sponsor of a bill currently being considered by the Assembly entitled, "An Act Providing for Licensing of the Profession of Athletic Trainer," which seeks to certify all athletic trainers in the state in order to set minimum standards to protect the public. A similar bill is being considered in the Senate.

### NATA News

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## Job Placement System Improved

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and summer, fewer during the fall and winter. Calls can be made any time during the day or night. Naturally, calls made late in the evening cost less.

### Computer Access

The computer-driven electronic bulletin board has become a source of discouragement for some members because they have troubles the first time they use it.

Questions regarding type of computer hardware, software and modem needed to interface with the system can be directed to Phyllis Stone at the national office (214/637-6282). First-time users will have to contact Stone to get the NATA's password to access the bulletin board system. Members familiar with the system can access the computer bulletin board directly by calling 214/638-0220.

Although both placement systems contain virtually the same information, the electronic bulletin board is updated daily, while the telephone hotline is updated once a week, typically by the end of the day on Friday.

### Convention Services

A special workshop designed to assist student trainers with resume writing and interviewing techniques will be offered at the national meeting in Indianapolis. Consult your convention program for the date and time.

Medlin also noted that his committee will be scheduling interviews at the 1990 national meeting. NATA members who wish to sit for an interview should register with the placement committee representative located near the job bulletin boards.

## Avulsed Teeth Can be Saved With Proper Care

Many teeth are needlessly lost each year when accidentally knocked-out (avulsed) and improperly treated. The American Dental Association recommends placing a knocked-out tooth back into the socket or storing it in a tooth-preserving medium until you can get the athlete to a dentist.

One method is soaking the tooth in cold, fresh whole milk in a securely-covered plastic container for a maximum of two hours. If this is not available, place the tooth under the accident victim's tongue. Never place an avulsed tooth in tap water, dry tissue or gauze, because it will cause immediate death of the tooth.

An alternate process has recently been made available by Biological Rescue Products, Inc. of Pottstown, Pa. (1-800-882-0505) at a cost of about \$35.

Whatever the process used, dentists said, the patient should be taken to a dentist as soon as possible.



Julie Max (right) will succeed Janice Daniels as Director of District Eight in June.

## District Eight Elects Julie Max

At least one woman will remain on the NATA's Board of Directors after Janice Daniels, the only woman ever to serve in that capacity, steps down next June.

Julie Max, 36, was elected to succeed Daniels, who is completing her sixth year on the Board, which encompasses California, Hawaii and Nevada. District Eight restricts directors to a maximum two terms in office.

Max has been head women's trainer since 1979 at California State University at Fullerton. Her volunteer service includes four years on the California licensure committee (1984-88) and seven years on the registration committee for the state meeting. Max has an undergraduate degree in physical education from Cal State Fullerton and a Masters of Education from Azusa Pacific.

Elsewhere, Jim Booher, Ph.D., will occupy the chair next June of District Five Director Jerry Weber, who held the post for the maximum three years. Booher has been District Five Secretary since 1987. He is head athletic trainer and a full professor at South Dakota State University, where he teaches in the NATA-approved undergraduate curriculum program. Jim and wife Kathy have three children, all of whom are currently attending college.

Certified members of District Two were scheduled to either re-elect Director Joe Godek or select his successor during the annual Eastern Athletic Trainers Meeting January 7-9 in New York (after NATA News went to press). Godek is nearing the end of his first three-year term. By-laws in District Two allow a maximum two terms in office.



South Dakota State University's Jim Booher succeeds Jerry Weber as District Five Director next summer.

## 'Sports Medicine' Taking Shape at U. of Virginia

Sports medicine, a nebulous term for a specialty that grew out of the 1970s and '80s, is taking on a distinct shape and identity at the University of Virginia, where Joe Gieck, Ed.D., has been head athletic trainer since 1962.

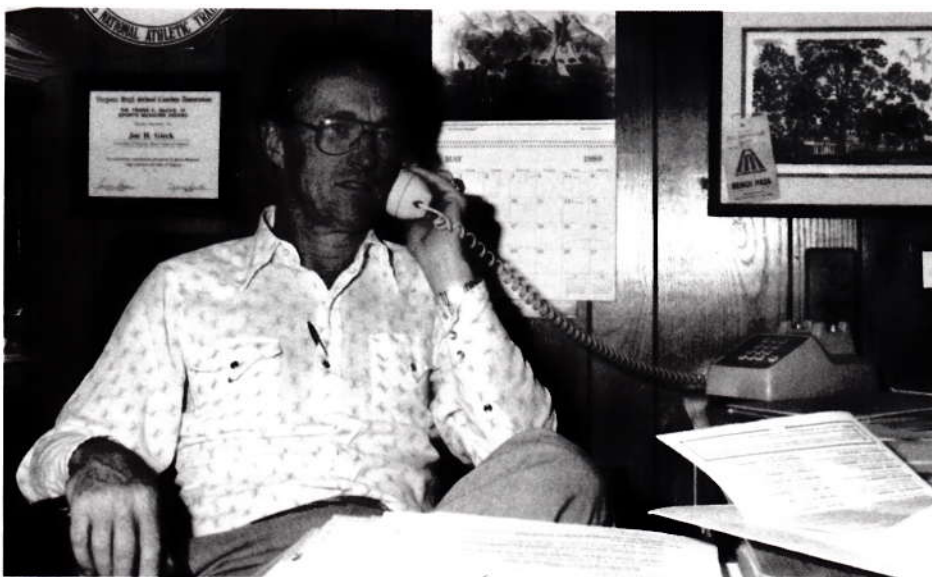
Six students are currently working toward a doctorate degree in Sports Medicine at Virginia, the only school to Gieck's knowledge that offers such a program. Gieck's colleague, David Perrin, directs an athletic training curriculum program for 12 students currently pursuing a Master's degree. The University also has an internship program for 15 athletic training undergraduates.

But Dr. Gieck is most proud of a project of a different sort that he's been working on since last summer.

"I've been participating with Dr. Jim Andrews, Dr. Mike Hakala and several other orthopaedic surgeons in a fund-raising program to build a new \$10 million football support facility for Virginia's athletic program," Gieck explained. "We'll have a 7,000 square-foot sports medicine/training room, and an 8,000 square-foot room for weights, lockers and equipment storage, plus administrative offices on the upper floors.

"But what makes it special is that the new facility is being named after Dr. Frank C. McCue III, Virginia's team physician for the past 30 years."

Dr. McCue has been a lifelong supporter of athletic training and a pivotal link in the symbiotic relationship that evolved over the years between the NATA and the American Orthopaedic Society for Sports Medicine. Dr. McCue is a past recipient of the



*Joe Gieck, Ed.D., has been in sports medicine at the University of Virginia since 1962.*

NATA's prestigious President's Challenge Cup, awarded annually to one physician for his contributions to the athletic training profession.

"We're very proud of the fact that someone in sports medicine is being recognized in this way at the University of Virginia," Gieck said. "How often do we have a project of this size named after a leader in the field of sports medicine?"

The McCue Building will be built near Virginia's current facility, which was constructed in 1965 to accommodate nine seasonal sports. Gieck said Virginia now has 21 year-round sports and 620 athletes.

Gieck is an accomplished health care professional himself. He has an undergraduate degree in physical therapy, a master's in physical education and a doctorate in counselor education from Virginia. Counseling, he said, is a natural

extension of athletic training.

"That's a key component in sports medicine today," Gieck said. "You can teach the science of sports medicine, but you can't teach the art of dealing with a football coach when one of his key players can't play. There is an art to dealing with the track coach on the dangers of overtraining. And we can still learn much more about counseling injured athletes."

Gieck still teaches "conventional" athletic training, however. He has been working with athletic trainers Paul Grace (MIT), Heather Calehuff (from Richmond, Va.) and Tab Blackburn (Columbus, Ga.) on the second edition of "Athletic Training and Sports Medicine." The textbook, published by The American Academy of Orthopaedic Surgeons, is due out in the spring. Some of the proceeds will go toward a scholarship fund for student trainers.

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