

NATA



News

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National Athletic Trainers' Association

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McNeil and NATA: Common Goals

McNeil Consumer Products Division, maker of Tylenol®, has been a corporate sponsor of the NATA since 1989. John Wernette, Professional Group Product Director of McNeil, recently spoke with Alan A. Smith, Jr., NATA Executive Director, about the future of the McNeil/NATA relationship and what he sees as the common goals of the two groups.

"One of the areas that McNeil is particularly interested in is the use of over-the-counter medications in conjunction with musculoskeletal injuries, fitness, and exercise and sports-related activities," Wernette said. "The association of these areas with athletic trainers is obvious—particularly from a positive, preventive approach."

Wernette used "Fitness through Prevention" to describe the theme of McNeil's public education objectives. "We want to make sure that our pain reliever is associated with the *prevention* of pain. There's always going to be pain, but we want to ensure that McNeil is looked upon as a responsible company that is trying to keep people from experiencing pain in the first

place. From this point of view, it is clear that McNeil's goals coincide with NATA's goals," stated Wernette.

McNeil recognizes athletic trainers as the health care professionals especially well suited to the task of instructing consumers about the prevention of pain. Wernette said, "We view athletic trainers as preventers of injury, as well as seeing them in their more obvious role as treaters of injury." He emphasized that McNeil wants to work with the NATA on projects that will fulfill the mutual goals of the two organizations.

Wernette also discussed the importance of joint efforts with other health organizations. "It makes sense strategically to get all groups of health care related professionals to work along the same lines

toward the goals of improving overall patient preparation and fitness maintenance. Because we have a population that is staying fit at ever older ages, this will present some interesting challenges," he said.

"Focusing on the mutual objectives of the NATA and the American College of Sports Medicine is a good point to begin development of new programs for next year," Wernette said. He continued, "Our general objective is to work closely with a number of groups, including the American Academy of Pediatrics and the American Association of Family Practitioners, to develop communication vehicles which will allow a better exchange of information with their memberships and the world outside."

Wernette concluded by saying, "We will work with the NATA on projects that will increase understanding and awareness of the part that athletic trainers contribute to health, while, at the same time, furthering our goal of positioning our product as being associated with a responsible and important professional group, and with the health related goals of both the NATA and McNeil—injury prevention, appropriate treatment of injuries, and education of people in general about how to better take care of themselves."



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Spotlight on a New Staff Member

Amanda Culbertson: Assistant Executive Director

Amanda Culbertson joined the NATA staff at the national headquarters in Dallas, TX on October 8, 1990. In a recent interview, Amanda discussed her past work experience, her current position with the NATA, and her personal goals.

NATA News: *How has your work experience prepared you for your position with NATA?*

Amanda Culbertson: My background is one of both general association management and certification program management. As Assistant Director of Conventions and Education with the Association of Old Crows, an electronic defense association in the Washington, D.C. area, I was responsible for meeting planning, educational program planning, membership management, and public relations. In 1986, I moved to an Assistant Director position at the American Orthotic and Prosthetic Association (AOPA). To broaden my experience, I accepted a position as Assistant Director with the American Board for Certification in Orthotics and Prosthetics (ABC), which is the certification arm of the AOPA. In this position, I spent a year and a half learning the basics of certification, its role and value as a form of regulation and public protection. In 1987, as Director of the ABC, I became involved with the National Commission for Certifying Agencies and was elected to sit on the Commission's Board. This experience, along with my involvement with educational accreditation, facility accreditation, and recertification via continuing education has prepared me well for my job with NATA.

News: *How did you learn of this job opening?*

AC: I knew Alan Smith through my work in association management. He and Paul Grace came to look at the software I had designed for the ABC, because the ABC structure is very similar to the current NATA/Board of Certification (BOC) structure. I saw Alan again in Chicago in July [1990] at the Annual Meeting of the American Society of Association Executives. He informed me that he had spoken with Ian Horen, Executive Director of AOPA, asking permission to meet with me. At that meeting, he asked me if I would be interested in visiting Dallas to discuss the position of Assistant Executive Director. The position, the Board of Directors, and the association he described appealed to

me, so I visited Dallas and eventually accepted the position.

News: *Why were you interested in working with NATA?*

AC: NATA appealed to me because of the transition it was going through toward professional staff management. I felt that I would be challenged by the position with NATA and would be able to make a lasting contribution. Also, I felt I would enjoy working with Alan, and with the other NATA staff.



Amanda Culbertson, NATA Assistant Executive Director

Amanda's job description is an evolving one. She is concentrating on four areas: meeting planning, computer operations, BOC, and daily staff operation. In addition to these duties, Amanda assists Alan with his work load.

As Alan's chief of staff, Amanda has been developing policies and procedures to govern daily operations. She hopes to create a more efficient, consistent operation, a more structured and manageable environment, and a sense of team spirit.

She is serving as the on-site staff member responsible for overseeing daily operations of the NATA/BOC. Amanda will be offering suggestions on how to restructure various procedures and reconfigure work flow. Having come from a

structure very similar to that of NATA/BOC, she plans to offer insights as the new NATA/BOC relationship progresses.

The NATA is currently evaluating its computer system and Amanda is overseeing the design of software which will accommodate both the NATA and the BOC. This involves evaluating the type of system the NATA needs, and choosing the system that best meets those needs.

Amanda also has the opportunity to put her meeting planning skills to use as she oversees the operations portion of the Annual Meeting and Clinical Symposium. The NATA staff has assumed responsibility for exhibit sales and assignments, convention registration, all hotel and catering arrangements, and all contracts and services. She will be working closely with Tim Kerin, the program Chairman of the 1991 meeting, and Dean Kleinschmidt, the host trainer. Through these efforts, a very successful Annual Meeting and Clinical Symposium is expected in New Orleans in June, 1991.

News: *What do you see in the future for NATA?*

AC: Over the next one to two years, I foresee the development of a truly professional, experienced staff, able to provide a very high level and wide variety of valuable services to the NATA membership. I am awed at how much has been accomplished at the volunteer level at the NATA. It is my plan that the staff will be able to complement the volunteer efforts and facilitate an even higher level of accomplishment.

News: *What are your future career goals?*

AC: I would like to move into an executive director position. However, I have a great deal to learn before I am ready for that level. I am fortunate to be able to work with Alan, who takes a real interest in the personal development of his staff.

Amanda currently is enjoying Dallas very much. "The NATA staff has been very welcoming, taking time to show me around and making sure I feel comfortable," she stated.

NFL Charities Supports NATA

As part of its ongoing major grants program, the National Football League Charities donated \$7,500 to the NATA on November 25, 1990 in New Orleans. Presented at the end of the third quarter at the Atlanta Falcons-New Orleans Saints game, the funds will be used to provide scholarships for students pursuing careers as certified athletic trainers.

The grant was presented on behalf of NFL Charities by Dean Kleinschmidt, President of the Pro Football Athletic Trainers' Society, and head athletic trainer of the Saints. Accepting for NATA were Alan A. Smith, Jr., Executive Director, and Bill Chambers, Chairman of the NATA Grants and Scholarship Committee, and head athletic trainer at Fullerton College in Fullerton, California.

Since 1977, NFL Charities, which is headquartered in New York City, has contributed a total of \$80,000 to the NATA. This long-term support has been instrumental to the NATA scholarships programs.



NFL Charities representative Dean Kleinschmidt (center) presents a \$7500 grant to NATA's Bill Chambers (right) and Alan Smith (left).

Formed by the NFL clubs in 1973 so that the clubs collectively could make grants to worthy national causes, NFL Charities has made diverse grant commitments total-

ing more than \$11 million. Funding for NFL Charities comes from the licensing efforts of the NFL and authorized club trademarks of NFL Properties.

The Pepsi Games

by David Mercer

Imagine organizing and supplying the medical care for all 12,000 athletes at a sports festival. Then, imagine that the sports festival took place in mid-August in 100-plus degree heat.

Does it sound like the Olympics in the Mojave Desert? It wasn't. It was the Pepsi Games of Texas, held in early August. The Games featured more athletes than the Seoul Olympics, which drew roughly 9,400 competitors.

The Pepsi Games is an annual festival sponsored by the Texas Amateur Athletic Federation. The event attracts athletes throughout the state to compete in thirty sports, ranging from soccer, to water polo, to horseshoes. This year, Carrollton-Farmers Branch played host to the event.

Dr. Joseph Butts, head of the Institute of Sports Medicine in Carrollton, athletic trainers Eddie Lane, a long-time NATA member, Miguel Benavides, and Javier Solis were responsible for finding "more than 75" athletic trainers to care for the athletes.

"Hopefully, we're just going to sit around and twiddle our thumbs," Butts said before the Games. While that was not entirely the case, the Games did go off without a major injury, a fact attributed to the preparation put in beforehand by the athletic trainers.

Preparation included mailing information on how to avoid injuries, heat-related and otherwise. This preparation paid off, as the most serious injury recorded was the collapse of a Games organizer from exhaustion. Athletic trainers were on hand to ensure that nothing worse happened.

In fact, athletic trainers were on hand at virtually all event sites. Lane, Benavides, and Solis secured the help of trainers from the Dallas-Fort Worth Metroplex. Most of the athletic trainers came from area high schools, giving up their final week off before returning to school to prepare for the football season.

Other athletic trainers came from the college and university level. The University

of North Texas, University of Texas at Arlington, East Texas State University, and Texas Woman's University were represented.

"We're a real close-knit group around here," Solis, the athletic trainer at Waxahachie High School, said. "We had such a good (local) response that only area people were used."

With the problem of staffing conquered, Dr. Butts and the Steering Committee faced an even larger task in providing the necessary medical supplies. The budget was almost nonexistent, Butts said, so the doctor began calling in favors. "There was a lot of 'remember when? Well, that day has arrived,'" Butts joked.

In the end, 13 sponsors came through with virtually everything needed, from bandages and braces, to aspirin and rubbing alcohol. As the days of work wound down, the trainers had to wonder why they gave their last week of summer to the Games. "We're always volunteering for things," Benavides said. "The coaches don't always have the athletic trainer's knowledge," Lane offered, saying they were needed, and that was reason enough.

Committee Forum

Governmental Affairs

Daniel L. Campbell, PT, ATC
Chairman, Governmental Affairs

With any name change, there is a concurrent change in the scope of activity. The Governmental Affairs Committee of the NATA will no longer be just a clearinghouse for information on legislative regulation of athletic trainers (as was its predecessor, the Licensure Committee). This Committee intends to expand its role. While monitoring legislative regulatory efforts by the various states will still be a function of the Committee, other activities are being considered.

In reviewing the parameters for the scope of activity of the Committee, two areas of concern became quite evident. First, many athletic trainers in states that have regulation are ignorant of that law. Second, athletic trainers who move to a state that has regulation may find that they are not eligible for it. Obviously, either of these situations can prove to be quite costly for the athletic trainers involved.

This first disturbing development was brought to the forefront when responses to the survey conducted by the Clinic-Corporate Athletic Trainers Committee were received. In a report given at the National Symposium in Indianapolis last summer, it became apparent that many athletic trainers were practicing in violation of their state law. For example, many states regulate the site of practice by athletic trainers. In those states, particularly those which regulated athletic trainers before 1980, the only listed site of practice is the traditional training room setting. Clinic athletic trainers may be in violation of the law in those states if they are referring to themselves as athletic trainers while working in a clinic setting.

The second problem occurs when an athletic trainer moves into a state where regulation is in effect, only to find that they are not eligible for regulation, and consequently, cannot practice in that state. Texas and Illinois have very specific requirements regarding "supervised hours," or types of courses taken

in athletic training. While many states base their regulation on certification by the NATA, some states have additional requirements. Certification by the NATA, per se, is not a guarantee that an athletic trainer will meet the requirements of the law in any given state. A corollary to this situation occurs when an athletic trainer knowingly or unknowingly practices in a regulated state without applying for, or receiving, the necessary approval from the state. Illinois is now seeking unregistered athletic trainers who may face prosecution for failure to comply with their law.

The Governmental Affairs Committee has two recommendations. First, make sure that you meet the state regulation requirements before accepting a position there. (Addresses of state regulatory agencies are available from the National Office). Second, if you are in a state with regulation, make sure that you comply with the law. Ignorance of the law is not an acceptable excuse if you are found to be in violation of it.

The Governmental Affairs Committee will publish a column in each issue of the *NATA News* on topics of interest to the general membership.

College/University Student Athletic Trainers NATA Professional Preparation Checklist

Supervising Athletic Trainer: Use the following Checklist each semester as a reminder to provide your student athletic trainers with current information and professional materials.

Student Athletic Trainer: Review the following Checklist with your sponsoring athletic trainer to aid you in your preparation as an athletic training professional.

1. **NATA Core Requirements for Certification.** Be familiar with changes in core requirements (curriculum or internship). Certification pamphlets listing requirements are available.

2. **NATA Student Membership.** Have an application available and encourage students to renew yearly. Encourage membership in state and student athletic trainer organizations.

3. **First Aid and CPR Certification**

Requirements.

4. **Student Hours.** Maintain an accurate record of all hours served under a certified athletic trainer, according to criteria (curriculum or internship).

5. **Chain of Command.** Make students aware of the structure of command within the institution: to whom do they report, and to whom are they responsible?

6. **Liability Insurance.** Provide information concerning the need for liability insurance. Be aware of the policies of the institution in which you function: to whom, when, and where does the coverage extend?

7. **Teaching Credential.** Encourage students to obtain a credential, and stress the importance of specializing in a teaching field other than Physical Education.

8. **NATA Competencies in Athletic Training.**

9. **NATA Code of Professional**

Practice.

10. **Certification and State Licensure Application.** Have the applications available and encourage early application for convenient location and dates.

11. **NATA Scholarships and Grants.** Encourage students to apply. The requirements are in *Athletic Training, JNATA*. Apply by February 1, 1991.

12. **National and District Hotline Numbers.** Post all job listings and graduate assistant positions.

13. **National and District Convention Bulletins.** Post dates and information on educational seminars and symposiums.

14. **NATA Committee Structure.** Be aware of the National and District committee structure. Provide students with the addresses at which they can contact these committees for educational, certification, and career information.

Board of Directors Develops Long-Range Plan

The history of the National Athletic Trainers' Association has been characterized by dynamic growth, quality programming, and dedicated membership involvement. As the association looks to the next century, it must be ready and able to meet the challenges and changes on the horizon.

In an effort to provide quality member services and to meet member needs into the twenty-first century, the Board of Directors of NATA has embarked upon the development of a strategic long-range plan.

The strategic plan will consider the future course of the field of athletic training and outline how that future will impact and be impacted by NATA. The plan also will focus on the strategies which the association should employ to create the preferred future for its members and their profession.

The planning process will assess member services, evaluate relevant trends and issues facing the profession, project potential changes in the needs of members, and clarify and establish a specific mission statement which clearly defines NATA's purpose and reason for existence. It will involve a number of steps and offer an opportunity for every member of NATA to participate in its development.

During the winter and spring of 1991, several focus groups will be conducted. During these focus groups, regular, grassroots members of NATA will share their thoughts and opinions about trends and issues affecting the profession and the course of action which NATA should take into the next century. These focus groups will provide information needed to take the next step in the process.

In the spring and early summer of 1991, a member-needs survey, and non-member telephone interviews will be conducted. A written survey will be mailed to every member, and will provide a unique opportunity for each person to participate in the planning process. Questions will focus on current attitudes about services and programs, and will explore future trends and needs.

The non-member telephone interviews will help to determine why some athletic trainers have not chosen to become members of the association. This information, together with the findings of the written member survey, will be compiled into a report which will form the basis of information for the next step.

During the late summer and fall of 1991, a Delphi panel study will be conducted. In this process, a smaller group of people who are considered knowledgeable about the current status and future trends in the athletic training profession will respond to a series of detailed questionnaires. Their responses, in writing, will be crystallized to identify specific areas of consensus and disagreement.

In the early months of 1992, a futures symposium will be held. During this two-day planning symposium, several dozen national and district leaders will gather to review the research results and discuss their implications for the future of NATA. Speakers who are experts in areas such as demographics, health care, economics, and technology will address the participants. Participants will work in small group settings to discuss the expert presentations and develop a consensus on the future direction for NATA.

In the spring of 1992, a final planning workshop will be held. The Board of Directors will review all the previous steps and information gathered at each. They will review the input from the focus groups, the findings of the member and non-member research, and the consensus reached at the planning symposium, then make conclusions about the future of the NATA and the profession. Specific objectives will be defined and action plans will be outlined. These plans will help direct the NATA for years to come.

The Board of Directors has selected Lawrence-Leiter and Company of Kansas City, Missouri to facilitate the development of the visionary strategic plan. Founded in 1950, Lawrence-Leiter and Company today consults with more associations and professional societies than any firm in the United States. The consultant's role will be to facilitate the process, guide the participants, and bring an outside perspective. However, the plan which will be developed will be the result of members, volunteer leaders, and leaders in the profession, achieving a consensus about the future course of NATA.

The results of the planning process will be announced and discussed at the 1992 national convention. Between then and now, every member of the association will have the opportunity to participate. This is an important responsibility because, after all, the future of NATA is in the hands of its members.

Professional Education Committee Update

Robert S. Behnke, Chairman of the NATA Professional Education Committee (PEC), reports that collaboration with the American Medical Association's Committee on Allied Health Education and Accreditation (CAHEA) has begun on the development of the new *Essentials and Guidelines for an Accredited Educational Program for Athletic Training*.

On October 20, 1990, NATA representatives, including four members of the PEC plus the NATA's newly-appointed Assistant Executive Director, Amanda Culbertson, met with the Assistant Director of CAHEA and with physicians from the American Academy of Pediatrics, the American Academy of Family Physicians, and the American Orthopaedic Society for Sports Medicine to initiate work on the guidelines.

A future issue of the *NATA News* will feature details on the status of the transition from NATA "approved" educational programs to CAHEA "accredited" education programs for entry-level athletic trainers. The PEC Educator's Workshop at the 1991 NATA Annual Meeting and Clinical Symposium in New Orleans will be devoted entirely to the transition. On behalf of the PEC, Behnke strongly encourages attendance at the workshop by those who are currently involved in 1) a NATA approved education program, 2) an athletic training education program, and 3) an education program preparing students to sit for the certification examination via the internship route.

Details concerning the program, site, and time of the Educator's Workshop will be sent with the 1991 NATA Annual Meeting and Clinical Symposium pre-registration information.

The day the team died:

Smaha Remembers Marshall University

by Peter Harriman

He sees them in the faces of other people. He can still recall the sounds of their voices. The event is as vivid to him as the day it happened.

Twenty years ago, on November 14, 1970, seventy-five football players, coaches, athletic trainers, athletic administrators, and team supporters died instantly when a chartered DC-9 carrying the Marshall University football team slammed into a ridge near the Huntington, WV, Tri-State Airport and burst into flames.

Mark Smaha of Moscow, WA, was supposed to be on the plane.

Now the head athletic trainer at Washington State University (WSU) and President of the National Athletic Trainers' Association, Smaha was a 23-year-old graduate student and assistant trainer at Marshall in 1970. He was supposed to make the trip to East Carolina University with the football team November 14, but because he had a paper due in a class and impending responsibilities as the basketball trainer, he asked another student trainer to go in his place.

Instead of dying in a plane crash, Smaha spent three days helping to identify bodies. He went to 14 funerals in a week and was a pallbearer at 12 of them.

"It changed my life," he says. Perhaps surprisingly, it has not made him morose or fatalistic. Instead, the experience has sharpened his appreciation for life, and it has given him compassion that is discriminating but deep.

"I have a lot of athletes who think I don't have any compassion," he says. "When a kid blows his knee and can't play anymore, it hurts me. But when a guy comes in with a little cut, I don't have compassion. That's because I have seen the absolute worst you can see."

Marshall's Thundering Herd had lost a three-point game to East Carolina. That left Marshall with a 3-6 record. But three of the losses were by less than a touchdown.

"Marshall had just built a new stadium," Smaha says. "They'd had a lot of recruiting violations and had been kicked out of the Mid-American Conference. But they were starting over. They'd brought new kids in and there was a lot of enthusiasm."

"There was just a real nice enthusiasm around the team. All the coaches were nice guys. They were young. They were just getting started. Everybody was just getting started."

The plane was due to land at 7:45 p.m. A

news bulletin flashed across television screens in Huntington then. "A DC-9 was down at Tri-State. I knew it had to be us," Smaha says.

He learned of the crash the same time as a young woman, eight months pregnant, with a toddler in her arms. Her husband was a Marshall linebacker.

Family and friends of those on the plane were directed to a Huntington hospital.

"They herded everyone into a conference room. I figured that's where they were going to bring the survivors. Time went by, and then two state troopers and a priest grabbed me. They said, 'You've got to come with us. There are no survivors. They've all been killed. We need to have you come to the airport with us.'"

Smaha gathered the team's medical records. "I went to the armory at the airport Saturday night. I got home Monday night."

The corpses had been burned beyond recognition.

"They use an eight or 12-point system, I forget exactly what it is, in identifying bodies in that condition. It includes boiling pelvises to determine age. That's how they determined who my mentor was, that and a piece of sport coat cloth off the body."

Only the players and people associated with the team had flown. The team's equipment had returned by truck. When it arrived, Smaha was the only one left to unload it.

"I was unpacking trunks that had been filled with Ace wraps that were still wet with sweat, and I knew the players who had worn them were dead."

Smaha talked about the Marshall tragedy to the WSU football team this year the night before its game with USC in Los Angeles.

"I got real emotional," he says, "I had a real difficult time getting through it. The point I was trying to make is that we do take a lot for granted. It's really important to enjoy the experience of playing football, to experience all the emotions and to do the best you can, because you may never get another chance at it."

Six bodies from the Marshall team plane were never identified. Their funerals took place at a widely attended university memorial service that reminded Smaha of John F. Kennedy's funeral, and they were buried on a hill in Huntington. A monument has been erected over their graves.

It's in contrast, Smaha says, to another funeral he attended. The student trainer who took his place on the flight was from a little West Virginia coal mining town.

"There was a tiny funeral home in the town," Smaha remembers. "It was a garage converted to a funeral home. It had that linoleum on the floor that looks like wood but isn't. It had a 1955 rusted-out hearse, and we had a funeral procession of about three cars."

"The kid's dad had black lung disease, and the family lived in this little teeny coal miner's house. The kid was buried on a family plot 12 miles from town. We drove there on a one-way dirt road. There were moonshine distilleries along the road, and people would look at us as we drove by. It made me feel uncomfortable."

"They believe in burying people on top of hills there. They say it's closer to heaven. We had to carry the casket 150 yards up a mountainside in the rain. The two guys who dug the grave were still there. Their spades were still in the dirt. They were sitting by a fire with their shotguns, cigarettes, and beer and watched us."

Smaha says that in the aftermath of the tragedy he broke down only once.

"It was after I'd been out at the airport 60 or 70 hours without sleep. I was going back home for a little while to rest. I stopped and got a newspaper. When I pulled it from the rack, I read the headlines. It hit me, and I lost it."

The campus memorial service "got somewhat emotional," he remembers, "but you can only cry so much."

In the days after the crash, Smaha's mother phoned him from town with more bad news. One of his high school friends had been killed in Vietnam. He was so drained by the Marshall deaths, though, "It didn't mean anything to me. I couldn't feel anything."

Many people know about the tragedy. But they know the dead as numbers not as people. Smaha knew the people.

"They were great kids," he says. "When I was speaking to the (WSU) team at USC, I was thinking of Ted Shoebridge, the Marshall quarterback. He was from a little town in New Jersey or someplace, a real All-America-type kid."

"I had a picture of the Marshall team on my wall here (at WSU) for about 10 years. I finally took it down when we remodeled the training

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room, and took it home. Those kids were just like the kids today. They're all the same."

The plane crash ended any belief Smaha had in predestination.

"If you have ever had 75 people yanked from you, people like Brad Gossens, Drew Bledsoes, Shaumbe Wright-Fairs, Mike Prices, and Jim Livengoods," from the WSU team, "just yanked from life with the snap of a finger, it's really difficult to understand why it was their time to go all at once."

"People say you were lucky not to be on the plane. I didn't look at it as being lucky. You just flat-ass weren't on the plane, that's all."

Thirty days after the accident, Smaha says, he was with the first Marshall team to fly out of the airport when he accompanied the basketball team on a road trip as trainer. "We were also the first team to land back in that airport where the accident occurred. There were some anxious faces, but it was OK."

After the crash, Smaha was made Marshall's

acting athletic trainer, and he had to cut back his graduate studies to take over some of the teaching load in the athletic department created by the deaths of the head athletic trainer and coaches.

Smaha left Marshall in 1972 after completing his graduate degree, but not before he experienced one of the more memorable football games of his career. The NCAA allowed Marshall to play with freshman football players in 1971, and those players, and players who had been freshmen in 1970 and did not die in the plane crash, beat Xavier University on a 25-yard screen pass in the closing seconds of the first game in the new stadium.

"That win is up there with (WSU) beating (number-one ranked) UCLA in 1988, and the 1982 Husky game (also won by the Cougars)."

It was a fine, little triumph. It is hardly a surprise, though, that it was not enough to offset the tragedy of the previous year. Smaha left Marshall, "and I have never been back. I said I never would be back, and I expect I never will. It doesn't have very pleasant memories for me."

But he remembers the team that died. It has been memorialized in the names of buildings and statues on the Marshall campus. And on the two-decade anniversary of the plane crash, new memorials will no doubt be made.

But the team lives on in another way, too. At WSU, "We always say the Lord's Prayer before a game," Smaha says, "and before that I always say a little prayer for the kids -- that they play well, that nobody gets hurt."

"When I do that, the picture I have in my mind is of that (Marshall) football team, and those kids."

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ANNOUNCEMENT

Material for the feature "Association Activities," which previously appeared in *Athletic Training*, *JNATA*, is now compiled by Jeff Konin for the *NATA News*. Please send articles, honors and awards, comments, district and state news, and any other interesting features you may want fellow NATA members to know, to:

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Jeff will be glad to assist you with any questions you may have regarding submitting material for the *NATA News*. Please call (205) 930-7051, or FAX information to (205) 930-9369.

Deadlines for submission are:

January 31, 1991 for the March issue

April 30, 1991 for the June issue

In Memoriam



William Louis Dascoulias
January 14, 1921 - November 20, 1989

William Louis Dascoulias, a long-time NATA member, physical therapist, and certified athletic trainer, passed away on November 20, 1989. He was 68 years old.

While serving his country in the Navy during World War II, he strengthened his background in physical therapy through his shipboard assignment as head of the Physical Therapy Department. After his discharge from the Navy, he graduated from Eastern School for Physicians Aides in New York City, with a certificate in Physical Therapy. He served as a head athletic trainer at Niagara University in New York and also worked as an athletic trainer with several professional baseball and basketball teams. In 1950, he served as athletic trainer for the San Francisco State College football team.

William Dascoulias was a pioneer in the California Athletic Trainers' Association and the National Athletic Trainers' Association. He encouraged many young students to choose a career in athletic training. His contributions to athletic training and physical therapy in the state of California will be evident for many years to come. At the time of his death, he and his wife owned and operated a physical therapy clinic in San Mateo, California.

He is survived by his wife Eurydice (Kiki) and daughter Anna.

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Honors & Awards

MICHIGAN'S NEW HALL OF FAME

The Michigan Athletic Trainers' Society has initiated a Hall of Fame with the induction of Gayle "Robbie" Robinson and Jack Heppinstall (posthumously) of Michigan State University (MSU), Jim Hunt and Len Paddock (posthumously) from the University of Michigan, Jack "Cactus Jack" Jones from Western Michigan University, and Robert "Doc" White of Wayne State University.

The induction ceremonies took place on June 5, 1990, at Michigan State University Munn Ice Arena, on the campus of Michigan State University in Lansing, which will be the permanent site for the Hall of Fame.

Gayle "Robbie" Robinson

Gayle "Robbie" Robinson earned bachelor's and master's degrees from Michigan State University and remained there as an athletic trainer. He attended the 1967 Pan American Games and the 1972 Olympics in Munich. Robbie is a past member of the NATA Board of Directors and was inducted into the NATA Hall of Fame in 1976.

Jack Heppinstall

Jack Heppinstall was Michigan State University's first athletic trainer. He served as a member of the Olympic boxing and wrestling teams for the 1948 Olympic games in London, attended two Rose Bowl games, and was a member of the 1952 national championship football team. Jack was a Past President of the NATA and was inducted into the NATA Hall of Fame in 1962.

Len Paddock

Len Paddock attended Northern Michigan College of Education (now Northern Michigan University). In 1947, he was hired by Jim Hunt as an assistant athletic trainer at the University of Michigan, and served thousands of athletes during his tenure. He was known for treating all athletes as if they were All Americans. Len was a 25-year award member of the NATA.

Jim Hunt

Jim Hunt graduated from the University of Minnesota with a degree in physical therapy in 1929. After working as a coach and teacher in St. Paul, he moved to Ann Arbor in 1942 and became head athletic trainer at the University of Michigan. Jim developed the "Michigan Heel Cup," assisted in the implementation of the first ice hockey goalie mask in 1951, and strived to improve football equipment. He was extremely active in the NATA serving as President, Director of District IV, and program director for the 1955 convention. Jim is a 25-year award winner, and was admitted to the NATA Hall of Fame in 1966.

Jack Jones

Jack "Cactus Jack" Jones came to Western Michigan University (WMU) in 1956 as head athletic trainer. He founded the Mid-American Conference Sports Medicine Association and co-founded the Michigan Athletic Trainers' Society in 1976. Jack served on the advisory board of the sports medicine committee for the Michigan State Medical Society, and developed the approved graduate athletic training program at WMU. He is a NATA 25-year award winner.

Robert C. White

Bob "Doc" White attended Eastern Michigan University for undergraduate studies and completed his master's degree at the University of Michigan. In 1951, Bob became the head athletic trainer at Wayne State University. He worked with the Detroit Lions from 1946 to 1960, acted as a consultant for the Detroit Pistons from 1957 to 1985, and in 1974, was the head athletic trainer for the Detroit Loves of World Team Tennis. He served as a member of the 1968 Olympic sports medicine team in Mexico City and for the World University Games in 1974. Bob is a NATA 25-year award winner and was inducted into the NATA Hall of Fame in 1977.

SWATA Awards Presented

At the Southwest Athletic Trainers' Association meeting on July 27, 1990, the following awards were presented: Ross Moore Memorial Award to Dennis McMeeken, Robert Lane, and Kerry Walker; Johnson & Johnson Past President Award to George Haynie; and SWATA Past President Award and Alert Services Award to Dennis Pruss. Additional SWATA awards received are noted below.



Ken Murray (R) receives the 1990 Hall of Fame Award from Pete Carlon (L).



Ken Locker (R) presents the Eddie Wojecki Award to Paul Zeek (L).



The Frank Medina Award is presented to Ken Locker (R) by Bobby Lane (L).

HALL OF FAME INDUCTEES

Castleton State

John Cottone, Director of Athletic Training at the State University of New York at Cortland, was inducted into the Castleton State College Athletic Hall of Fame on October 12, 1990. As a student at Castleton, Cottone was an outstanding midfielder on the lacrosse team, scoring more than 100 career points. He was named to the New England All Stars in 1974. He was director of the athletic training program at Castleton from 1978 to 1985 and deserves much of the credit for establishing the excellent reputation held by that program. Since 1985, Cottone has been head athletic trainer and program director of the NATA approved athletic training education program at SUNY at Cortland.

Murray State

Tom Simmons, head athletic trainer at Murray State University (MSU) for the past twenty-five years, was inducted into the MSU Athletic Hall of Fame. In ceremonies held on Thursday, October 25, 1990, Mr. Simmons was honored for dedication to his profession, the University, and the Racer athletes, coaches, and administration.

Tennessee Athletic Trainers' Society Announces Awards

The Tennessee Athletic Trainers' Society announced the following annual awards:

Corporate Award:

Chattanooga Corporation

Sports Medicine Person of the Year:

David Adams

Gene Smith/Mickey O'Brien College

Athletic Trainer of the Year:

Jerry Robertson

Sandy Sandlin High School Athletic Trainer of the Year:

Doug May

Joe Warden Clinic/Professional Athletic Trainer of the Year:

Jack Redgreen

Plaques were also presented to former TATS officers, President Steve Bartlett and Secretary/Treasurer Jim Lyon, for their contributions to the state organization from 1985 to 1989.

Big Sky Conference Presents Award

The Big Sky Conference gave its first Athletic Trainer of the Year award on October 6, 1990, to Dennis Murphy of the University of Montana.

The award was presented by Gary Craner, Head Athletic Trainer at Boise State University.

Gary Craner (L) presenting
award to Dennis Murphy (R)



APPLICATIONS ARE BEING ACCEPTED FOR NATA HONORS AND AWARDS

Applications are being accepted by the NATA Honors and Awards Committee for NATA Honorary Members and Hall of Fame nominations. The deadline for application is February 1, 1991. Applications can be obtained by contacting the NATA headquarters in Dallas or your district's director. These awards will be presented at the 1991 NATA Annual Meeting and Clinical Symposium in New Orleans. All 25-year awards are handled by computer, so applications are no longer necessary. For further information, please contact George Sullivan, Chairman of the Honors and Awards Committee, at (402) 472-2276.

Letter to the Editor

Dear Athletic Trainers:

The employees of 3M Lenox Hill congratulate you on your AMA endorsement as an allied health profession! Endorsement from America's largest medical organization can significantly assist athletic trainers nationwide in gaining the professional status they deserve.

We at 3M Lenox Hill wish you the best of luck and continued success as key medical professionals within the community.

Michelle S. Gibson
Market Development Coordinator
Orthopedic Products Division
3M Health Care
St. Paul, MN

REMINDER

Applications are available from the NATA headquarters for Curriculum, Postgraduate, and Undergraduate scholarships. The applications must be completed and returned to the NATA by February 1, 1991.

Scholarship winners will receive their awards at the NATA Annual Meeting and Clinical Symposium in New Orleans, LA, June 8-12, 1991.

District News

SEATA STUDENT ATHLETIC CLINICAL SYMPOSIUM

The 1990 Southeast Athletic Trainers' Association (SEATA) Student Athletic Clinical Symposium was conducted February 24-26, 1990 at the Hughston Sports Medicine Foundation in Columbus, Georgia. The Fourth Annual Symposium was the largest to date, with over 300 college and university student athletic trainers in attendance.

The Student Athletic Trainers' Clinical Symposium was initiated 5 years ago, following a large turnout of student athletic trainers at the Annual Summer District Meeting. The idea was born to create a separate educational program geared specifically to the needs and interests of the college and university student athletic trainer.

The first three Student Athletic Trainers' Symposiums were conducted at Samford University in Birmingham, Alabama. Each Symposium featured a particular theme or topic. At the 1990 Student Athletic Trainers' Clinical Symposium, topics included: catastrophic head and spinal cord injuries in sports medicine, and legal liability in sports medicine.



Panel discussion on "Legal Liability in Sports Medicine." Participants from left to right are: Warren Morris, ATC, Dawes Cook, Attorney, Kurt Jacobson, MD, Bobby Barton, PhD, ATC, Bill Jacka, and Andy Clawson, ATC.

Additionally, a two-day program on therapeutic modalities in sports medicine was presented for continuing education credit for certified athletic trainers accompanying their students.

The 1991 Symposium will be held at the Bryant Convention Center in Tuscaloosa, Alabama, February 8-10, 1991, and will highlight presentations on the use of therapeutic modalities in sports medicine.

PITT'S SPORTS MEDICINE INSTITUTE ATTENDS MOSCOW MARATHON

Armed with enough medical equipment for 6,000 runners, Dave Ellis, MD, James Irrgang, PT, ATC, Larry Grollman, ATC, Tim McLane, ATC, Gregory Tutsock, AS, EMT-P, David Stone, MD, and Andrew Sucov, MD, representing the University of Pittsburgh's Sports Medicine Institute, left for Moscow August 5 and began preparing for the 1990 International Peace Marathon on August 11. The Sports Medicine Institute, which has provided medical coverage for the Pittsburgh Marathon since 1985, was invited by Events Internationale, Inc., of Boston, and the Moscow Sports Committee, to oversee the medical coverage for the Soviet race.

As medical consultants, members of the sports medicine team offered expertise in organizing the comprehensive medical care that is customary for U.S. marathons. Inter-

Continued p. 11...



Shown are the Soviet and American members of the medical team for the Moscow International Peace Marathon. The American delegation represented the University of Pittsburgh's Sports Medicine Institute.

viewed before the event, they voiced excitement and concerns.

"We are extremely flattered by this invitation and look forward to the immense challenges and rewards this international assignment presents," said Dr. Freddie Fu, medical director of the Sports Medicine Institute and executive medical director of the Pittsburgh Marathon.

Each year at the Pittsburgh Marathon, the Sports Medicine Institute works very

closely with the City of Pittsburgh Emergency Medical Services in overseeing nearly 1,000 medical and nonmedical volunteers, setting up and staffing 20 aid stations along the race course and a M*A*S*H-like unit at the finish line, consisting of four tents providing acute, general medical, and sports medicine care, as well as massage therapy. Nearly 4,000 ran in the May race, making the ratio of runners to medical personnel four to one.

"We have to plan for more runners than we are accustomed to, and we'll be working in totally unfamiliar territory," said Dr. Dave Ellis, Marathon medical director. "Language won't be the only barrier we will have to overcome. The Soviet medical system is quite different from ours, and we are studying it trying to make plans we hope will best meet the needs of the Marathon participants."

"Our experiences in providing medical care in all weather extremes will help us to prepare for Moscow; but there is much more we must learn about delivering care in the Soviet Union, rain or shine," added James Irrgang, director of the Sports Medicine Institute. "We pride ourselves in being prepared, and here we are in a situation where we won't know a lot until we actually get there."

Two officials from the Moscow Marathon were recently in Pittsburgh to meet their American counterparts to exchange information. "They were eager to learn about the U.S. medical system and its integration into the

sports arena. We made strides in understanding the challenges that lie ahead of us in the

coming weeks," said Dr. Ellis.

Dr. Lev Markov, medical director of the 1980 Olympic Games and the Moscow Sports Committee, oversees 1,800 events each year as senior vice president for sports medicine of the Soviet Sports Federation. Dr. Ludmilla Joukova is director of functional diagnostics for the

Moscow Sports Federation. Both met with Ellis, Fu, Irrgang, and others from the Institute.

As part of the agreement, the Pittsburgh team was asked to supply the medical equipment required for the race because much of it is either not available at all or not available in the quantities needed, according to Tim McLane, who is one of the nine representatives traveling to the Soviet Union.

A truck left Pittsburgh August 1 for John F. Kennedy Airport loaded with the mostly donated equipment, including 6,400 cotton balls, 16,000 alcohol wipes, 900 adhesive bandages, 256 rolls of athletic tape, 600 rubber gloves, 50 IV catheters, tubes, and solutions, 65 thermometers, and 2 diagnostic ultrasound machines. In addition, 1000 Mylar blankets were packed for the journey and introduced for the first time to Soviet runners. The equipment was flown on the same Finnair flight as the Pittsburgh delegation.

The Moscow Marathon was first held in 1981 and is run in conjunction with a 10K race. In past years, the marathon has attracted mostly Soviet runners and a small contingent of runners from other countries. This year, the Soviets are opening their race to world-class runners and hope to attract more participants. The race, renamed the Moscow International Peace Marathon, will be run on the historic 1980 Olympic Marathon course.

"The Sports Medicine Institute was se-

lected from a number of medical teams because of its excellent reputation among sports medicine experts and runners," said Edwin P. Whittemore of Events Internationale, Inc., a world-wide sports marketing firm. In 1989, Events Internationale joined with the Moscow Sports Committee to produce and promote the Moscow International Peace Marathon. As part of the venture, the New York and Moscow marathons will enjoy sister marathon status, and New York Marathon officials will provide consultation for the administration of the Soviet race.

"We hope to continue our newly formed relationship with Events Internationale and the Moscow Sports Federation through an exchange that could include research, educational, and clinical programs," said Irrgang.

No Regulation of Virginia's Athletic Trainers

On October 16, 1990, VATA President Steve Cole and Vice President Tom Jones attended the Board of Health Professions meeting on the recommendations and the review of regulation of athletic trainers in the Commonwealth of Virginia.

The Board of Health Professions concluded that "regulation of athletic trainers is not warranted at this time" and stated that "further proposals for regulation of athletic trainers [will] not be entertained for a period of four years from this decision unless warranted by compelling evidence that the public is at risk for harm from unregulated practice."

The VATA invites any suggestions or updates from other state organizations regarding regulatory efforts. Please send the information to: Steve Cole, Director of Sports Medicine, The College of William & Mary, PO Box 399, Williamsburg, VA 23187.

On October 18, 1990, the VATA made a presentation to the Virginia State High School Athletic Directors' Association. A position statement recommending the placement of NATA-certified athletic trainers in all high schools in the Commonwealth of Virginia by the year 2000 was well received by the administrators. These efforts were spearheaded by Virginians Nancy Burke, South Lakes High School, Jon Almquist, Marshall High School, Mike McGee, Virginia Beach City Public Schools, Larry Cooper, Hayfield High School, and Joe Gieck, University of Virginia.



Soviets from the Moscow Sports Medicine Dispensary get assistance from Americans representing the University of Pittsburgh Medical Center's Sports Medicine Institute while treating a runner who collapsed at the finish line.

What are your plans this summer??



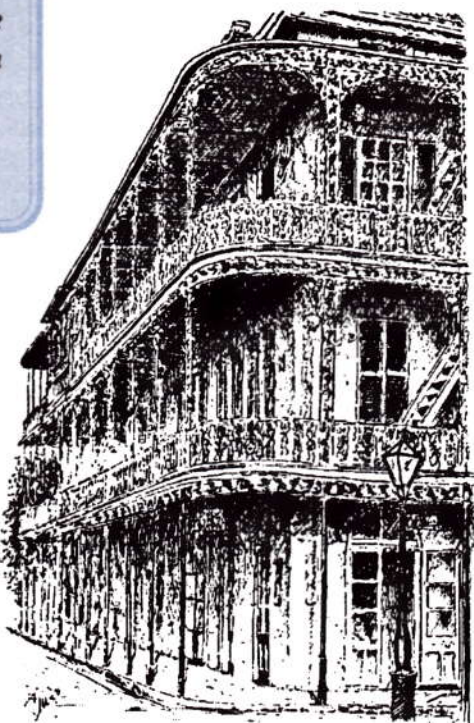
The National Athletic Trainers' Association's 42ND Annual Meeting and Clinical Symposium will be held the 8th through the 12th of June, 1991, in exciting New Orleans, Louisiana, "America's cultural treasure chest." The meeting will include daily activities, speakers, and over four hundred exhibits to show you the latest innovations in athletic training, all set in the home of the Mardi Gras, the historic city of New Orleans.

"Join us as we kick off the new decade in the beauty and excitement of the city of New Orleans. This year's convention will provide a meaningful educational experience that's filled with creativity and new ideas for athletic trainers at all levels. You will also have the unique opportunity to enjoy the atmosphere of the downtown and famous French Quarter just a short distance from your hotel....."

Mark J. Smaha, MS, ATC
NATA President



We will be sending preliminary information packets and registration forms to NATA members in January. The packet will contain a schedule of activities, a list of speakers and topics, as well as hotel, airline, and car rental information. The biggest names in the athletic training profession will have exhibits, demonstrations, and workshops. Valuable Continuing Education Units can be earned by all certified athletic trainers simply by attending the Annual Meeting and Clinical Symposium.

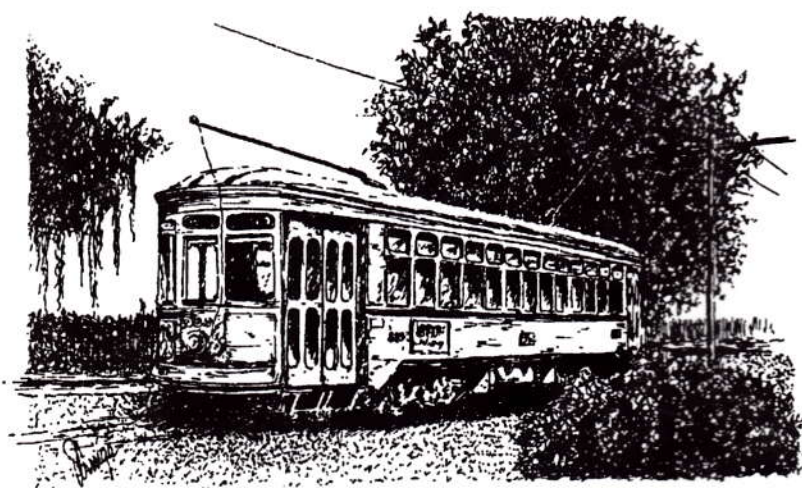


After you check in with the NATA Courtesy Booth at the New Orleans Airport, transportation to your hotel or to the Rivergate Convention Center can be found for as little as \$7.00. The Rivergate is located on Convention Boulevard between Canal and Poydras Streets, across from New Orleans' World Trade Center. A large number of hotels, restaurants, and shops are within walking distance. The Easy Rider Shuttle can take you from the Rivergate to any number of sites, while the Vieux Carré Shuttle can show you the French Quarter. Riverfront Park, the Streetcar, Aquarium of the Americas, the Toulouse Street Wharf, the mighty Mississippi, and other attractions are all just a few blocks from the front door of the Rivergate Convention Center.

"The invitation has been issued. The table is set. All that is needed now is your presence! Join us in New Orleans in June for a Convention you'll never forget! We guarantee it!"

Dean L. Kleinschmidt, ATC

Local Convention Chairman, speaking for the host Louisiana Athletic Trainers' Association



Come to the **"Big Easy."** Enjoy the Cajun and Creole cuisine, go shopping at the Riverwalk, listen to the jazz music, make a late-night visit to the Cafe du Monde, see the historic French Quarter, or take a stroll along the banks of the great Mississippi River. **Join us in June!!**

*NATA's 42nd Annual
Meeting & Clinical Symposium
New Orleans, LA
June 8-12, 1991*



For more information, call NATA @ 1 (800) 879-6282, or write 2952 Stemmons Freeway, Dallas, Texas 75247-6103

Calendar of Events

1991 Educational Programs...

January 6-8

Eastern Athletic Trainers' Association 42nd Annual Meeting and Clinical Symposium
Monticello, NY

Contact: Matthew D. Gerken, EATA President-Elect, Health Services, Bridgewater State College, Bridgewater, MA 02325

January 11-13

Baseball Team Athletic Trainers Conference
Inglewood, CA

Contact: Pat Aycock, Centinela Hospital Medical Center, 555 East Hardy Street, Inglewood, CA, 90301, (213) 674-5200, ext. 260

January 28-31, March 25-28

Fitness Institute I, Cedar Rapids, IA
Contact: Universal Gym Equipment, Inc., P.O. Box 1270, Cedar Rapids, IA 52406

February 1-3

Southeast Chapter of American College of Sports Medicine Annual Meeting, Louisville, KY

Contact: J.W. Yates, PhD, University of Louisville, Exercise Physiology Lab., Crawford Gym, Louisville, KY 40292

February 8-10

SEATA Student Athletic Trainer Clinical Symposium, Tuscaloosa, AL

Contact: Ron Courson, PT, ATC, Samford University, SU Box 2448, Birmingham, AL 35229, (205) 870-2574

February 10-12

Sports Law and Risk Management Conference
Greensboro, NC

Contact: Ronald Baron, Center for Sports Law and Risk Management, 8080 North Central Expressway, Suite 400, Dallas, TX 75206, (214) 360-9691

February 15-17

Professional Preparation Conference: Manual Therapy in Athletic Rehabilitation, Denver, CO

Contact: NATA, 2952 Stemmons Freeway, Dallas, TX 75247-6103, (800) TRY-NATA

February 25-27, April 22-24

Fitness Institute II, Cedar Rapids, IA

Contact: Universal Gym Equipment, Inc., P.O. Box 1270, Cedar Rapids, IA 52406

March 7-9

5th Annual Conference on Exercise Sciences and Sports Medicine, San Juan, PR

Contact: Tufts University School of Medicine, Office of Continuing Education, 136 Harrison Avenue, Boston, MA 02111

March 21-23

Lower Extremity Symposium on Ankle and Knee Pathologies and Orthotic Fabrications
Daytona Beach, FL

Contact: Jack Halbach, MS, PT, ATC, International College of Medical Congresses, 505 King Street, Suite 103, La Crosse, WI 54601, (608) 784-6363

March 21-23

3rd Annual Miami Sports Medicine Seminar
Coconut Grove, FL

Contact: Joseph J. Vegso, Miami Rehabilitation Institute, Coral Gables, FL 33134

March 21-23

13th National Trauma Symposium
Baltimore, MD

Contact: Office of International Development, MIEMSS, 11 South Poca Street, Suite 303, Baltimore, MD 21201-1595, (301) 328-2399, FAX (301) 328-8514

March 23

The Valley Hospital Sports Institute Sports Medicine Symposium, Ridgewood, NJ

Contact: Neil Curtis, ATC or Michael Dandorff, ATC, The Valley Hospital Sports Institute, Ridgewood, NJ 07450, (201) 447-8131

Northern Illinois University is presenting a series of educational workshops during the month of February. For information about any of these, contact:

Andrea Horst
Continuing Education
Northern Illinois University
DeKalb, IL 60115
(815) 753-2401

February 9 - Glenview, IL
Athletic Injuries and Overuse
Syndromes of the Knee

February 16 - Parkridge, IL
Assessment and Management of Shoulder
and Neck Injuries

February 23 - Carol Stream, IL
The "Neutral Spine" and Sports Injuries of
the Back

March 23-28

Team Physician Course - Part III, Orlando, FL
Contact: American College of Sports Medicine
National Center, P.O. Box 1440, Indianapolis, IN,
46206-1440

May 23-25

International Isokinetic Congress, Chicago, IL
Contact: Jack Halbach, MS, PT, ATC, International College of Medical Congresses, P.O. Box 2592, La Crosse, WI 54602, (608) 784-6363

National & District Meetings in 1991

The Professional Preparation Conference
"Manual Therapy in Athletic Rehabilitation"
February 15-17, 1991

The Hyatt Tech Center • Denver, CO

NATA 42nd Annual Meeting and Clinical Symposium
June 8-12, 1991 • New Orleans, LA

District 1 & 2

January 6-8
Kutcher's Lodge • Monticello, NY

District 3

May 17-19
Cavalier Hotel • Virginia Beach, VA

District 4

March 14-16
Holiday Inn Kennedy O'Hare • Rosemont, IL

District 5

March 15-17
Rankota Inn • Sioux Falls, SD

District 10

March 15-17
Red Lion Inn • Bellevue, WA

District 6

July 25-27
Arlington Convention Center • Arlington, TX

District 7

March 15-17
Fountain Suites • Phoenix, AZ

District 8

June 28-30
Fairmont Hotel • San José, CA

District 9

July 1-3
Marriott Sawgrass • Jacksonville, FL

The NATA News will list events of interest to persons involved in sports medicine if the information is received by January 31, 1991 for the March publication. Please enclose all pertinent details including the name and address of the person to contact for further information. Send the notification to: Dr. Jeff Fair, Head Athletic Trainer, Athletic Department, Oklahoma State University, Stillwater, OK 74078, or to NATA News, 3312 West Cary Street, Richmond, VA 23221, (800) 800-NATA • FAX (804) 358-9951.

NATA Sponsors Manual Therapy Conference

The NATA is sponsoring a professional preparation conference on manual therapy in athletic rehabilitation. The program, which will take place February 15-17, 1991, in Denver, Colorado, is designed to encourage practicing athletic trainers to appropriately integrate manual therapy techniques into a comprehensive athletic rehabilitation program.

The course will provide essential knowledge about the manual therapy techniques of Proprioceptive Neuromuscular Facilitation (PNF), joint mobilization, and soft tissue mobilization. The information presented will include the theoretical basis and physiological concept of these techniques along with hands-on laboratory experience for the development of skills necessary for application to specific athletic injury treatment.

The NATA/Board of Certification has approved 1.5 Continuing Education Units for the program.

The program, developed by the PEC, will feature: Frank W. Jobe, MD, speaking on **Rehabilitation in the 90's**, Richard N. Robertson, PhD, talking about the **Physiology of Connec-**

tive Tissue, Joseph Godes, PT, OCS, lecturing on the **Principles and Theory of PNF**, and Alan Halling, PT, ATC, discussing the **Principles and Theory of Soft Tissue Mobilization**.

Arrangements have been made with Keystone Resort for pre- and post-meeting ski trips. Packages are available for 3, 5, and 7 days at special rates. For detailed information and reservations, call (800) 525-1309.

The hotel rate at the Hyatt is \$59 for single or double occupancy. For reservations, call (800) 228-9000.

American Airlines, the official carrier for the conference, is offering discounted fares for NATA members. For information, call (800) 433-1790 and refer to NATA's code number: **SO1Z2RJ**.

The Conference registration fee through January 31, 1991, is: \$95.00 for NATA members and \$135.00 for non-members. After January 31, 1991, the fee increases to: \$135.00 for NATA members and \$175.00 for non-members. Enrollment is limited to 200 persons, so contact the NATA as soon as possible if you are interested in attending.

Countdown to 1991 International Special Olympics Games Begins

Momentum is building for the largest sports event in the world in 1991. In less than one year, the 1991 International Special Olympics Games begin in Minneapolis/Saint Paul.

The 1991 International Special Olympics Games, July 19-27, 1991, will bring more than 6,000 athletes with mental retardation from all 50 United States and nearly 90 nations to Minnesota's Twin Cities. In addition, 2,000 coaches, 10,000 of the athlete's family members and friends, and tens of thousands of spectators will attend. The eight-day event will be the largest international multi-sport event ever held in Minnesota. Athletes will compete in 16 traditional Olympic-style sports.

Executive Director of the 1991 Games is Roy Smalley, a former professional baseball player with the Minnesota Twins, New York Yankees, and Texas Rangers.

For the first time in its history, Minnesota will host thousands of international visitors speaking more than forty languages. The Soviet Union will participate in their first-ever international Special Olympics event. International celebri-

ties and dignitaries will attend the event.

The Special Olympics is an international movement which, through year-round sports training and competition in the Olympic tradition, gives people with mental retardation the chance to strengthen their character, develop their physical skills, display their talents, and fulfill their human potential.

8th Annual Office-Based Sports Medicine Conference

February 2 - 9, 1991
Snowmass, Colorado

For more information, contact:

University of California, San Francisco
School of Medicine, Room LS-105
Extended Programs in Medical Education
San Francisco, California 94143-0742

NATA and ATS Host National Trauma Awareness Month

The NATA will be teaming with the American Trauma Society (ATS) to host National Trauma Awareness Month in May, 1991. The theme, "Preventing Sports Injuries in Youth and Young Adults," was chosen by the ATS because of the growing number of weekend athletes and participants in children's sports.

John Lopez, NATA liaison to the ATS, stressed the parallel view of the two organizations. "NATA shares the ATS objective of preventing sports injuries and instituting as many safety measures as possible," Lopez said. "Athletic training recently has been recognized officially by the American Medical Association as an allied health profession. The inclusion of certified athletic trainers in sports activities greatly reduces the chance of injuries."

Ideas for several new programs have been discussed and are in the initial stages of planning. These ideas include a new brochure on team-sport safety that would include one section on important questions for parents to ask high school coaches, another section on safety steps for parents and amateur coaches in recreational sports programs, and a third section on team sports injury prevention.

Other suggestions for the awareness month include the possible development of a brochure entitled "Using Emergency Rooms for the Wrong Reasons," a new poster on sports safety, and a new fact sheet of statistics on sports injuries, as well as the inclusion of the current ATS brochure "Sports Injuries Prevention Guide," and the use of NATA materials.

The 19th Annual ATS Meeting, to be held on May 8-10, 1991 in the Washington, D.C. area, will include an educational session on sports injuries. Details are not yet available, but athletic trainers and sports physicians will be involved in the program.

Adapted from *Traumagram*, newsletter of the American Trauma Society, September/October 1990

Traveler's Diarrhea

Athletes traveling to other countries to compete must adapt to changes in climate, time zone, altitude, and diet. These variations can affect the traveler's health, often adversely. One of the more distressing maladies athletes face is Traveler's Diarrhea, also known as "Montezuma's Revenge," an infectious disease of the gastrointestinal tract which is characterized by loose precipitous bowel movements, cramping abdominal pain, malaise, nausea, and occasional fever and dehydration (1,2,3,4,5,6). Approximately 40% of those who travel to developing regions experience Traveler's Diarrhea, which often lasts from 3 to 5 days, and generally occurs during the first week of travel. The high risk areas of travel are Latin America, Africa, the Middle East, and Asia.

Traveler's Diarrhea usually is acquired through the ingestion of food or water that has been contaminated with feces. Viruses, bacteria, or parasites are the contaminating agents, with viruses being more likely to infect water than food. The most common types of bacteria causing Traveler's Diarrhea are: 1) *E. coli*, which are the most common cause of diarrhea worldwide and are associated with uncooked meat, particularly hamburger; 2) *Salmonella* species, which have the greatest potential for causing severe disease, disastrous complications, and a fatal outcome from infection. In developing countries, *Salmonella* infections reflect unsanitary conditions, are virtually all typhoidal, and are transmitted from human to human; 3) *Shigella* species, which favor alkaline conditions, are highly contagious, and are very sensitive to heat and drying. A rapid spread of the infection can occur in groups having close contact or living in conditions of poor hygiene; 4) *Campylobacter jejuni*, which usually is acquired through exposure to contaminated water or to fecal material from infected animals or persons; and 5) *Vibrio* species. Some parasites implicated are *Giardia lamblia* and intestinal amebae.

Prevention is the key to controlling Traveler's Diarrhea. The traveler's itinerary, duration of stay, and medical and immunization histories need to be considered (4). The best precaution against Traveler's Diarrhea is careful choice of food and drink. Advice to traveling athletes would be to eat only steamed, hot foods, dry foods such as breads, and fruits or vegetables that can be washed in sterilized water or peeled. Similarly, one should drink only water that has been boiled, coffee or hot tea, and either bottled or carbonated water. Salads, reheated foods, tap water, ice cubes, and milk are to be avoided. Those traveling should be advised of suitable

food choices before the trip.

Water may be disinfected for general use by the addition of one iodine or chlorine tablet per quart of water. Most bacteria will die after approximately 5 minutes.

Another preventive measure is the use of antibiotics, such as doxycycline, mainly used in the late 70s and early 80s, and newer agents, such as quinolone antibiotics, norfloxacin and ciprofloxacin. These drugs are helpful in preventing diarrhea for 50 to 80% of travelers, but may have potentially serious side effects, including skin disorders, overgrowth infections, or Stevens-Johnson syndrome, which is a condition associated with fever, prostration, and ulcers of the mucous membranes. Bismuth subsalicylate, found in Pepto Bismol and other over the counter medications, is effective in preventing diarrhea in about 60% of travelers. One study, published in 1987, suggests that bismuth subsalicylate can safely be administered to healthy persons in a dose of 2.1 grams per day for periods of up to three weeks (2). Larger doses may cause the ears to ring from salicylism. This ringing is a warning sign of overdose. Administration of all medications containing salicylates (e.g. aspirin, oil of Wintergreen) should be discontinued immediately.

The most important treatment of Traveler's Diarrhea is the replacement of fluids and electrolytes lost in diarrheic stools (4). Hydration can be maintained by ingesting fruit juices, caffeine-free soft drinks, broths, and bouillons. Foods such as crackers, rice, or toast also may help. Avoid dairy products, caffeine, very cold or hot drinks, spicy or fatty foods, and roughage, which may make symptoms worse.

Before traveling internationally, consultation with an internist or other physician is advised in planning preventative measures for Traveler's Diarrhea. Also, the Center for Disease Control in Atlanta, Georgia, has instituted a pilot program for health information for foreign travel; requirements and recommendations for international travel are now available 24 hours a day by calling (404) 332-4559.

REFERENCES

1. Strum W: Traveler's Diarrhea: Sixth Annual Wilderness Medical Conference. August 12-17, 1990, Snowmass CO.
2. DuPont MW, Ericsson CD, Javier de la Caba F, Johnson PC: Prevention of Traveler's Diarrhea by Tablet Formulation of Bismuth Subsalicylate. *JAMA* 257 (10): 1347-50, 1987.
3. Eickhoff TC: Advice for Travelers. *The Medi-*

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