



April 1991

Volume 3, Number 2

Board of Directors' Midyear Meeting

The NATA Board of Directors held its Midyear Meeting in Denver, Colorado, February 15 through 17, 1991. NATA President, Mark J. Smaha, Executive Director, Alan A. Smith, Jr., and Assistant Executive Director, Amanda W. Culbertson were present. Every District Director attended: Charles Redmond-District 1, Joe Godek-District 2, Terry O'Brien-District 3, John Schrader-District 4, James Booher-District 5, Paul Zeek-District 6, Mike Nesbitt-District 7, Julie Max-District 8, Doug May-District 9, and Dennis Sealey-District 10. Also in attendance were recently elected Board members, Marty Bradley from District 3,

Jerry Robertson from District 9, and Pete Carlson from District 6.

The Board discussed and voted on the work of numerous task forces, committees, and individuals. Among the actions taken were the following:



NATA representatives toured the Olympic Facility at Colorado Springs, CO (See article on page 6.) L to R: Alan Smith, Charles Redmond, Mike Nesbitt, Jerry Robertson, Joe Godek, Jim Booher, Julie Max, Doug May, Phyllis Glenn, Terry O'Brien, Amanda Culbertson, Sally Nogle, Paul Zeek, Mark Smaha, and Pete Carlson.

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COMMITTEES

- ☐ **The Audiovisual Committee** will be developing a video productions contest for all NATA members. Also, a library for videotapes will be established at the national office in Dallas, TX.
- ☐ **The Clinical/Corporate Certified Athletic Trainers' Committee** will present a proposal to the Board in June concerning guidelines or recommendations that educational institutions can use in selecting allied clinical settings for students wishing to complete clinical internships.
- ☐ **The Grants and Scholarships Committee** has been changed to the Scholarship Committee and now will fall under the NATA Grants and Scholarships, Inc.
- ☐ **The Honors and Awards Committee** will purchase rings for all Hall of Fame members. Also, a record will be kept in the national office of all President's Challenge Cup winners. An award will be presented to the winners at the Annual Meeting and Clinical Symposium. A task force was appointed to evaluate the Committee and the awards, and to set future goals and objectives.

❑ **The Journal Committee** Chairman, Steve Yates, resigned as Editor-in-Chief effective after the Summer 1991 issue. He was commended for his years of dedicated service. He will continue to serve as Consulting Editor. It was decided to combine the positions of Editor and Editor-in-Chief. Ken Knight, PhD, ATC, will assume this position. The Editorial Board members will serve as members of the Journal Committee.

❑ **The National Convention Committee** General Chairman for the 1992 convention in Phoenix, AZ, will be Tim Kerin. Gary Delforge has been appointed Program Chairman. San Diego has been chosen as the site for the 1995 Annual Meeting and Clinical Symposium.

The Board approved recommendations to change the name of the Women's Conference to Women's Issues, and to encourage attendance by all members. This seminar will be scheduled so that it no longer conflicts with the Student Athletic Trainers' Banquet.

❑ **The Professional Education Committee** will present to the Board in June, a reevaluation of the guidelines for approval of NATA Graduate Programs. Also, the probation status of Northeastern University and the University of Illinois was removed.

❑ **The Public Relations Committee's** recommendation for a new promotional video and a press kit was approved by the Board.

❑ **The Finance and Budget Committee's** proposed budget for fiscal year 1991-92 was accepted. The Committee will develop a reimbursement policy for travel, secretarial assistance, stipends, and committee luncheons for use by the Task Force on Committee Liaisons.

TASK FORCES

❑ **The NATA Education and Research Foundation Task Force** formally presented a proposal for establishment of the NATA Research and Education Foundation. The proposal was approved.

❑ **The Task Force on Drug Education**

will proceed with the development, production, and distribution of anti-drug and anti-steroid use posters.

❑ **The Task Force on Ethics** will meet with representatives from the Board of Certification (BOC) to discuss the role of the Ethics Committee.

❑ **The Task Force on Governmental Affairs** has been appointed for the purpose of evaluating the role of the Governmental Affairs Committee. They will report to the Board of Directors in June.

❑ **The Task Force on Minority Athletic Trainers** has been appointed to evaluate the role and mission of the Committee. They will report to the Board in June.

❑ **The Task Force on Committee Liaisons** was reestablished to again evaluate the need, funding, and representation of organization liaisons. A report will be made to the Board in June.

❑ **The Task Force on the American Physical Therapy Association** received unanimous support for their work with the APTA to date.

Shaping the Future of Athletic Training

by Gary LaBranche

NATA members will look the future in the eye through the strategic planning process now underway. The year-long effort will result in a comprehensive plan of action to guide NATA and athletic trainers into the next century.

In April and May, a written survey will be mailed to each NATA member. This survey will ask members to identify issues and trends for the future. It will also ask members to evaluate current NATA

programming and suggest new programming ideas.

The results will be compiled, tabulated, and analyzed by Lawrence-Leiter and Company, a Kansas City-based management consulting firm which is facilitating the development of the NATA strategic plan. The member survey is one

part of the planning process. A non-member survey, several focus group discussions, and a delphi study will also be conducted as NATA looks into the fu-

ture. Trainers, students, professors, health care experts, and others will contribute to the development of the plan.

The findings of the member survey and the results of all other research will be reviewed by key NATA volunteer leaders, including representatives of all of the NATA districts. The NATA Board of Directors will examine all of the information and write a strategic plan.

This is the first time in the NATA history that such an effort has been attempted. The member survey is a key element in the planning process. This is an opportunity for every member of NATA to shape the future of the association. When you receive your survey form, please give it serious thought and attention. Your future, and the future of NATA, is in your hands.

*You can't walk
backwards into
the future*

Medical Update

Research Gains in Asthma Treatment

by Nina Partin, MEd, ATC

New experimental drugs are presently being tested aimed at combatting the allergies that cause most asthma attacks in 12-15 million Americans. If the drugs prove to be effective, they could provide a new treatment for controlling these annoying and sometimes life-threatening allergic reactions, without producing the side effects that plague many of the medicines available on the market today. Doctors say that the new drugs could supplement or replace the asthma drugs, such as cromolyn or theophylline, which are already in use.

New studies have demonstrated that substances called leukotrienes, which are mediators of inflammation and the primary culprits in a variety of allergic reactions, are the main cause of asthma. In three reports, researchers show that drugs that interfere with leukotrienes can significantly reduce the wheezing of asthma as well as the runny nose of hay fever (1).

"What makes this important is that it's a new way of treating asthma," said Dr. Jeffrey Drazen of Boston's Beth Israel Hospital. "Other drugs put out the fire once it's started. We haven't had a

way to prevent the problem in the first place, which is what these drugs do" (1).

The investigations of leukotrienes as causes of allergic reactions began with their isolation in the 1940s and was greatly stimulated by the discovery of their chemical structure in the late 1970s. Increased amounts of these metabolites of arachidonic acid are found in the lungs of patients with asthma. The term "slow reacting substance of anaphylaxis" was coined originally to describe tissue effluent released during an antigen-antibody reaction that triggered a prolonged contraction of smooth muscle (2).

Two separate studies focused on an oral active agent capable of inhibiting this substance in airway obstruction induced by cold air and antigen-induced nasal congestion (3, 4). Another study focused on the use of an oral leukotriene D4-receptor antagonist on exercise induced bronchoconstriction (EIB) (5).

Howard R. Knapp, PhD, reports that the inhibition of 5-lipoxygenase, an enzyme that enables the leukotriene to be produced, reduced the symptoms of antigen-induced nasal congestion (3). Also, the release of histamine was inhibited in a majority of the patients tested. The results suggest that this drug may be beneficial to some patients who have asthma.

The researchers investigating the effect of leukotriene D4-receptor antagonist in patients with EIB measured the fall in forced expiratory volume/second (FEV) (5). These experiments offer encouraging therapeutic insights into

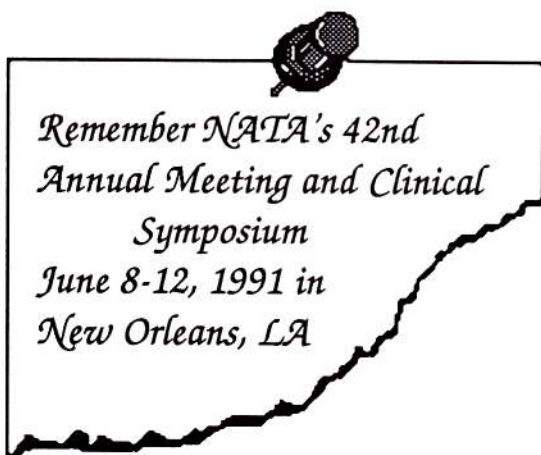
the control of bronchospasms and antigen induced nasal congestion.

At this time, two drugs are being tested. The first drug was used on eight subjects with allergic rhinitis. They underwent testing after receiving the drug, and the results suggest that it blocks allergic nasal congestion products but does not affect the release of histamine. The second drug was tested on patients suffering from EIB. Each subject was treated intravenously with the drug before engaging in physical activity. Each showed a maximal fall in their FEV after exercise, and a decrease in recovery time from bronchoconstriction.

Unfortunately, these new drugs won't be available for several years, as testing must be continued to assure their safety and effectiveness for humans.

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NATA "Approved" to CAHEA "Accredited": The Transition

by Robert Behnke, HSD, ATC

Much excitement and enthusiasm has been displayed regarding the recognition of athletic training as an allied health profession by the American Medical Association (AMA) on June 21, 1990. While excitement and enthusiasm are appropriate, an explanation of just what the recognition is and the purposes for seeking the recognition need clarification.

First, everyone should understand that the AMA recognizes a profession for the purpose of accrediting its educational programs. The AMA's Committee on Allied Health Education and Accreditation (CAHEA) develops the *Essentials and Guidelines* for academic programs to use if they choose to become "CAHEA accredited." These programs are considered entry-level programs designed to prepare individuals for initial entry into the profession. A question frequently asked is, "What are the benefits of the CAHEA system?" The following is quoted from the *Allied Health Education Directory 1990*:

"CAHEA is a specialized accrediting agency which accredits allied health educational programs in cooperation with Program Review Committees. It is sponsored by the American Medical Association, which collaborates with national allied health professional organizations and medical specialty societies having interests in allied health education. General public and governmental acceptance of the CAHEA system is indicated by the fact that federal agencies and non-governmental foundations use the list of CAHEA-accredited programs to determine eligibility for some special institutional and student grants and financial aid. In addition, many health care facilities require job applicants to be graduates of a program accredited by CAHEA. Accreditation is an assurance of acceptable

quality in education, in that accredited programs are required to meet certain minimum standards.

By stating that an educational program has met established standards, accreditation provides benefits in the following areas:

Students: Helps prospective students to identify institutions that meet standards established by and for the field in which they are interested; assists students who wish to transfer from one institution to another.

Institutions: Protects against internal and external pressures to modify programs for reasons that are not educationally sound; involves faculty and staff in comprehensive program and institutional evaluation and planning; stimulates self-improvement by providing national standards against which the institutions can evaluate the programs they sponsor.

Society: Assists in the process of professional certification, registration, or licensure by providing a reasonable assurance of quality educational preparation for such credentialing; provides one of several considerations used as a basis for determining eligibility for some types of Federal assistance; helps to identify institutions for the investment of public and private funds" (1).

Representatives from NATA's Professional Education Committee (PEC) have been working throughout 1990 and into 1991 attempting to develop CAHEA *Essentials and Guidelines* for Athletic Training Education Programs based upon the current NATA *Guidelines for Development and Implementation of NATA Approved Undergraduate Athletic Training Programs*. These representatives include Past PEC Chair, Dr. Gary Delforge, University of Arizona; current PEC Sub-Chair for Undergraduate Education, Dan Foster, ATC, University of Iowa; current PEC Sub-Chair for Graduate Education,

Dr. David Perrin, University of Virginia; current PEC Project Director of On-site Visitations, Peter Koehnke, ATC, Canisius College; and current PEC Chair Dr. Robert Behnke, Indiana State University. These five individuals, along with the American Academy of Family Physicians' representative, Larry Anderson, M.D., Wellington, Kansas; and the American Academy of Pediatrics' representative, Greg Landry, M.D., University of Wisconsin; form what CAHEA calls a "Joint Review Committee."

A brief explanation of the structure within the AMA regarding allied health profession education programs reveals this: educational programs of a particular profession seeking CAHEA accreditation submit an extensive self-study followed by an on-site visitation. The Joint Review Committee for the profession (consisting of individuals representing the various co-sponsoring groups) reviews the self-study and conducts the on-site visitation. Recommendations regarding accreditation are made from the Committee to CAHEA. "CAHEA, in cooperation with the Review Committees for allied health educational programs, is recognized nationally as an "umbrella" accrediting body by the United States Department of Education (DE) and the Council on Postsecondary Accreditation (COPA)" (2). Currently, there are 26 allied health professions that have their educational programs accredited by CAHEA. Fifty organizations collaborate with CAHEA as sponsors or co-sponsors of Review Committees.

The Council on Medical Education (CME) performs three key functions on behalf of the AMA: "1) recognition of allied health occupations; 2) recognition of collaborating organizations, both medical and allied health, which then sponsor Review Committees; and 3) adoption of new or revised *Essentials*" (3).

Since the AMA recognition, the Joint Review Committee has been working primarily on incorporating the existing NATA "guidelines" into the CAHEA format of *Essentials and Guidelines*. After input from the CAHEA Joint Review Committee and the NATA PEC, a recent draft was approved on February 1, 1991. This draft, with appropriate cover letters, is being sent to all current NATA ap-

proved curriculum directors and their department chairs, all curriculum directors of programs who have indicated interest in seeking program approval (those currently in a two-year period of implementation), the PEC, the AAFP Board of Directors and their Task Force on Sports Medicine, the AAP Board of Directors and their Committee on Sports Medicine, the NATA Board of Directors, and any other interested parties desiring input. Suggestions and comments must be received by the PEC office by May 1, 1991, for Joint Review Committee consideration prior to the preparation of the final document. A final opportunity for input will be an open hearing scheduled from 11:00 a.m. to 12:00 p.m. at the conclusion of the NATA Annual Meeting and Clinical Symposium in New Orleans on June 12, 1991. The final draft will be placed in the hands of the co-sponsoring organizations' (AAFP, AAP, NATA) governing bodies during the summer of 1991 for their acceptance. That draft will be on the CAHEA October 1991, agenda for acceptance. If approved, CAHEA will forward the document to the CME for consideration at its December 1991, meeting.

If the above timetable is met and all appropriate approvals and acceptances are received, On-site Evaluation Team Member Workshops will be held early in 1992. These will definitely be conducted at the sites of the national conventions of the AAFP, AAP, and NATA. Regional workshops, possibly at NATA district meetings, also will be conducted. By late 1992, or the beginning of 1993, the entire CAHEA accreditation program for entry-level athletic training education programs should be in full operation.

Many details are not completed, but the Joint Review Committee, in cooperation with its CAHEA staff liaison, is working diligently to ensure that the transition is as efficient and effective as possible. One such detail would be fees and cost benefits. Quoting the *CAHEA Accreditation Manual*: "The cost benefits derived from accreditation fees are substantial. Accreditation processes within the collaborative system provided by CAHEA and the review committees are a low-cost high-value service" (4). Some of the benefits, in addition to those men-

tioned earlier, are:

- professional evaluation by competent faculty and practitioners
- assurance that the institution's programs compare favorably with others nationwide
- assurance that students should qualify for entry into their profession upon graduation
- assurance that faculty should be motivated to continuously analyze the strengths inherent in the program and the dimensions that merit improvement or further development
- gaining the fresh perspectives of other competent educators and practitioners, which enhances creativity among faculty and administration (2).

There are three fees required by CAHEA for the accreditation process involving athletic training education programs: 1) a one-time initial application fee of \$200 (NOTE: CAHEA does not "grandfather" existing programs; therefore, every program applying for CAHEA accreditation initially is considered a new program), 2) an annual institution fee (currently \$150 but increasing to \$200 in 1992); this fee is paid by the institution regardless of the number of CAHEA accredited programs conducted (NOTE: 36 of the 73 institutions currently conducting NATA approved undergraduate programs already have CAHEA accredited programs in other allied health professions), and 3) an annual program fee of \$250 (typically paid by the academic department conducting the program). The institution fee covers the cost of operations for CAHEA, and the program fee is used to conduct the daily operations of the Joint Review Committee. In addition, the costs of the on-site visitation will be paid by the institution requesting accreditation, as it is now done in the NATA approval process.

While details are being completed, those individuals interested in this project should: 1) request a copy of the current draft of the *Essentials and Guidelines* if they desire to comment; 2) plan to attend the PEC Educator's Workshop from 1:00 to 5:00 p.m., June 8, 1991, in New Orleans; the entire workshop will be devoted to the "transition"; and 3) bring questions to the open hearing scheduled for 11:00 a.m., at the New Orleans con-

vention's conclusion, on June 12, 1991.

For those interested in further details about CAHEA, its relationship with the U.S. Department of Education (DE) and the Council on Postsecondary Accreditation (COPA), the 26 health professions whose educational programs CAHEA accredits, and a full explanation of the CAHEA accreditation process, the Joint Review Committee recommends that you request these documents from CAHEA: the *CAHEA Accreditation Manual* and the *Allied Health Education Directory 1991: Nineteenth Edition*. These are available from the Division of Allied Health Education and Accreditation, American Medical Association, 515 North State Street, Chicago, Illinois 60610, (312) 464-4633.

During the period of transition (1991-1993), the Joint Review Committee will inform the NATA membership of its progress through direct contact with individuals involved in currently approved educational programs and those under development, and through the *NATA News*. The effects of the AMA recognition and CAHEA accreditation are not exclusive to educational programs. The impact on regulatory legislation, practice in the non-traditional settings, and insurance industry considerations are a few of the areas also affected. Acknowledgment by the American Medical Association as a *bona fide* allied health profession has indeed created an exciting period in the history of the profession of athletic training. The current NATA Board of Directors and its administrative staff are deserving of much credit and recognition for their foresight and support of this most worthy event in the evolution of athletic training as an allied health profession.

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Athletic Trainers: Backbone of U.S. Olympic Committee's Division of Sports Medicine

On February 18, 1991, the NATA Board of Directors visited the Colorado Springs, CO, Olympic Training Center—headquarters for all the Olympic Training Center programs, the United States Olympic Committee (USOC) administrative offices, and 14 sports' National Governing Bodies (NGB). Opened in 1977, the Colorado Springs facility houses 15,000 athletes a year, about 400 to 650 athletes a day. There are 137 resident athletes at the training center. The youngest resident is a 14-year-old gymnast and the oldest is a 37-year-old judo expert. The Colorado Springs facility is one of two Olympic Training Centers in the United States. The athletes at the other complex, in Lake Placid, NY, concentrate on winter sports. A third, 150-acre complex to be used for summer sports is scheduled to open in San Diego, CA, in 1993. The USOC's sole mission is to provide opportunities for American athletes to participate in the Olympics by preparing and training those athletes for the challenges and competitions they will face both domestically and internationally. One way to guarantee the future of American athletes is to provide the coaching, the training facilities, the emotional support, and the financial resources necessary to train them.

Of particular interest to NATA members is the USOC's Division of Sports Medicine. The Division of Sports Medicine has provided comprehensive health care to American athletes for over 11 years. This would not be possible without its volunteer medical program to supplement the permanent medical staff. Bob Beeten, ATC, proposed and implemented the volunteer program in 1977 when it became clear that the USOC did not have adequate funds to equip the Division of Sports Medicine with the staff it needed. Since the International Olympic Committee limits the number of medical personnel allowed during any international event, it is essential that the chosen

medical personnel have broad-based skills. Thus, certified athletic trainers are ideal for the program. In fact, only athletic trainers, chiropractors, and physicians are selected to participate in the volunteer medical program.

"The volunteer program takes only NATA-certified athletic trainers," said Ed Ryan, MS, ATC, who is Senior Athletic Trainer and Administrative Assistant at the Colorado Springs training center. "Without this volunteer program [of athletic trainers], Colorado Springs would not function. Athletic trainers are the backbone of this program," he said. "The athletic trainer has initial contact with the athlete and is expected to evaluate all athletic problems and illnesses before referral to a physician."

Total medical volunteer time between 1985-88 was worth \$9.3 million. The services of athletic trainers equalled \$6.0 million of that amount, with athletic trainers donating 10,822 days. These figures account only for services rendered at the Olympic Training Center and the Olympic Games, and to the National Governing Bodies. They do not account for services offered free of charge to Olympic hopefuls, by athletic trainers in their own clinics or offices.

How does an athletic trainer qualify for the volunteer medical program? Athletic trainers must be NATA-certified, be actively engaged in athletic health care, and hold U.S. citizenship. Qualified applicants are invited for a two-week continuous assignment at one of the Olympic Training Centers. After the two-week commitment is over, athletic trainers are evaluated on their clinical ability and flexibility. Ryan stressed that an athletic trainer's professionalism is a critical element in his or her evaluation. Other evaluation criteria include: work habits, personality, ability to work with a team, level of skills, personal habits and appearance, compatibility with coaches and athletes, and ability to handle stress

and follow instructions.

Generally, if the athletic trainer receives a rating of 3 or more (on a scale of 4) on the evaluation, then he or she enters into a pool for consideration for the United States Olympic Festival. The Olympic Festival is the largest national sporting event with 3500-4000 athletes participating and a medical staff of 75 people—58 of whom are athletic trainers. The Olympic Festival can be demanding; athletic trainers often work 12-hour days. After serving at the Olympic Festival, the athletic trainer volunteers are re-evaluated based on the same criteria. Then, recommendations are made by a sub-committee of the Sports Medicine & Science Committee for medical staff appointments to the International Games. Appointments to the International Games are reviewed by the USOC's Board of Directors for final approval.

Once an athletic trainer participates in either the Pan American Games or the Olympic Games, he or she is considered an alumnus and can no longer participate in the volunteer program. An International Games Alumni Referral Program is being formed to refer athletes with medical problems to alumni who are in practice near the injured athlete.

The benefits of the Division of Sports Medicine volunteer program are plentiful. First and foremost, the educational value of the program is unsurpassed, believes Ryan. "There is no other experience, once out of school, where you will work with such a number of people with a variety of backgrounds and philosophies. The exchange of ideas is limitless," he explained. Second, the volunteer medical program provides qualified, professional medical staff at the Olympic Training Center, and a pool of candidates for the Olympic Festival and the International Games. Lastly, by retiring the medical staff after participation in the Games, the program guarantees fresh, state of the art medical care.

If you are interested in participating in the volunteer medical program, write: Bob Beeten, ATC, United States Olympic Committee, Division of Sports Medicine, 1750 East Boulder Street, Colorado Springs, CO 80909.

We are saddened to report that Pete Van Handel, PhD, was killed in an airplane crash in Colorado Springs, CO on March 3, 1991. Employed by the USOC for 10 years, Dr. Handel made numerous contributions to the athletic training profession. Also killed in the crash, were U.S. Olympic Cycling Coach, Dan Birkholz and Bio-Mechanics Dept. employee, Andrej Komer. NATA extends its condolences to their friends and families.

NATA News

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District Representatives Meet At NATA National Office

On February 2, 1991, fifteen athletic trainers representing each NATA District and three professional athletic training associations met at the NATA headquarters in Dallas, TX to learn about the services currently available from the national office and to discuss the types of services

they would like to see provided in the future. They also reviewed each District's recent activities.

The meeting, held in NATA's newly-built conference room, began with a briefing by John Schrader on the activities and decisions of the NATA Board. Executive Director Alan A. Smith, Jr. followed with a summary of services currently available and projected to be available from the national office in the future, including district newsletter production, meeting planning, and data management.

Representatives reviewed their District's current activities and discussed how various services affected their members. The representatives expressed a desire for assistance with computer interaction between the District and national office databases, legal and financial advice, information regarding non-profit organizations, incorporation and taxes, and meeting planning services such as liability insurance and hotel/site selection and negotiation.

Representatives of the NBTA, PBATS, and PFATS also provided up-

dates on the status of their organizations.

The meeting concluded with a focus group session led by Gary LaBranche of



Standing (l to r): J. Cooper, D. Sealey, J. Whitesel, L. Cartwright, S. Leeper, D. Kleinschmidt, J. Schrader. Seated (l to r): P. Carlon, D. Lowe, D. Craig, P. Zeek, G. LaBranche, A. Smith, R. Ray, A. Culbertson, B. Lyons, A. Paulin, S. Sutton.

Lawrence-Leiter and Company, the consulting firm that is assisting the NATA Board in developing a comprehensive long range and strategic plan. The group discussed their vision of the future of the NATA and athletic training, the positives and negatives of the organization and the profession, and the changes that have taken place in athletic training over the past 40 years.

Attending the meeting were: Donald Lowe, District 2 Secretary; Lorin Cartwright, District 4 Secretary/Treasurer; Richard Ray, Jr., District 4 President; John Schrader, District 4 Director; David Colt, District 5 Secretary/Treasurer; Pete Carlon, District 6 Director-Elect; Susan Leeper, District 6 President; Paul Zeek, District 6 Director; Williams Lyons, District 7 Secretary/Treasurer; Sherry Sutton, District 9 Secretary/Treasurer; Dennis Sealey, District 10 Director; James Whitesel, District 10 Secretary/Treasurer; Andy Paulin, California President; David Craig, NBTA; Jeffrey Cooper, PBATS; and Dean Kleinschmidt, PFATS.

Placement Committee Offers Improved Service at the 1991 Annual Meeting

by Makoto Tsuchiya, MS, ATC

For many NATA members, the Annual Meeting and Clinical Symposium is a time to seek professional opportunities. The feeling of great anticipation is often overshadowed by the frustration and anxiety of not finding the right job or not being able to contact a potential employer. Similar problems exist for employers seeking to fill positions. They run the risk of not reaching the right candidates for the advertised positions, yet they spend more time interviewing than attending lectures. The NATA Placement Committee is working hard to ease the anguish of job searching and interviewing.

To better serve the members at the Annual Meeting and Clinical Symposium, the Placement Committee instituted a new bulletin board procedure last year in Indianapolis. The board was well received and the Committee will use it again with some changes.

The following are the guidelines for employers/interviewers:

- Position vacancy notice information is to be sent to the NATA national office by May 15, 1991, to ensure that your listing will be on the board.
- All jobs must be typed and posted on NATA forms; there will be no exceptions.
- Last minute openings will be accepted and posted at the convention, if they are typed on NATA forms. To avoid confusion and to help job seekers locate desired jobs easier and faster, any paper other than the authorized forms will be removed from the boards.
- Upon arrival, every employer will have a listing on the board and a folder at the Placement Bulletin control desk. Be sure to state whether or not you will be conducting interviews during the symposium. The file will bear the employer ID num-

ber. The employer (interviewer) will sign up for interview booth slots and wait for candidates to drop resumes in the employer's file.

- The employer will check the folder later and choose the candidates after reading the resumes. The employer will choose the times and notify desirable candidates by filling out 3x5 information cards that are attached to the resumes. The cards will initiate a communication link between the employer and the candidates.
- The interviewer will wait in the booth (or at another site if so desired) for each candidate chosen after the resumes are reviewed.

The guidelines for job seekers are as follows:

- The candidate will look for a position at the Placement Bulletin boards at the beginning of the Annual Meeting and Clinical Symposium. Each job listing will be standardized so that the candidate can view listings rapidly, and compare each list easily. All forms will have colored markers to distinguish between high school, college, graduate assistant, and private and professional positions.
- When the candidate finds a desirable position, he or she submits a resume with an information card to a Placement Committee member at the control desk. These will be placed in the employer's file for review. If the employer wishes, the card will be filled out by the employer for an interview time.
- There will be some employers who will not conduct interviews during the Annual Meeting and Clinical Symposium. Interview preference will be indicated on the standardized form.
- The candidate will check the card file at the control desk later to find out if interviews are scheduled. If there is no card under the candidate's name, there are no interviews scheduled for that candidate.
- If there is a conflict, the candidate notifies the employer in writing, and the note will be filed in the employer's file (Tele-

phone confirmation is an option at the employer's discretion.). The employer will re-schedule the interview and file the information card in the candidate's file, or the employer and the candidate will communicate by phone or message.

This procedure will eliminate the wasted time of telephone tag and missed messages. It was introduced by Greg Williamson, ATC, District Four Representative. The Committee enthusiastically approved the continuation of the Placement Bulletin board.

This year, along with the Placement Bulletin, the Committee is hosting a workshop in New Orleans. The workshop will focus on interviewing and will discuss current trends in the placement of athletic trainers at various levels. In addition to the service at the Placement Bulletin station, the workshop will be beneficial and informational for the NATA members who are seeking jobs.

If you are not planning to attend the symposium, but are looking for a job, the Placement Committee offers a touchtone activated voice recording of job vacancies called the NATA Hotline. Along with the computer bulletin board system (NATA BBS), the current telephone hotline has been operational for three years. A caller can search through the listing quickly using a touchtone phone. Portions not pertinent to the caller can be skipped, and announcements can be interrupted at any time by pressing the "5" or "6" button on the touchtone phone. The number is (214) 638-0744.

If you have access to a personal computer and a modem, you can call and receive the entire placement vacancy list in minutes. This is the NATA BBS, and there is no access charge for this system other than the cost of the phone call. For details about this system, please contact the Committee Chair, Makoto Tsuchiya, MS, ATC, 215 Cabot Center, Northeastern University, Boston, MA 02115, (617) 437-2664.

Professional Preparation Conference A Big Success

by Peggy Hougum, PT, ATC

Denver, Colorado, was host February 15 through 17, 1991 to the NATA's Professional Preparation Conference, "Manual Therapy in Athletic Rehabilitation." The conference was attended by certified athletic trainers from New Hampshire to California, from Minnesota to Mississippi. It was received by the participants with overwhelming praise for its content and for the quality of its presenters.

Dr. Frank Jobe, recognized as a legend in the world of sports medicine, was the keynote speaker. He offered information on the latest advances in understanding the causes of shoulder problems, particularly in athletes who throw, and how to deal with them from a rehabilitative perspective. Specific details of a post-operative rehabilitation program following shoulder surgery were outlined, defining the importance of athletic rehabilitation in the total recovery process.

Dr. Richard Robertson, associate professor of biomechanics at California State University at Sacramento, established the physiological basis of manual therapy by outlining and explaining the essence of connective tissue.

Building upon this foundation of soft tissue physiology, Joseph Godges, PT, OCS, Director of the Kaiser Permanente Orthopedic Physical Therapy Residency Program in Los Angeles, provided participants with fundamental and practical information on proprioceptive neuromuscular facilitation (PNF) as it specifically relates to sports injuries.

Joseph Yarmolovich, PT, Director of Rehabilitation at Bay Shores Medical

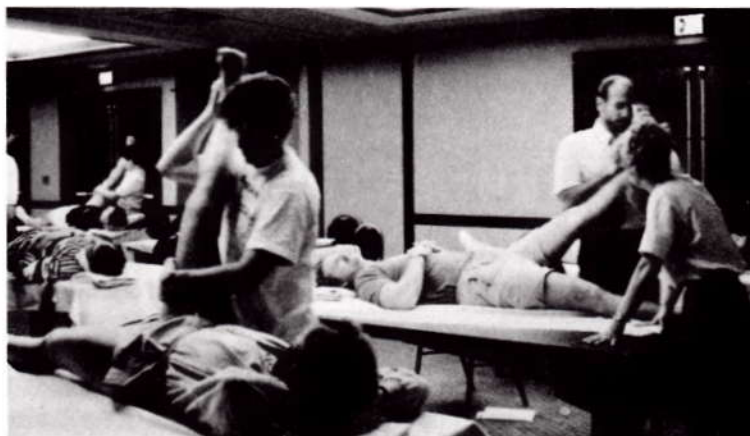
Group, Torrance, CA, provided information about the fundamentals of joint mobilization concepts, the anatomical considerations, and the theoretical applications.

Alan Halling, PT, ATC, Assistant Director of OASIS and Assistant Athletic Trainer for the San Diego Chargers, San Diego, discussed the methods currently used to mobilize soft tissue in order to attain the desired mobility of injured tissue.

Once the theoretical basis and the

tion, joint mobilization, and PNF during laboratory sessions. Laboratory classes provided enough guidance to allow the attendees to learn to perform the techniques correctly.

This was the first conference offered by the NATA as part of its professional



NATA's Professional Preparation Conference, "Manual Therapy in Athletic Rehabilitation," provided hands-on practical education as well as lecture material

preparation program designed to provide a hands-on approach to learning.

Participants' evaluations of the conference were consistent in their praise for the content as well as in their desire for more programs. One participant wrote in the exit evaluation, "I would rate the course excellent." Another wrote, "Please offer again." Other comments were: "Excellent job! Continue having small hands-on workshops," "all instructors were very helpful," "excellent educational content," "extremely informative," "fantastic topics and great

speakers," and "the workshop helped me a lot."

Another universal chord expressed by the participants was their hope that



Joseph Yarmolovich, PT, Director of Rehabilitation at Bay Shores Medical Group, Torrance, CA, discusses the fundamentals of joint mobilization concepts.

fundamentals of manual therapy concepts were outlined by the speakers, participants were provided with practical, hands-on experience on soft tissue mobiliza-

this type of workshop would continue, and would provide even more detailed, in-depth coverage of the topics introduced at this conference. Also, other topics within the arena of sports medicine might be the focus of future workshops. More education, more in-depth coverage, and more hands-on opportunities will provide athletic trainers with additional expertise and better health care delivery.

Another emotion that emanated from participants of this workshop was excitement. There was the excitement of: learn-

ing something practical and applicable to the training room; gaining knowledge from stimulating instructors; having an opportunity never before offered at a NATA conference; and realizing that this is a new beginning within the NATA.

This conference was indeed a beginning. Even though the concepts were presented at an introductory level, the conference proved a significant advancement for the NATA. It allowed a new format of presentations provided by the NATA to its membership. It gave us a beginning in the expansion of and intro-

duction to new techniques and applications that have heretofore been unavailable to the medical professionals of athletic training.

Although specific plans have not been made for upcoming professional conferences, based on the reception of the first Professional Preparation Conference in Denver this past February, there will certainly be more to come. Yes, this has truly been the beginning of something big.

NATA Announces Research Grant

John W. Powell, PhD, ATC

The NATA and its Research and Injury Committee are proud to announce the award of a research grant to Lisa Kelleher of the University of Florida. This is the first such award under the new Membership Grants Program. Ms. Kelleher, along with Dr. Ed McFarland and Dr. Jean Pare, will conduct a study of the "Factors Contributing to the Development of Tibial Stress Syndrome." Upon completion, look for the presentation of the findings in *Athletic Training, JNATA* as well as at the Research Symposium during the 1991 Annual Meeting and Clinical Symposium in New Orleans, LA.

The Membership Grants Program is an on-going program that will award support for research in the area of sports medicine and injury prevention. Projects should be submitted in the form of proposals to conduct and complete a specific study protocol. The proposals are reviewed to establish priorities for awarding the funds that are available. The review process also provides the research team with suggestions and recommendations from a panel of research experts to assist in gaining the highest standards of excellence for the proposed project. As you prepare your proposal, keep in mind that the review is based on the

written documentation of your project. Accuracy and detail are the watch words for a strong proposal. You are invited to write to the NATA national office in Dallas, TX, for application materials. The next deadline for submission of completed proposals is October 1, 1991.

In order to maintain the high standards that we have set for the Grants Program, the Research and Injury Committee is in need of volunteers with special expertise in research for inclusion in the Review Panel Pool. As grant applications are received, specific panels are established so that each proposal can be reviewed by a group of qualified professionals. If you would like to participate in this process, send a letter indicating your willingness to serve, along with a copy of your *vita* to: Dr. John W. Powell, 1189 RCP—UIHC, University of Iowa, Iowa City, IA, 52242, (319) 335-7350. If you have any questions regarding the program or the review panels, contact Dr. Powell.

You are reminded that the Research and Injury Committee sponsors several presentations at the Annual Meeting and Clinical Symposium. This year, we have had another excellent response for presentations at the *Free Communications* and *Poster Sessions*. We have also lined up an excellent panel of speakers for this year's *Research Symposium*. We look forward to seeing you in June.

The National Athletic Trainers' Association's 42nd Annual Meeting & Clinical Symposium June 8-12, 1991 New Orleans, LA

NATA District Meetings 1991

District 3

May 17-19

Cavalier Hotel • Virginia Beach, VA

District 6

July 25-27

Arlington Convention Center
Arlington, TX

District 8

June 28-30

Fairmont Hotel • San Jose, CA

District 9

July 1-3

Marriott Sawgrass • Jacksonville, FL

Honors & Awards

Scriber Inducted Into IC Hall of Fame



Kent Scriber

Director at Ithaca College (IC) and has been at IC since 1972. He also is a mem-

Kent Scriber was inducted into the Ithaca College Sports Hall of Fame on September 22, 1990. Dr. Scriber is currently Supervisor of Athletic Training and NATA Curriculum

ber of both the EATA and APTA.

Scriber was a baseball standout at IC as a student athlete. He participated on two College Division playoff teams, and was the only player named to the 1979 Academic All-America Baseball Team.

In 1989 he received the Joseph Blankowitsch Award for outstanding service to the EATA as its President. He also served as head athletic trainer for the Epson Ivy Bowl in Japan during 1989. In 1990, he was the recipient of the Thomas Sheehan, Sr. Award, the highest honor given by the New York State Athletic Trainers' Association.

Kroeber Elected to State Legislature

Joe Kroeber, ATC, athletic trainer at Jamestown High School, has been elected to serve a two-year term as a representative in the North Dakota state legislature. Kroeber, a Democrat, has been active in NATA for several years, and has served as President and Executive Director of the North Dakota Athletic Training Association, Chairman of the North Dakota State Licensure Committee, and District 5 high school representative. Kroeber says there are no active bills related to athletic training during this legislative session, which runs from January through mid-April. Kroeber is a graduate of Valley City State University (ND) and North Dakota State University.

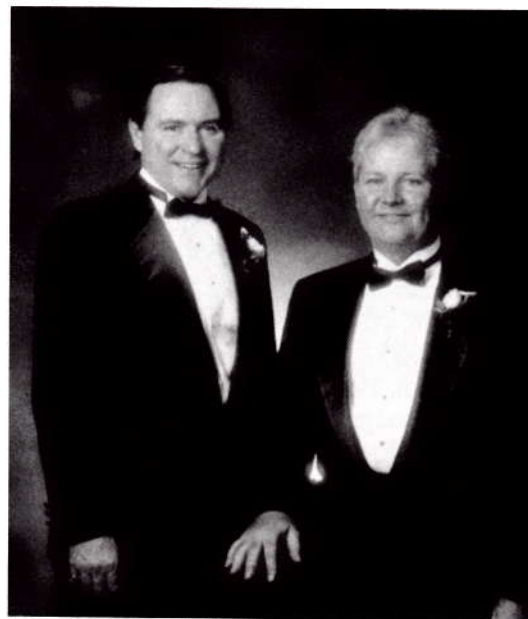
1990 AzATA Award Recipients

Congratulations to the Arizona Athletic Trainers' Association's 1990 award winners. Lanny Williams, Head Athletic Trainer at Canyon Del Oro High School, was presented with the AzATA 20 Years of Service Award. Laurie McKenzie, Head Athletic Trainer at Alhambra High School, was presented with the 1990 Warren H. Lee Award for her significant contributions to the athletic training profession in Arizona. Darrin Permenter of Glendale Community College and Kara Steinebach of Pima Community College were co-recipients of the 1990 Student Athletic Trainer of the Year Award—College Division. In addition, Colleen Corbett of Alhambra High School was the recipient of the 1990 Student Athletic Trainer of the Year Award—High School Division.

MLB Athletic Training Staff of the Year

New York Yankees' head athletic trainer, Gene Monahan, and assistant, Steve Donahue, received the "Major League Baseball Athletic Training Staff of the Year" award for 1990. Monahan, 46, has worked in the Yankees organization since 1963. Donahue, 34, has been Monahan's assistant for six seasons.

The Yankees athletic trainers are the second recipients of the "MLB Athletic Training Staff of the Year" award. The 1989 award recipients, selected by members of the Professional Baseball Athletic Trainers' Society (PBATS), went to Los Angeles Dodgers' athletic trainers Bill Buhler and Charlie Strasser.



Major League Baseball's Athletic Training Staff of the Year — Gene Monahan (l) and Steve Donahue (r)

National Employee Services and Recreation Association Elects Vice President

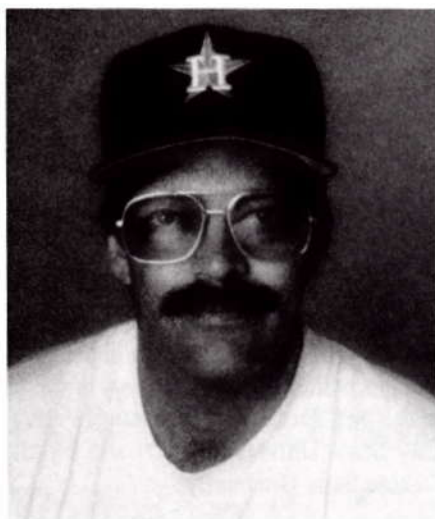
Ronald Ribaric, ATC, a Certified Employee Services and Recreation Administrator, has been elected vice president of Fitness and Health, with the National Employee Services and Recreation Association (NESRA).

A non-profit organization, NESRA is dedicated to the principle that employee services, fitness, and recreation programs are essential to sound business management. The group promotes activities that try to improve relations be-

tween employees and management, increase overall productivity, and boost morale.

Ribaric holds degrees from Miami (Ohio) University and the University of Central Florida.

In Memoriam



Gene B. Confreda
April 27, 1951 - May 1, 1990

Gene B. Confreda passed away on May 1, 1990, after a bout with cancer, at the age of 39.

Gene, a native of Warwick, RI, re-

ceived his bachelor's degree from the University of Rhode Island in 1973, and his master's degree from Indiana University in 1976.

Gene's career with baseball began in 1978 with the San Diego Padres. He served that organization for nine years at Reno, NV, Amarillo, TX, Salem, VA, Beaumont, TX, and Las Vegas, NV. Following his tenure with the Padres, Gene was employed by the Houston Astros from 1987 until his death this past May.

Gene served two years with the Asheville Tourists' Club and was beginning his second year with the Osceola Astros of the Florida State League.

Gene Confreda was very proficient at his profession, and loved people and the game of baseball. Gene lived an exemplary everyday life and will be truly missed by his friends and co-workers.

He is survived by his wife, Cindy.



Charles A. "Charlie" Cortez
October 31, 1952 - January 27, 1991

Charles A. "Charlie" Cortez, athletic trainer at St. Mary's University in San Antonio, TX, passed away January 27, 1991. He was 38 years old.

Cortez, a San Antonio native, graduated from Kennedy High School in 1971. He attended San Antonio College and received a bachelor of science degree from Texas Arts and Industries University.

He had been a faculty member of the annual University of Texas Health Science Center's Sports Medicine Symposium for the past six years. Also, he was the current president of the Alamo Area Athletic Trainers' Association.

Before coming to St. Mary's in 1989, he spent six years as an athletic trainer with the Edgewood School District. In 1984, he became an assistant athletic trainer with the United States Football League's San Antonio Gunslingers. His athletic training experience also included work with the United States Modern Pentathlon Team.

Charlie was viewed by athletes, administrators, coaches, and colleagues as competent, reliable, and an outstanding role model. He was a friend to all who knew him. He will be missed by his family, friends, and St. Mary's University.

He is survived by his wife, Elisa, two brothers, and two sisters.

The NATA extends its condolences to the families of these fellow athletic trainers.

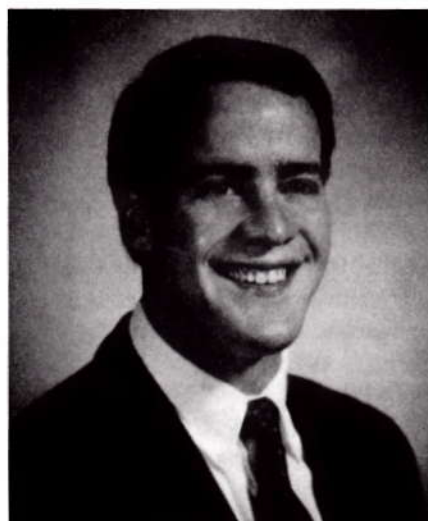
Joseph Edward Bergin passed away January 23, 1991, in Orlando, FL. He was 26 years old.

Bergin, a former resident of Drexel Hill, PA, graduated from Msgr. Bonner High School. He attended Northeastern University and graduated *cum laude* with a degree in physical therapy. He was an outstanding swimmer in high school and at Northeastern University, breaking many high school and university records. He received the Herbert Gallagher Scholar Athlete Award from Northeastern.

He was employed at the Healthsouth Sports Medicine and Rehabilitation Center in Lake Mary, FL, as a clinical services coordinator of physical therapy. He served as a volunteer with the Big Brothers Organization in Lake Mary. He was an associate member of the National Athletic Trainers' Association, and he had hoped to become a certified athletic trainer.

Joseph was a happy, outgoing individual with a genuine love for all those whose lives he touched. He will be missed by his family, friends, and fellow workers.

He is survived by his parents Francis and Jean, his brothers Francis, Stephen, John, Michael, Thomas, and James; and his sisters, Regina (his twin) and Kathleen.



Joseph Edward Bergin
December 29, 1964 - January 23, 1991

District News



L to R; Seated: Rubesich, Davis, McClurg. Standing: Doughty, Wright

Board Members Named

Ohio Governor Richard F. Celeste recently appointed members to the Athletic Training Section of the Occupational Therapy, Physical Therapy, and Athletic Training Board, which will oversee the licensing of athletic trainers in the State of Ohio.

Members of the Board include: Bill Davis, Ohio State University, Columbus, OH—Chair; Laura Rubesich, Western Reserve Orthopedic Center in Niles, Ohio—Secretary; Kurt McClurg, Maumee High School, Maumee, Ohio; Mark Doughty, Newark City Schools, Newark, Ohio; and Lucien Wright, Retired Administrator, Columbus City Schools, Columbus, Ohio.

SCATA's Annual Meeting is July 19-20

The South Carolina Athletic Trainers' Association will host its annual meeting July 19-20, 1991 at William Brice Stadium at the University of South Carolina. Featured speakers will present information on cadaver's ankles, ankle rehabilitation, orthotics, and modalities. Along with its annual meeting, the association provides high school student-level novice and advanced workshops.

SCATA's membership of 210 includes professionals, associates, and students at both the collegiate and high school levels.

The Association's President is Malissa Martin, Gary Nelson is Vice-President, and Nelson Jones is the Secretary/Treasurer.

Student Athletic Trainers Meet

On January 23, 1991, the Shenandoah Valley (Virginia) Student Trainers' Association met for the first time. Eight high schools and three local colleges sent representatives to the meeting, which was designed to increase students' interest in sports medicine. Michael Downey, head athletic trainer at Eastern Mennonite College, was the featured speaker. His topic was ankle injuries and their rehabilitation.

Students Promote Athletic Training

Members of the Northern State University Student Athletic Trainers' Organization manned a table at the South Dakota Class A State Girls' Basketball Tournament.

The students felt that this was a good opportunity to

spread the word about athletic training, and they distributed brochures and other information about careers in athletic training to the public. A variety of sports medicine textbooks and athletic training journals also were on display.



Pictured left to right: Deanne Kaup, Senior, Northern State University, and Dana Pederson, Junior, President, Northern State University Student Athletic Training Organization

WANTED

Athletic Trainers • July 12 to 18, 1991
for

**The United States Disabled
Sports Championships/Paralympic Trials**

Contact:

Phil Kreuter, P.T., Nassau-Suffolk Physical Therapy
10 Gordon Drive, Syosset, NY 11791

More Than Just Tape

by Bob Darden

The locker room at Floyd Casey Stadium is half Army barrack, half Friday-night carnival. Giant bodies stretch and groan. There are players in tape, players in shoulder pads and helmets, players in whirlpools, players in pain. There are coaches coaching, coaches laughing, coaches cajoling. It is chaos.

And amid the chaos, a select group of students moves with a quiet efficiency. They tend the knees, tape the ankles, mop the floors, and listen intently as a young lineman cries softly in a corner. These are the student athletic trainers. In the 1990s, they are more valuable than super-fast halfbacks.

Under the watchful eyes of head athletic trainer Mike Sims and his assistant David Chandler, nearly thirty student athletic trainers go through a grueling regimen that keeps them at the stadium (or in the gyms, or on the tracks, or on the playing fields) long after other, more sensible students and athletes are at home, snug in their dorms, studying with a package of Oreos.

One such student athletic trainer bears the oldest name in Baylor athletic training annals: Troy Cox, son of long-time Baylor athletic trainer (and now assistant athletic director) T.C. "Skip" Cox. Troy's nursery was the locker room. Instead of baby powder, his early memories are of Atomic Balm and wintergreen. Instead of baby-sitters, mammoth offensive linemen cuddled and protected him.

"I've been here so long that I've never thought of doing anything else," he says. "I've grown up around athletic trainers. There are a lot of athletic trainers out there who were all-district football players in high school. Training keeps them close to the competition."

As a senior, Troy's domain is the entire practice field. He serves as the main "rover," watching ball players for the tell-tale signs of fatigue or injury. When a player goes down, Troy is among the first by his side.

"That's one of the reasons I want to

do it," he says, "to help people. I see it as a challenge: when a player goes down, I want to get him back on the field healthy again as fast as I can—without danger."

While Cox watches the entire field, other student athletic trainers are assigned to specific skill positions. Shannon Welch, a fifth-year senior from Terrell, TX, exclusively watches the thirteen fullbacks and halfbacks.

From cleaning whirlpools to splinting fingers, student athletic trainers spend countless hours helping athletes stay healthy.

Shannon also has worked with softball and women's basketball. Her duties before football practices include taping—mostly the players' vulnerable, oft-injured ankles.

"The backfield players are usually more sensitive to their health than some of the other positions," she says. "They're more likely to tell you something is wrong."

The freshman student athletic trainers clean the whirlpools, mop the floors, carry water and towels to the players—and observe the upperclassmen. Occasionally, someone barks at a freshman who doesn't react quickly enough. It's an old, time-honored tradition among student athletic trainers and athletes. Bubba

Wilson, a senior from Fort Worth, says you can't call it "hazing," because there is a method to the madness.

"It helps people learn," he says. "You can't tape until you know how to tape.

Cleaning the whirlpool sounds undignified, but if you don't do it, the next player might catch the first player's infection. Each year you build on what you know. You can't just jump in and do an effective job.

"But once you've proven yourself, you're actually working with a team," Troy adds. "What's unique about Mike and Dave is that they have enough confidence in you to let you make the right decisions when they aren't there. If anything, a student athletic trainer in charge will go overboard and call an ambulance if he or she is uncertain about something that happens on the field. But, that's okay, too.

"What Baylor gives you is a lot of hands-on experience. At other schools I know about, you can't touch a sprained ankle until you are in graduate school!"

Rachel Morriss is in her second year as a student athletic trainer. She only recently graduated out of the "grunt" phase, and she remembers it vividly.

"Your first year, you are really tested," she says. You don't get to do any hands-on work or rehab. I was lucky; by the end of the year, I was getting to tape the second team in football.

"Everybody works football in the fall. You start off filling out forms, cleaning up, running errands, and doing all of the dirty jobs. You are tested mentally, too.

"As a second year athletic trainer, I



Spencer Gantt helps player David Leaks with his pregame stretching warm-ups. Photo by Rod Aydelotte/Baylor Line.

see why. If you go as an athletic trainer to the track your first year, you may be involved in a lot of on-the-spot decisions. If there is a crisis and you are not mentally prepared, you're just not going to per-

form well."

Bubba Wilson is one of the student athletic trainers who is carefully watched by the younger students as he tapes a towering tight end. Bubba is the "offensive rover." He prowls the offensive side of the practice field, keeping an eye on players who have been injured in the past.

It's afternoon, but Bubba has been on the run since morning. He stops to check in with Shannon and the running backs, then breaks into a trot to the other side of the field.

"I think a desk job would kill me," he says.

Back in the locker room, Shannon takes a quick break. "I really didn't plan on enjoying training work this much," she says, "which makes me think I ought to stick with it."

After practice, Shannon and Nancy White accompany the orthopedic surgeons to check on players who have been hurt. Each player has a card that is constantly updated. The doctor dictates his observations and treatments to the student athletic trainers, a process that provides them yet another opportunity to observe the entire process—from injury to rehab to return.

Like the other female student athletic trainers, Shannon has worked with both male and female athletes. She says she relates to the women particularly well because she, too, used to be an athlete.

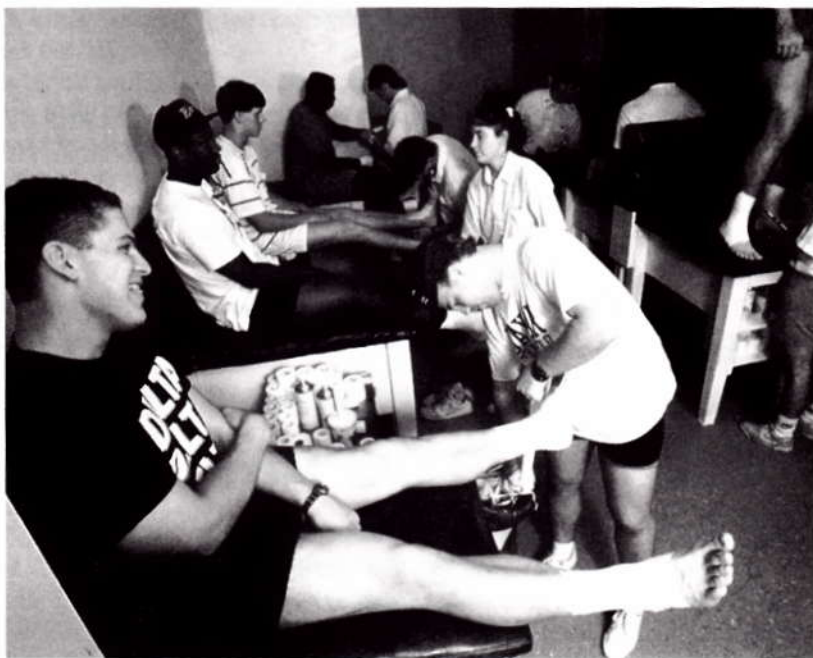
"Male athletes are sometimes uncomfortable discussing their problems with us," she says. "At other times, they'd rather talk to a female trainer—perhaps because they think we'll be more sympathetic."

"I can't say that it is all fun right now; there are lots of days [when] this is not fun. Daily—constantly—I have to prove I can handle this job."

Sometimes frustrations boil over. Working in the pressurized environment

of college athletics, Shannon says all athletic trainers—male or female—sometimes have to hold their ground.

"If something is wrong, I'll voice my disagreement," she says. "If I don't agree with how I'm being treated, I'll ask someone about it. I've learned by experience



Greg Bradburn, Shannon Welch, and other student athletic trainers tape the Baylor football players for an afternoon practice. Photo by Rod Aydelotte/Baylor Line.

that if you hold something like that in, it'll make you sick. So I ask."

Each student athletic trainer has a unique set of duties. Nancy White, a senior from Tampa, FL, is in her third year as a student athletic trainer after stints with the volleyball and softball teams. One of her jobs now is to keep the players' drink table full during football games. The team will go through between five and six hundred cups of a mixture of Hi-C and potassium chloride during a hot game.

Greg Bradburn, a senior from Joshua, TX, is the "defensive rover." He can't even begin to estimate the number of hours he's spent at the stadium. Those stadium hours, however, count toward an internship in athletic training. Greg says the program enables students to be certified (or licensed) both in Texas and nationally. Their locker room lessons range from medicine to machinery, and are all very, very practical.

"Sure, it is a lot of extra work, but the hours are worth it," Greg says. "There's

the travel, the hands-on learning experience, and the chance to be with a great bunch of guys. The stadium is your workplace."

Darrell Ganus, a senior from Garland, Texas, agrees.

"There's something special about the interaction with the players," he says. "You read in the paper about how special a player is, and you realize that you know him as a person. There's no publicity about anything I do. But when you see a guy win national acclaim and honors, you know that the reason he is out there is due, in part, to the things you did for him. You know you did your job."

Unlike other schools where student athletic trainers are assigned to certain teams, Baylor's athletic trainers try to match upper- and underclassmen with the teams of their preference. Sims and Chandler also try to assign at least one female student athletic trainer to each women's sport each semester. Only the track team requires athletic trainers to work with men and women athletes at the same time.

Not surprisingly, duties within the different teams vary widely. Fifth-year senior Cynthia Borden of Springfield, Virginia, is the student athletic trainer for the women's basketball team. She handles taping, uniforms, finances, car rentals, driving, meal-money, bedroom assignments—just about everything for the Lady Bears.

"Sure there's more responsibility," she says; "there are dozens of trainers with the football team, but only one or two with women's basketball. But this way, I know the job will get done because I do it!"

"I think there is more stress this way; it takes a lot of endurance emotionally because everything rests with me. But it makes me feel good at the same time,

(Continued on the next page)

because the coaches leave it totally to me."

Rachel Morris is another student athletic trainer who prefers having her "own" team.

"There is always a little initial tension coming in as the 'new girl,' but the volleyball team has really responded to me," she says. "I think it is easier for me to relate to the girls—and having worked several sports, I've found that the girls are a lot more appreciative of everything I do."

"It's really neat to know that even though these girls are your age or older, they trust your expertise. One will come up to me with a really bad 'frogged' muscle and say, 'Rachel, what'll I do?' And whatever I say—they do! It's some-

thing special to have the respect of people your same age."

In addition to her physical duties with the team—which range from providing ice and towels for the opposing teams, to cleaning up—Rachel says that athletic trainers are often called on to be an important psychological link for the athletes. "To be a good trainer, you need to take psychology classes!"

This is the one subject on which all student athletic trainers agree. Greg Bradburn says that his role as an informal counselor takes as much as a third of his time.

"To whom else can a player go and ask, 'Why am I not playing?'" Greg says. "The trainers are the liaisons between the coaches and the players. Our athletic

program depends on the athletic trainers' advice. Too many times coaches are called on to handle emotional needs—and they simply aren't trained to do it."

"It's part of the trainer's code," Greg says. "We assist the coaches; we cover the rest of it so they can do what they need to do. A good trainer must be a jack of all trades. He or she can mop a floor, fix a complicated weight training machine, splint a finger, or be a good listener."

"That's right," Darrell Ganus says. "What coaches want to do is coach. They look to us to do the rest. And they should."

Adapted from Baylor Line, a publication of the Baylor Alumni Association.

U.S. Athletic Trainers in Japan

by Makoto Tsuchiya, MS, ATC

Sport scientists, top level coaches, athletes, and students from around Japan came together in Yamagata, Japan, on January 20, 1991, and listened to American guest speaker John Spiker, PT, ATC, discuss the role and function of athletic trainers in the United States.

Spiker, an athletic trainer for West Virginia University and President of Morgantown Physical Therapy Associates, was part of an ongoing effort to promote and advance science and medicine in sports. "We planted the seeds and hope they will grow and blossom some day," Spiker commented at the close of the Third Annual Japan Scientific Congress for Sports Exercise and Training Symposium.

Although athletic trainers are rare in Japan, the sports medicine field is gaining recognition, and interest in athletic training specifically is on the rise.

Makoto Tsuchiya, MS, ATC, a native of Yamagata and now an assistant professor for Northeastern University's Athletic Training Curriculum, was instrumental in bringing Spiker to the symposium. Tsuchiya was interviewed by Japan's *Coaching Clinic* magazine regarding NATA and its certification procedure, and about his experience as an athletic trainer in the United States.

According to the magazine's reporter, there are many Japanese students who have shown an interest in studying athletic training, although there is currently no such course of study in Japan. A handful of Japanese students recently arrived in the U.S. to study and earn NATA certification. Sports medicine physicians presently serve as athletic trainers for Japanese athletes.

Masaaki Yuki, MD, an orthopaedic surgeon and the Director of Yamagata Institute for Sports Medicine and Science, said, "I try to cover as much as possible, but there are too many athletes just for me to cover. Having athletic trainers to work with me and being able to monitor/screen patients would significantly improve health care for the athletes." The practice of preventing and managing athletic injuries every day is another strong motive to start athletic training programs in Japan. Dr. Yuki hopes that people in Japan see the tremendous benefits of having athletic trainers.

Along with Spiker, the symposium also featured Dr. Antonio Dal Monte, Director of the Italian Olympic Committee Sport Science Laboratory in Rome. Dal Monte spoke on oxygen consumption measurement using a telemetry system. Tsuchiya served as interpreter for both Spiker and Dal Monte. Other guest

speakers included scientists and top-level coaches from Japan.

This year's conference organizer, Yoshito Ohnuki, PhD, said it was important to have Spiker because he felt that "there is a strong need for better health care for athletes in Japan, and too many athletes become injured and do not return to the level prior to injury." Dr. Ohnuki continued, "I also wanted people to see how athletic performance can be enhanced by having athletic trainers."

While in Japan, Spiker and Tsuchiya promoted athletic training to nursing students, physical therapy students, medical students, and high school students in the area. They also met with hospital administrators, medical school professors, physical education professors, and physicians who sought advice. Spiker was impressed with their eagerness to learn and their attention to detail, and enjoyed his whole experience in Japan. "I think good things are going to come out of this contact," he said.

Spiker expressed a concern about making people in Japan understand that the quality of athletic training education is as important as establishing certification procedures for athletic training. "I feel fortunate to be able to come to Japan and represent our profession," Spiker said, "and I am very happy to be a part of athletic training development in Japan."

Athletic Health Care Services Offers Comprehensive Health Care to DC Public Schools

"We're starting with an uncut diamond; we can split it into 13 beautiful gems or turn it into dust." This is how Frank E. Walters, PhD, ATC, describes the newly-formed Athletic Health Care Services for Washington, DC, public schools.

As coordinator of the legally-mandated program, Walters is working to create a showcase of "gems" within the Washington school system. Athletic Health Care Services is an outcome of legal action brought against the District of Columbia by concerned parents who wanted to improve the overall health and well-being of their students. A primary objective of the program is to hire a certified athletic trainer for each of Washington's 13 public high schools. (For background information see *NATA News*, January 1990, Volume 2, Number 2.)

Walters' position was created to spearhead the entire initiative, which he sees as an "exciting challenge." He brings a strong athletic training background to the project. Most recently, he was assistant professor of athletic training at Texas A&M University. A graduate of Brooklyn College, Indiana State University, and Texas A&M, Walters has worked at the high school, small college, and university athletic training levels.

For the long term, Walters' goal is to make the Washington program a national model for urban communities. Although he acknowledges that "logistically and fiscally, it's not ever going to be feasible to hire a certified athletic trainer for every high school in every situation," he stresses the importance of comprehensive health care for all student athletes. To accomplish this in Washington, Walters' plan calls for collaboration between athletic trainers and other health professionals within the community. He said that during basketball season, his schools occa-

sionally had "30 or 40 games" scheduled for the same night.

Because "athletic trainers can't be everywhere at once and do it all," Walters believes that it is important for them to "educate and set professional standards for others to help," which is what he is accomplishing in Washington. By coordinating the efforts of other trained personnel, the program ensures that all student athletes consistently receive quality medical care. This "larger scope" approach is part of Walters' vision of the future of athletic training.

As part of this collaborative effort, Walters is working with local Emergency Medical Technicians, who monitor some sporting events. To acquaint the EMTs with the different aspects of sports medicine, Walters will offer a specialized course for them during the summer. Walters also is recruiting volunteer physicians, although he has not received an "overwhelming flood" of responses from interested doctors. Coaches will be taught more about preventing and recognizing sports injuries. Currently, the Washington program provides for the minimum of a CPR-trained adult teacher or coach to be present at sporting events to provide first aid.

Another project that Walters plans to implement involves orthopedic residents from the medical schools at Howard University and George Washington University, who would rotate through the high school sports medicine program. The advantages of such an effort would be two-fold: the resident physicians would benefit from the experience and research potential, and the athletes would receive more comprehensive medical care.

Walters would like to create a "feeder system" of athletic training to encompass all levels of education. To accomplish this, each of Washington's 13 high schools would have two or three junior high

schools that "feed" into its athletic training program. The entire system would have a structured referral process, from the coach's immediate assessment of an injury through treatment at a centralized rehabilitation center, if necessary.

Personally, Walters is hopeful that the Athletic Health Care Services will have a positive impact on the student athletes, many of whom are minorities. His goal is to have one of these student athletes return as an athletic trainer and work for his program.

To date, three of the 13 requisite athletic trainers have been hired. Walters says that fulfillment of the remaining ten positions may be hampered by the fact that many athletic trainers are committed to school-year contracts. He also says that athletic trainers may have "reservations" about working in an inner-city environment.

Rachelle Dunmire, ATC, the athletic trainer at Coolidge High School, admits that she may have been a "little hesitant" at first about going into an urban school and creating its athletic training program, but she "quickly overcame" any uncertainties. She says, "Everyone from the principals to the coaches has been helpful" and pitched in, retrieving ice from the cafeteria or otherwise assisting her. "We are building a strong foundation," agrees Terry Paulsen, ATC, of McKinley High School, who has found that the other schools in Washington want to know when they'll get their own athletic trainers.

"They picked the perfect man for the job," says Susan Hassan, ATC, when asked about Walters. Hassan is assigned to Theodore Roosevelt High School, and she continues, "Dr. Walters has been where we are (as high school athletic trainers). He knows where we're starting from and where we're going. And I think we will succeed."

Calendar of Events

1991 Educational Programs.....

April 12-13 Boston, MA

New Techniques for the Management of Retro-patellar Pain and Chondromalacia Patella
Contact: Division of Continuing Education, University of Massachusetts, Harbor Campus, Boston, MA 02125, (617) 287-7900

April 13-17 Boston, MA

Sports Medicine Clinical Conference
Contact: Jerald Collins, American Osteopathic Academy of Sports Medicine, 7611 Elmwood Avenue, Middleton, WI 53562

April 16-20 Vancouver, BC, Canada

International Congress and Exposition on Sports Medicine and Human Performance
Contact: 1991 International Congress and Exposition on Sports Medicine, Suite 200, 1190 Melville Street, Vancouver, BC, Canada V6E 3W1

April 19-20 Houston, TX

Colloquia on Applied Science in Sports Medicine
Contact: Jeffrey A. Russell, MS, ATC, Coordinator of Research and Education, Joe W. King Orthopedic Institute, 6560 Fanin, Suite 2100, Houston, TX 77030

May 5 Columbus, OH

Ohio Athletic Trainers' Association Eighth Annual Education Seminar
Contact: Tom Love, College of Wooster, Athletic Department, Wooster, OH 44691

May 5 Los Angeles, CA

UCLA Sports Medicine Symposium
Contact: Valerie L. Girard, UCLA Athletic Training and Rehabilitation, 405 Hilgard Avenue, Los Angeles, CA 90024

May 8-10 Arlington, VA

American Trauma Society's Annual Meeting and Trade Show
Contact: Meeting Coordinator, American Trauma Society, 1400 Mercantile Lane, Ste. 188, Landover, MD 20785, (800) 556-7890, (301) 925-8811

May 16-18 San Francisco, CA

Advances and Controversies in Clinical Pediatrics
Contact: Extended Programs in Medical Education, University of California, Room LS-105, San Francisco, CA 94143-0742

May 18 Traverse City, MI

Munson Sports Medicine Symposium
Contact: David W. Rapson, MHS, PT, ATC, 1660 U.S. 31 South, Traverse City, MI 49684, (616) 922-9445

May 17-19 Hershey, PA

11th Annual Meeting and Clinical Symposium of the Pennsylvania Athletic Trainers' Society, Inc.
Contact: Bruce Barnhart, Convention Chair, Department of Sports Medicine, California University of Pennsylvania, California, PA 15419, (412) 938-4234

May 18-19 East Brunswick, NJ

The Athletic Trainers' Society of New Jersey, Inc.'s 5th Annual Symposium and Business Meeting
Contact: J. Timothy Sensor, ATC, ATR, President, ATSNJ, Kean College of New Jersey, Morris Avenue, Union, NJ 07083, (201) 527-2378 or Jan Miller, Symposium Chair, Jackson High School, Jackson, NJ 08527, (201) 928-1400, ext. 353

May 23-25 Chicago, IL

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

May 29 - June 1 Orlando, FL

38th ACSM Annual Meeting
Contact: American College of Sports Medicine National Center, P.O. Box 1440, Indianapolis, IN 46206-1440

May 31-June 2 Portland, ME

2nd Annual Tri-State Northern New England Athletic Trainer's Conference
Contact: Steve Davis, ATC, Maine Sports Medicine, P.O. Box 825, Chase Avenue, Waterville, ME 04901, (207) 877-7678

June 5-7 Fort Davis, TX

Davis Mountain Sports Medicine Clinic and Workshop, Number 5
Contact: Truman Spoon, LAT, ATC, Director, Davis Mountain Sports Medicine Clinic, Box 1021, Fort Davis, TX 79734

June 13-16 Calgary, Canada

Safety in Hockey Seminar
Contact: Pat Clayton, BA, CAT(C), Sports Medicine Coordinator, International Hockey Center of Excellence, Olympic Saddledome, Box 1060, Calgary, Alberta T2P 2K8, (403) 261-0460

June 20-21 Cleveland, OH

Sport Medicine Symposium for the Athletic Trainer
Contact: Cleveland Clinic Education Foundation, Continuing Education, P.O. Box 94977, Cleveland, OH 44195, (800) 762-8173.

The NATA News will list events of interest to persons involved in sports medicine if the information is received by May 1, 1991, for the June 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.

Cramer Student Athletic Training Workshop Schedule 1991

For More Information, Call (800) 255-6621 [or (913) 884-7511 in Kansas]

BASIC WORKSHOPS

June 2-3

- 1 Eastern Kentucky University
Richmond, KY
Bobby Barton, PhD, ATC

June 16-19

- 2 Emporia State University
Emporia, KS
John Baxter, ATC

- 3 Oklahoma State University
Stillwater, OK
Jeff Fair, EdD, ATC

- 4 University of Wisconsin-Platteville
Platteville, WI
Mary LaRue, ATC

June 23-26

- 5 Indiana State University
Bloomington, IN
Dean Plafcan, ATC

- 6 Kent State University
Kent, OH
John Faulstick, ATC

- 7 McNeese State University
Lake Charles, LA
Ricky Mestayer, ATC

- 8 Millersville University
Millersville, PA
Hank Fijalkowski, ATC



June 23-26 (cont.)

- 9 University of North Texas
Denton, TX
George Young, ATC

- 10 Salisbury State University
Salisbury, MD
Pat Lamboni, ATC

- 11 Colorado State University
Fort Collins, CO
Jonna Lamboni, ATC

- 12 Northern Illinois University
DeKalb, IL
Bob Cochran, ATC

July 7-10

- 13 Furman University
Greenville, SC
Bruce Getz, ATC

July 14-17

- 14 Arizona State University
Tempe, AZ
Dave Grossman, ATC

- 15 College of William & Mary
Williamsburg, VA
Steve Cole, ATC

July 21-24

- 16 Seattle Pacific University
Seattle, WA
Bob Grams, ATC

July 28-31

- 17 Northeastern University
Boston, MA
Peg Stacey, ATC

August 4-7

- 18 University of California - Riverside
Riverside, CA
Jim Clover, ATC
S.P.O.R.T. Clinic

- 19 Grand Valley State University
Allendale, MI
Deborah Springer, ATC

- 20 University of South Florida
Tampa, FL
Barry Clements, ATC

ADVANCED WORKSHOPS

June 16-19

- 21 Austin Peay State University
Clarksville, TN
Chuck Kimmel, ATC

- 22 Ball State University
Muncie, IN
Rex Sharp, ATC

June 23-26

- 6 Kent State University
Kent, OH
John Faulstick, ATC

- 9 University of North Texas
Denton, TX
George Young, ATC

July 14-17

- 25 Oregon State University
Corvallis, OR
Ken Kladnick, ATC

July 20-23

- 15 College of William & Mary
Williamsburg, VA
Steve Cole, ATC

July 21-24

- 27 Western Illinois University
Macomb, IL
Mike Pendergast, ATC

July 28-31

- 28 University of Northern Colorado
Greeley, CO
Dan Libera, ATC

Practical Applications in Sports Medicine

"Practical Applications in Sports Medicine" is a one-day course scheduled for April 21, 1991, in Riverside, California. Presented by Kaiser Fontana and the S.P.O.R.T. Clinic, the program will provide information on a variety of topics including injuries related to the ankle, knee, lower back, and shoulder; guidelines to follow when steroid use is suspected; diagnosis and management of exercise-induced asthma; treatment of sports-related dermatological diseases; issues unique to the female athlete; and

the necessary collaboration of medical and athletic personnel.

Speakers for the day long course are sports medicine experts and health professionals. NATA has approved .7 continuing education units for completing the course. Registration is \$45 for athletic trainers and physical therapists, and \$30 for student athletic trainers and physical therapy aides. For more information, contact Jim Clover, The S.P.O.R.T. Foundation, 4444 Magnolia Ave., Riverside, CA 92501, (714) 682-5661.

10th Annual ATOM Sports Medicine Conference

The 10th Annual Athletic Trainers of Massachusetts (ATOM) Sports Medicine Conference and Business Meeting will be held June 2-3, 1991, in Waltham, MA, on the campus of Bentley College. The program will include information on a variety of sports medicine and athletic

training topics and will feature NATA Executive Director Alan A. Smith, Jr.

For more information contact Kim A. Bissonnette, MS, LATC, Bentley College, Dana Athletic Center, 450 Beaver Street, Waltham, MA 02154, (617) 891-2940.

Electrotherapy & Ultrasound Update

Contact:
International Academy of
Physio Therapeutics
2797 W. Plass Avenue
Topeka, Kansas 66611
(913) 233-6072

April 27-28
Atlanta, GA

May 4-5
Minneapolis, MN

May 18-19
Oklahoma City, OK

May 18-19
Kansas City, MO

NATA Board of Certification Announces Changes in the Continuing Education Program

Paul Grace, Chairman of the NATA Board of Certification (BOC), has announced changes in the administrative procedures of the continuing education program for NATA BOC-Certified Athletic Trainers. These changes apply to the current continuing education period (January 1, 1991, through December 31, 1993) and include: continuing education units (CEUs) reporting, statements regarding continuing education records, and time frames for submitting report forms.

Since 1990, a computer scan report form has been used to verify completion of continuing education activities. This form has been revised, and initial reports indicate that it is easier to use than the previous version.

The new Scan Report Form will be used to report all 1991 individual continuing education programs or activities. The form, along with the revised category codes, will be mailed to NATA members in late summer or early fall 1991. Members should not send in any of the current CEU report forms or other materials to be recorded. Instead, members should keep a file of all continuing education activities so that the necessary information will be available to complete the Scan Report Forms in the fall.

All activities that are to be credited to continuing education records are to be submitted once per year. Members will receive an initial statement of NATA and NATA-associated Continuing Education Credits by October 15, 1991; revisions must be submitted by January 31, 1992. Instructions for reporting individual activities will be included in the October mailing. Records will not be updated until November 1, 1991, so the BOC requests that members do not submit any materials or make any status inquiries

prior to receiving the October statement.

By March 15, 1992, the BOC will issue individual updated 1991 Annual Statements of Continuing Education Credits, which will summarize all participation from January 1, 1991, through December 31, 1991. Corrections must be submitted within 30 days of receipt.

If a state or district association or other organization would like its program participants to receive continuing education credit(s), the program chairman should submit a program outline and the Continuing Education Course Approval Form, available from the BOC office. The completed form and outline should be submitted two months prior to the program. For participants to receive credit, the Scan Report Forms must be used; program lists alone will not be accepted.

For application and requirement information, re-examination processing, purchasing of BOC materials—role delineation and study guide, test site/date information, contact Columbia Assessment Services, 3725 National Drive, Suite 213, Raleigh, NC 27612, (919) 787-2721 or (800) 653-6311, FAX (919) 781-3186.

For continuing education course approval, continuing education information and requirements, certification verification and plaque orders, contact NATA Board of Certification, 2952 Stemmons, Dallas, TX 75247, (214) 637-6282, (800) TRY-NATA, FAX (214) 637-2206.

For certification eligibility and requirements questions, examination review or appeals requests, continuing education requirement issues, or other questions or matters of concern, contact Paul Grace, Chair, NATA Board of Certification, MIT Box D, Cambridge, MA 02139, (617) 253-5272.

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