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## Smaha and Max on The Future of NATA

*Mark Smaha, MS, ATC, has been President of the NATA since 1988. He is head athletic trainer at Washington State University and resides in Moscow, ID. Julie Max, MEd, ATC, who is President of District 8, was elected Vice President of the NATA in 1991. She works at California State, Fullerton, and lives in Placentia, CA. Colleen McCracken of the NATA News had the opportunity to interview these NATA leaders at the District 8 Meeting in San Jose, CA, on June 29, 1991. They were asked their opinions on the accomplishments, challenges, and future of NATA.*

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

**Smaha:** Continual, constant transformation. Positive

growth. I think we're going to change in many ways by the end of this decade. The NATA will see a more visible leadership role of women in the profession. The tone was set for this when Julie was elected Vice President. We are becoming more diversified educationally and are going to start marketing a new concept called education specialization. An example of this is the Denver meeting in February 1991 on manual therapy. The meeting was sponsored by the PEC [Professional Education Committee] and enabled attendees to earn CEUs while studying topics pertinent to the profession. In 1992, we will have about four educational meetings in different regions throughout the United States. Topics will be of special interest to athletic trainers. Lastly, I



**Mark Smaha, ATC, NATA President**

foresee the NATA expanding worldwide by the end of the decade. We already have members in several different countries, and I think we will continue to have more international expansion.

**Max:** I agree with all that Mark said and want to take credit for saying one-half of that!

**News:** What do you see as NATA's biggest accomplishment recently?

**Max:** The realization that the NATA needed a full-time executive director was a big step for the association. The association was growing so rapidly that we needed to make the change from a volunteer, part-time executive director to a full-time professional with a business background. The progression of steps in realizing this was a great accomplishment. The Board had no experience in hiring a professional

of that caliber — we didn't even know how to begin writing a job description! The progress we made in realizing the need for an executive director to actually hiring Alan Smith was truly a great accomplishment for NATA.

**Smaha:** Moving several departments in-house was a big accomplishment because it has increased the quality of services to membership. Also, the American Medical Association recognition was a major historical accomplishment for the NATA. The tremendous growth in membership has also been a great NATA success.

**Max:** The staff is accessible, personal, and friendly. In all of the comments I have heard as a member of the Board and President of District 8, I have never once heard a complaint or negative comment about the

**see FUTURE, page 2**

### Also in This Issue

James Garrick Praises Athletic Trainers .....	3
Board Actions .....	4
Report on the APTA/NATA Task Force.....	5
NATA Awards USOC Grant.....	6
Annual Meeting Highlights .....	9
NATA Hall of Fame Inductees .....	10
Herbert Benson on Relaxation .....	12
Evelyn Mundy: A Lifetime of Generosity .....	14
In Memoriam .....	15
NATA Board Announces Transitions .....	17
Medical Update.....	19
Calendar of Events.....	20
Commentary.....	21
Student Athletic Trainer Awards.....	22
Clinical Athletic Trainers Augment Profession .....	23
Convention Committee Restructured .....	24



# Future

continued from the first page

staff at the national headquarters in Dallas. They are efficient, yet very friendly.

**Smaha:** And, they are also highly professional.

**News:** What is the biggest challenge facing the NATA today?

**Max:** To continue progressively making decisions at an administrative level while maintaining a personal touch. To become a *bona fide* professional association.

**Smaha:** Regulation in states, that is, achieving good legislation in the athletic training profession, and CAHEA accreditation for the NATA, schools, and universities are two of the biggest challenges facing the NATA. It will be interesting to see what changes CAHEA accreditation will bring.

**News:** What are the priorities of the association's Board of Directors?

**Smaha:** One significant goal is to be able to identify what our priorities should be through the completion of our long-range plan.

**News:** What is NATA's long-range plan?

**Smaha:** It's in process. It's happening at this moment and will occur in phases continually over the next 12 months. It's being headed by Gary LaBranche of Lawrence-Leiter & Company, a Kansas City based management consulting firm which is facilitating the development of the NATA strategic plan. Gary has a timetable showing the completion dates for different phases of the long-range plan. A part of the plan was to send a survey to every member of the NATA. That has been done. Lawrence-Leiter & Company also conducted focus groups with members at various District meetings. Members were asked questions regarding which priorities they feel the NATA needs to address in the long-range plan. Another phase of the plan is to have a delphi panel address NATA concerns in steps and phases over the next 12 months. When all of this information is collected, the Board can sit down, evaluate the results, and then identify what NATA's priorities should be for the future.

**Max:** The Board of Directors hopes to



**Julie Max, ATC  
NATA Vice President**

identify and implement the final results and suggestions from Lawrence-Leiter and the long-range plan.

**Smaha:** Long-range planning will be a continuous function. NATA's first long-range planning took place in June 1988, and we're doing it again now.

**Max:** It's beneficial to have an outside organization come in and assist us in developing our long-range plan. An outsider can give suggestions that you would never have thought of. Then, when you read preliminary findings, you realize, "Oh! Why didn't I think of that? That's so obvious!" Sometimes it's the most basic idea or priority that you just miss.

**Smaha:** The Board is making every effort to incorporate the widest range of opinions from NATA members into our long-range plan and in establishing our priorities.

**News:** How would you characterize the relationship that the directors have with one another? Are members' views about the Board of Directors in synchrony with their actual actions?

**Max:** I can comment on that as I am a new member of the Board. As a new member, you walk in to your first Board meeting apprehensive; you don't know what to expect. You know that the most intelligent thing to do would be to sit, observe, and use some bit of perception to try to pick up specific characteristics amongst the Board. There are ten different personalities in there, as it should be. So you try to find out who you might mesh with, develop who you're going to have a chemistry with, and try to dissolve the rumors of what you heard that you were going to walk into. I can state excitedly that I was shocked at the level of tender-heartedness, for lack of a better term, I

didn't see the harsh machine — "let's make a decision and let's care less about what people think." I saw just the opposite. I saw ten very intelligent people, who had tender hearts, making decisions, *sincerely*, in the best interest of the membership and the association. I did not see ten hard-core, non-caring, individuals who couldn't care less about women or minorities. It was so untrue. I walked away with a big smile on my face knowing that I was going to be okay.

I was excited to pick up the different personalities and different brainstorming, intelligent ideas that finalize the decisions that are made.

**Smaha:** I echo your feelings. People hear me talk too much as President about what I feel is "good" chemistry. I think it's worthwhile to hear someone else's perspective.

**News:** NATA has experienced and continues to experience novel growth. It has almost 16,000 members now. Securing jobs is a top priority for athletic trainers. What are your views about the clinical, industrial, and non-traditional settings for ATCs?

**Smaha:** I think new settings have to be encouraged and supported. Forty percent of our membership is employed in non-traditional athletic training roles. There are a lot of challenges and issues that have to be faced in that area: salaries and the opportunity for the athletic trainer to have an improved role in the clinical setting. I'm sure it should be encouraged. Another thing that we need to continue to do is to stress the importance of high school athletic trainers. We need to do a better job in public relations and public education in highlighting the role of the high school athletic trainer. That's got to be done by using high school ATCs. Let's get parents to talk and boast about their sons' and daughters' high school athletic trainer. High school athletic trainers make up about 40% of the membership.

**Max:** We would be crazy not to capitalize on what we see already works because the nontraditional setting is providing jobs, and our people are happy. Future statistics will only increase in the clinical setting, therefore we would be remiss if we didn't identify what we could do to best prepare our students for employment in nontraditional settings.



## NATA News

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National Athletic Trainers'  
Association

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## Sport Rehabilitation Conference Scheduled

To launch the new *Journal of Sports Rehabilitation*, Human Kinetics Publishers will host a sport rehabilitation conference in Orlando, FL, March 5 to 7, 1992. At the conference, scientists and clinicians who are actively working in the field of sport rehabilitation will present research findings and clinical observations. Topics include rehabilitation of the knee and shoulder, functional rehabilitation of the lower extremities, psychology of treatment, and manual therapy techniques in rehabilitation. For more information on this new journal, see page 17 of *NATA News*, Vol. 3, No. 3. For information on the conference, contact Human Kinetics Publishers, Inc., Box 5076, Champaign, IL 61825-5076, (217) 351-5076.

## Accomplishments of Athletic Trainers Praised by Garrick

James Garrick, MD, said he was surprised to discover that the group of teenage athletes and their fathers lined up outside the training room after the University of Washington's first football game of the season was not waiting for him.

Garrick, then the football team's physician at the university, soon found out that the group needed the services of the athletic trainers.

Garrick gave the keynote presentation that preceded the 1991 NATA Annual Business Meeting in New Orleans on June 10, 1991. Garrick, who is an orthopedic surgeon and Director of the Center for Sports Medicine at St. Francis Memorial Hospital in San Francisco, CA, praised the contributions athletic trainers have made to sports medicine.

"Because there was no sports medicine for anybody except some of the athletes in major colleges and professional sports, the only way that a high school student who had been injured could deal with his injury in a realistic way was to go with his parents and wait at the door of the training room on Saturday after college football games and hope that the athletic trainers would have mercy on him and have a look at his injury," Garrick said.

In response to that need for sports medicine expertise, Garrick coordinated the first university/medical school-based sports medicine program in the United States. He also has written several books on the subject, including *Be Your Own Personal Trainer* and *Sports Injuries: Diagnosis and Management*.

Garrick alluded to the many advancements that athletic trainers have made that have benefited the medical field, including extensive uses of taping, triage, and local compression. "I finished a whole orthopedic residency and was out in practice, and nobody ever told me that using donuts or a horseshoe pad decreased swelling in an ankle sprain," Garrick said. He credits athletic trainers for teaching him important, useful, and practical techniques.

Since the introduction of the "running craze" about fifteen years ago, Garrick said, millions of people have needed the expertise that has been compiled by ath-



letic trainers and implemented in the practice of sports medicine. "The athletic trainer is still the only person available and knowledgeable [enough] to take care of the injured athlete, and the only individual who is responsible for those final decisions on strength and on when to end the rehabilitation program so athletes are able to return safely to participation."

According to Garrick, 45% of the NATA membership are involved in the care of recreational athletes. "Years ago, if a college athlete got an injury, he would be back in a game or two, but when an amateur athlete got an injury, he was told to stop participating," Garrick said. "That is no longer acceptable."

"Athletic trainers have many unique skills," Garrick said. "They are able to immediately see the injuries and at a time when most of us [physicians] don't have the opportunity to see them that quickly."

Garrick noted that while athletic department administrators have been primarily interested in the care of athletes in revenue-producing sports, athletic trainers have not excluded non-revenue sports athletes from their care.

Attitudes, more than innovations in equipment and techniques, have been critical to the progress of sports medicine, Garrick said. "I think the most important advance in sports medicine is the availability of a medical system whose goal is to prevent and evaluate injuries immediately after they occur, create rehabilitation programs, . . . and direct [the athletes] back to their recreational activity."



# Actions of the Board of Directors

The annual meeting of the NATA Board of Directors took place in New Orleans, LA, from June 6 to 11, 1991. The following are committee and task force reports and the resulting Board actions.

## COMMITTEES

○ **The Honors and Awards Committee** reported on suggestions for changes to the awards structure and its mechanism.

○ **The Career Information and Services Committee** presented its new brochure. The brochure is available from the national office. To receive a copy, call 1-800-TRY-NATA. Clayton Mitchell, ATC, was chosen to be a member of the committee.

○ **The National Convention Committee** has developed a new convention committee structure. An article on page 23 describes the structure.

As a result of the rapid, unexpected growth in NATA membership, the Board decided to change the location of the next Annual Meeting and Clinical Symposium from Phoenix, AZ, to Denver, CO. The topic for the 1992 McNeil Symposium will be infectious diseases.

○ **The Finance Committee** has a new member, Julie Max, MEd, ATC, NATA Vice President. Brooks McIntyre, CPA, reported on the financial condition of NATA in his annual audit report. He stated that this report is the strongest in NATA's history.

○ **The Secondary High School Athletic Trainers' Committee** reported its concerns about the recognition, compensation, and promotion of high school athletic trainers. The committee asked the Board to continue to review the selection of the date of the Annual Meeting and Clinical Symposium so that they might schedule a date during which more high school athletic trainers could attend.

○ **The Professional Education Committee** has been directed by the Board to pursue accreditation by the Committee on Allied Health Education and Accredita-

tion (CAHEA). The Professional Education Committee is taking action on those programs that seem to be on continual probation. Resolutions will follow soon.

○ **The Membership Committee** reported that the District secretaries met in Dallas, TX, in February 1991, and that the group is working with the national office in restructuring the membership categories.

○ **The Ethics Committee** will develop NATA professional standards of practice, which will stand separate from those of the Board of Certification. The committee will work with the Board of Certification, the Executive Director, and legal counsel to achieve this goal. Anita Clark, ATC, will chair this committee.

## TASK FORCES

○ **The Minority Athletic Trainers' Task Force** evaluated the functions and identified the objectives of the Minority Athletic Trainers' Committee. An advisory council, which will replace the committee, was chosen to work with the Board on minority issues in order to increase member awareness through publications such as brochures and the *NATA News*, to study the demographics of the NATA membership, and to award grants to enhance minority education. Frank Walters, PhD, ATC, was appointed Chair of the Ethnic Minority Advisory Council.

○ **The NATA/APTA Task Force** has worked closely with the American Physical Therapy Association to encourage joint efforts and good relations. The Board of Directors resolved to continue NATA's commitment to those efforts.

○ **The NATA/Board of Certification Task Force** discussed the use of the trademarked designations ATC or CAT. Some persons who incorrectly use the designations simply are not aware that they cannot use them without NATA approval. This issue will be addressed with the American Athletic Trainers' Association. The problem of the possible existence of NATA certification examination eligibil-

ity inequities was discussed and will be examined by the Board of Certification.

○ **The Committees/Liaisons Task Force** discussed general guidelines for establishing working relationships with other associations. The liaison relationships with the American Kinesiotherapy Association and the National Association of Sports Vision were dissolved.

○ **The Mission and Services Task Force** had Gary LaBranche of Lawrence-Leiter & Company of Kansas City report on the preliminary results of the membership survey. Of the more than 14,300 surveys sent, 4,300 have been returned to date.

○ **The Governmental Affairs Task Force** put together a policy and implementation statement that was accepted by the Board. Dan Campbell, PT, ATC, reported that 26 states and the District of Columbia regulate the practice of athletic training. He is compiling an informational packet on regulation that can be used by each state. A staff person will be hired for governmental affairs work.

○ **The Secondary High School Athletic Trainers Task Force** was formed by the President. Members include Pete Carlon, ATC, Chair, Rick Gerrells, ATC, Susan Leeper, ATC, Rich Carey, ATC, and Mike McGee, ATC.

○ **The Honors and Awards Task Force** was formed by the President. Members include Pete Carlon - Chair and Joe Godek, MS, ATC. Additional members will be chosen later.

## OTHER ACTIONS

○ The candidates for NATA President in 1992 were chosen. They are Dennis Miller, PT, ATC, and Jerry Weber, MS, PT, ATC. A profile of each will appear in an upcoming issue of the *NATA News*. Members are urged to learn about the candidates and to vote.

○ Funding for the posters on drug educa-

**See BOARD ACTIONS, page 5**



# Board Actions

continued from page 4

tion was approved. The production of the posters will begin this summer.

○ The NATA is entering into a joint effort with the United States Olympic Committee to develop an injury-in-sport database. See the article on page 6 of this issue of the *NATA News* for more details.

○ The *Journal of Athletic Training* will begin to use its new title in January 1992. Until then, the title will remain *Athletic Training, JNATA* to help libraries with cataloging and binding.

○ The *NATA News* will become a monthly news magazine in January 1992. It will accept advertising, including classifieds. The new editorial board will include Doug May, MA, ATC, Terry O'Brien, MED, ATC, and Paul Zeek, ATC. A national office news section will be in future issues.

○ The NATA will send a representative to the proposed conference on youth fitness.

○ Each District will be asked to support the Gatorade lecture series tentatively titled "Eat to Compete."

○ The NATA Research and Education Foundation, Inc., was officially incorporated the week of June 6, 1991. It will have a nine-person Board of Directors.

○ Tony Spohn of Maginnis and Associates, Inc., spoke to the Board about the insurance coverage that his group provides for NATA members. The professional liability policy does cover situations revolving around incidents that are not specifically sanctioned by a state licensure law. Reasonable and usual practices are covered. See the article on page 8 of this issue of the *NATA News* for more details.

○ The Board is considering becoming an official sponsor of a one-day symposium for team physicians as a result of a request from the American College of Sports Medicine. The program would run in conjunction with the NATA Annual Meeting and Clinical Symposium.

## Athletic Training and Physical Therapy APTA-NATA Task Force Progress Report

By Joe Godek, MS, ATC

Recent societal trends toward increased levels of fitness have expanded the population of individuals who participate in both organized and recreational sports activities. As a result, sports-related injuries have increased. The care and treatment provided to participants in these activities are rendered by a variety of health care professionals whose knowledge, skills, and services may overlap.

In an effort to clarify the role and function of the physical therapist and the certified athletic trainer in providing this care and treatment, representatives of both the American Physical Therapy Association (APTA) and NATA have agreed to the following:

- 1.) The level of care and treatment of the injured athlete should always be commensurate with the needs and best interest of the athlete.

- 2.) Although there are elements of care that are common to both professions, neither profession should misrepresent itself to the public. Physical therapists should not present themselves as athletic trainers and athletic trainers should not present themselves as physical therapists.

- 3.) In any setting where the service provided is, or is represented as being physical therapy, the involvement of the athletic trainer in the provision of physical therapy occurs with the supervision and direction of the physical therapist.

The Task Force agreed that athletic trainers treat athletes. At this time, further investigation and definition of the term "athlete" and the services rendered to the "athlete" by athletic trainers and physical therapists is needed. It is anticipated that this will be accomplished at future meetings of the APTA-NATA Task Force.

The following is a progress report on the deliberations of the joint task force of the APTA and the NATA. It is important for everyone to realize that this report is intended only to inform members of ongoing deliberations. This report should not be interpreted as a partial or temporary

version of a final policy statement.

Because of the timing of each association's national meeting, the APTA version of this report recently has been circulated. This has raised concern among some NATA members that the APTA was trying to tell athletic trainers how and where they can practice athletic training. Be assured that such fears are unwarranted.

It was hoped that the APTA and NATA could issue a joint progress report. However, some very minor wording differences precluded that possibility. The members of the NATA portion of the combined task force feel that the wording of the NATA progress report fairly and accurately communicates the progress that has been achieved to date. It also accurately states the issues that will be addressed in future deliberation.

Members should realize that the important issues at this time are the conceptual agreements that have been reached. Specific wording of these agreements will be the topic of much study and discussion. Therefore, the wording presented in this progress report should not be misconstrued as being final.

The NATA task force members are committed to the principle that athletic trainers can render athletic training as defined by our Role Delineation Validation Study, and that this can be done without restriction by site. Task force members also are satisfied that if athletic trainers become involved in rendering physical therapy services, they will do so with the supervision and or direction of a physical therapist.

Relations between NATA and APTA have improved significantly over the past year. The NATA members of the combined task force look forward to the next meeting of the combined task force so that the momentum of our fast progress can assist us in our efforts to formulate a joint policy statement.

Look for more information on this important topic in the next issue of *NATA News*.



# NATA Awards USOC Grant to Develop Injury-in-Sport Database

NATA has provided a \$50,000 grant to the United States Olympic Committee (USOC) Sports Medicine Division as the two organizations embark on a cooperative effort to develop an injury-in-sport database during the next two years.

USOC Executive Director Harvey Schiller accepted the grant from NATA Executive Director Alan A. Smith, Jr., in a presentation on June 27, 1991, at the United States Olympic Training Center in Colorado Springs, CO. The ceremony also included Robert Beeten, Manager of the Clinical Services Program Department, and members of the USOC athletic training staff.

"A partnership with the USOC is like General Motors and NASCAR," Smith said. "Now we can use the USOC as a research track much like the auto manufacturers use NASCAR."

The USOC's clinical programs have collected a wealth of information dating back to 1976 on injuries in sport not commonly found in the high school or univer-

sity-level programs. The benefits of producing a comprehensive study of this information can reduce future injuries, set the best treatment protocols, and aid the general public in learning how sports medicine works to keep Olympic-level athletes injury-free.

"The USOC Sports Medicine Division has a lot of injury data it has been collecting over the years," Smith said. "This grant will help in assembling that data and writing programs. In the future, our members will have access to this important information. We think this could very possibly be a first step in the development of a state-of-the-art research facility for athletic injuries."

"Not only is this a grant to do something specific, it can also be interpreted as the National Athletic Trainers' Association's very strong support of the efforts of the USOC Sports Medicine Division and our commitment to help them be as successful as they can be."

The Clinical Services Program of the



**Alan A. Smith, Jr., presents \$50,000 check to Robert Beeten (center) and Harvey Schiller (right) of the USOC.**

USOC's Sports Medicine Division is charged with providing a total health care package for all athletes in residence at the Olympic Training Centers, as well as for those athletes at the US Olympic Festivals and USOC-sponsored international competitions.

## Organ Donation: An Act of Heroism

As you read this, there are approximately 18,658 people awaiting a kidney transplant, 5,000 in need of a cornea, 2,095 awaiting a heart transplant, 1,484 needing a liver, 594 in need of a pancreas, 486 waiting for a lung, and 171 awaiting a heart-lung transplant.<sup>1</sup> Thousands also need skin and tissue grafts, bone marrow transplants, and heart valve replacements. As this list suggests, there is a dire need for organ donors.

Organ transplantation is now safer than ever because of improvements in surgical skills and tissue typing, and in the development of immunosuppressive drugs. The first successful kidney transplant was in Boston, MA, in 1954, while the first successful heart transplant took place in 1967 in South Africa.<sup>2</sup> In 1989 alone, 8,937 kidney transplants and 1,687 heart transplants were performed.<sup>3</sup> Survival rates and the quality of life for transplant recipients is increasing steadily.

Still, a problem remains because people die while waiting for organs. Nearly 30% of those on the national waiting list for an organ will die before one is found for them.<sup>4</sup>

Can anyone become a donor? No. A prime donor is between the ages of 15 and 65 and is in good health.

Matching a donor to a recipient is of great importance in determining the success of a transplant. Blood type and body size must be compatible for a good donor-recipient match. In a heart transplant, for example, the donor's heart must be small enough to fit into the patient's chest cavity, yet large enough to pump

blood throughout the body.<sup>5</sup> Therefore, finding a donor within a specific weight range becomes critical. It is easier to find a match for a small to medium-sized person than it is for a larger person. People who weigh less than 150 pounds typically wait two to four months for an organ; people weighing 150 to 200 pounds often wait six to ten months. Larger people who weigh more than 200 pounds may wait twelve to fifteen months for an organ.

Why is this relevant to you, an athletic trainer and NATA member? You work with athletes who are young, in good health, and who may be excellent candidates for organ donation. Bigger, muscular athletes may fill the need for larger-sized organs. By having literature on organ donating and organ donor cards in your athletic training room, you can educate athletes about becoming donors. In turn, they may help to save someone's life.

For more information on how to become an organ donor, call the United Network for Organ Sharing at 1-800-24-DONOR.

### REFERENCES

<sup>1</sup> United Network for Organ Sharing. "It's A Miracle." Richmond, VA: UNOS, 1991.

<sup>2</sup> Melvin, Jim. "Better transplants, but people still die waiting for organs." *The Seattle Times*, April 13, 1991, p. A3.

<sup>3</sup> Ibid.

<sup>4</sup> UNOS pamphlet.

<sup>5</sup> Hopkins-Tanne, Janice. "Who Lives, Who Dies." *New York*, June 25, 1990, pp. 29-32, 37-38.



# National Office News

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In an effort to keep the NATA membership informed about happenings in the National Office, NATA News is beginning a news section that will spotlight staff members who work diligently "behind the scenes" to keep national and district programs running smoothly. Upcoming newsletters will feature different staff members and will describe their jobs, duties, responsibilities, interests, and hobbies.

Phyllis Glenn, Jennifer Sutton, and Teresa Foster are three of the staff members that you may have met if you attended the Annual Meeting and Clinical Symposium this year.

**Phyllis Glenn** has been with NATA since the National Office moved to Dallas in May of 1989. She serves as the meeting coordinator and as the staff liaison to several committees, including the Scholarship and Placement Committees. Since she joined the NATA staff, Phyllis has also worked in the certification department and membership department.

With a background in sales and marketing, the organization and preparation required for meeting planning comes naturally to Phyllis. She is currently working toward her certification with Meeting Planners International (MPI). In addition to her duties at NATA, Phyllis must complete the required coursework and an examination in order to obtain MPI certification.

As a meeting coordinator, Phyllis has found herself doing quite a bit of traveling for the association. Despite the long hours and extensive travel, Phyllis claims that she has the "best job in the office." When she finally has a break from work, she enjoys cooking, reading, and spending time with her new husband, Tony.

Are you having problems with your CEUs? Feel free to contact **Jennifer Sutton** and she will be glad to help you! Jennifer is the certification-continuing education coordinator and the administrative assistant to Paul Grace, Executive Director of the Board of Certification. In addition to keeping up with CEUs for ATCs, she is also responsible for the approval of programs for continuing education units.

Jennifer celebrated her first anniversary with NATA this July. In her first year, Jennifer has learned the true meaning of "having the telephone glued to your ear." As the staff representative for the Board of Certification, Jennifer literally spends all day on the telephone. Even though this year has been a learning experience for her, she has thoroughly enjoyed the time spent working with the members and with the Board of Certification.

In her spare time, Jennifer enjoys traveling and spending time with friends. Between her busy schedule at the office and her trip to New Orleans for the Annual Meeting, Jennifer has managed to take a few days off to visit the beaches of Florida and Jamaica. Now that she is back from vacation, she is looking forward to beginning her latest project, transferring all of the certification information into the new computer system.

**Teresa Foster** is a new addition to the NATA staff. A Texas native and a graduate of Texas A & M University, Teresa began working with NATA in November 1990.

Teresa has varied staff responsibilities. She is in charge of all *Athletic Training, JNATA* subscriptions, works directly with scholarship applications, and is an assistant to both Amanda Culbertson and Phyllis Glenn. As a staff member of the meetings department, Teresa recently attended her first NATA Annual Meeting in New Orleans, where she helped to coordinate advance registration.

Now that summer is here and the Annual Meeting is over, Teresa will take a break from her busy schedule at NATA. She is planning a summer vacation to Boston, MA, and is hoping to enjoy some fun in the sun with friends. After her trip, an active schedule awaits her return. She will be busy preparing for the next *Journal* mailing and working with the meetings department on the 1992 Annual Meeting and Clinical Symposium.

Teresa says that the best part of her job with NATA is getting to work with our members. She is looking forward to a long and successful career with our association.

## Special Thanks to Steve Yates and Barbara Manning

Steve Yates, MEd, ATC, Editor-In-Chief of *Athletic Training, JNATA* for eight years, and Barbara Manning, Managing Editor for fourteen years, recently retired from their positions.

In the past, the professional journal has contained both scientific articles and association news. Today, the *NATA News* is the sole vehicle for communicating association business to NATA members, and *Athletic Training, JNATA* is composed primarily of research, literature review, and in-depth technique articles. Yates coordinated the work of department editors. Because of a continuing effort to inform and better serve the NATA membership, these departments are now a part of the *NATA News*.

Ken Knight, PhD, ATC, Editor of *Athletic Training, JNATA*, stated that the contributions of Steve Yates in guiding the *Journal's* progress are many. "He managed the transformation of moving the newsletter out of the *Journal*. He did a fine job," explained Knight.

Barbara Manning also was instrumental in transforming the *Journal*. She was hired initially to coordinate subscriptions only. As *Athletic Training, JNATA* grew, her responsibilities increased, and she became involved in all facets of the publication. Knight describes her as "tremendously concerned and dedicated to the journal's development. She treated the journal as if it were one of her kids."

The NATA commends Steve Yates and Barbara Manning for their years of service and commitment. As *Athletic Training, JNATA* continues to change and to become more streamlined, the NATA recognizes that the dedicated service of these two individuals created the strong foundation from which the journal could grow to what it is today. Many thanks, Steve and Barbara! We appreciate your hard work.



# NATA and Maginnis and Associates Team Up to Offer Athletic Trainers an 'MVP' (Most Valuable Policy)

The NATA has received many inquiries from members regarding the insurance coverage offered to athletic trainers by Maginnis and Associates, which currently insures more than 1,500 athletic trainers nationwide. Athletic trainers in all 50 states are covered under the Maginnis insurance package. Representatives from Maginnis attended the NATA annual meeting in New Orleans to answer members' questions about the effect of individual state's laws on insurance coverage. Following is a recap of key questions and answers that describe the insurance program.

**Q:** Do I need coverage if I already have liability coverage through my employer?

**A:** Yes. Your employer will cover only incidents that occur while you are on the job. If you work in several settings, this coverage is essential. Also, some employers' policies contain a "subrogation clause," which allows them to sue you if you are found to be negligent.

**Q:** Does carrying liability insurance increase my chances of being sued?

**A:** No. There is no evidence that suggests that carrying malpractice or professional liability insurance increases one's vulnerability to legal action. Also, you don't have to advertise that you have coverage.

## Notre Dame Athletic Trainer Inducted into Monogram Club

The University of Notre Dame presented John Whitmer, ATC, with an honorary membership in its Monogram Club in June 1991. Whitmer, who has been head athletic trainer at Notre Dame for 19 years, received a standing ovation during the awards ceremony. His certificate of membership and monogram jacket were presented by head football coach Lou Holtz. Whitmer was recognized for his outstanding service to Notre Dame and its athletes.

**Q:** What is the difference between "occurrence form" and "claims made" coverage?

**A:** Under an "occurrence form," the only requirement to determine whether an incident would be covered is that the incident occur at a point in time when the trainer had coverage. The policy need not be in effect when the claim is actually filed (sometimes three to five years later). A "claims made" policy requires that the policy be in force when the claim is made against you. When the policy lapses, all previous coverage expires. It is comparable to "renting" coverage, rather than "buying" it. The NATA policy is an occurrence form.

**Q:** Is the scope of coverage offered by the NATA liability policy restricted to those activities that are outlined in my state licensure laws?

**A:** No. Coverage includes all professional activities customarily performed by athletic trainers, whether or not these activities are described or countenanced by the licensure laws currently applicable in the state where the athletic trainer resides or practices. All services, reasonably considered to be duties of athletic trainers by reason of education, training, and experience, are covered. The policy is broad in its wording in order to avoid being restrictive or limited by the scope of current, but ever-changing, laws.

**Q:** What do I do if I think I may be involved in a lawsuit?

**A:** Contact Maginnis and Associates immediately. Provide a full report of the incident in question, including details such as time, date, and persons involved. Maginnis will establish a claim file, and the information will be given to the insurance company. Send any summonses that you receive to Maginnis, also. The insurance company will contact you with anything else that is needed from that point. Remember, report the incident when it occurs! In some instances, lawsuits may occur five or more years after the occurrence. It may be difficult to reconstruct accurately an incident from the past.

**Q:** How could I reduce the likelihood of being sued?

**A:** Adhere to the "7 C's of Malpractice" prevention:

1. **CAREFUL** — Pay attention to detail; document your actions; stay alert.

2. **COMPETENT** — Be skilled at what you do; be aware of your standards of practice.

3. **CREDENTIALLED** — Keep a current, valid license; continue your training and education.

4. **CERTIFIED** — Become NATA-certified and maintain your certification.

5. **CURRENT** — Keep abreast of what is new in your field; take advantage of continuing education opportunities.

6. **COMMUNICATIVE** — Maintain open, honest, objective, and frequent communications with your athletes.

7. **CARING** — Keep the human element in your job, regardless of what duties you are performing.

**Q:** If I discontinue my NATA membership, will my coverage be affected?

**A:** This policy is offered only to NATA members. If your NATA membership lapses, you would not be allowed to renew your policy.

**Q:** What is this policy's maximum coverage?

**A:** Up to \$1,000,000 per claim, or a total of \$3,000,000 for all claims submitted during each policy year is covered.

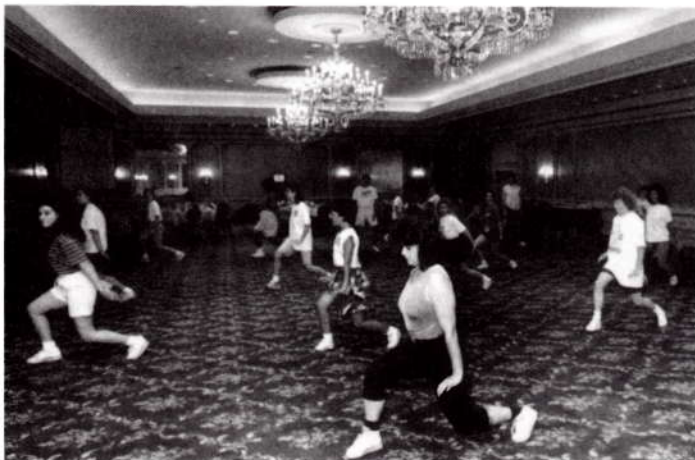
**Q:** How do I find out about the NATA policy, and how do I become insured?

**A:** Call Maginnis and Associates toll-free at 1-800-621-3008, ext. 229, and speak with Tony Spohn, the NATA Account Executive.

**Q:** Are other insurance programs available through NATA?

**A:** Yes. Currently, Maginnis offers Group Term Life and Disability coverage for athletic trainers who are NATA members. Call Maginnis at 1-800-621-3008, ext. 219, to receive information on these programs.





*Aerobic sessions were offered daily to athletic trainers and their spouses at the Annual Meeting.*

# You had to be there:

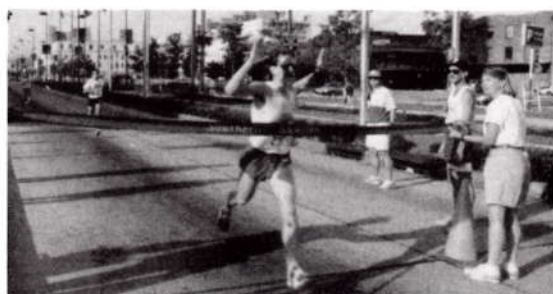
## NATA 42nd Annual Meeting and Clinical Symposium



*Annual meeting attendees watch as the Famous Chicken cuts the ceremonial ribbon to open the exhibit hall.*



*A record number of exhibitors attended the annual meeting. NATA members are shown talking with exhibitors about sports medicine products and supplies.*



*James Ochse, ATC, above, finished first in the 5K Fun Run held Sunday, June 9, in the warehouse district of New Orleans. His time was 17:19. Stacia Prey, ATC, below, was the first woman to finish, with a time of 19:19. The Fun Run was sponsored by Flexall.*





# NATA Hall of Fame 1991



**Phillip B. Donley, PT, ATC, Francis J. "Frank" George, PT, ATC, and Charles F. "Frank" Randall, III, ATC**

The NATA inducted three athletic trainers into the national Hall of Fame during the 42nd Annual Meeting and Clinical Symposium in New Orleans, LA. Each was recognized for his outstanding contributions to the field of athletic training and to NATA as an organization.

**Phillip B. Donley, PT, ATC**, was honored for his commitment to furthering athletic training education. Widely recognized as a founding member of the Professional Education Committee, Donley worked closely with Sayers "Bud" Miller to help establish standards for athletic training curricula. He authored the first NATA guidelines for approved educational programs, and, in 1974, he wrote the petition to the US Department of Health, Education, and Welfare for NATA to become recognized as an accrediting agency. He served as the first chair of the NATA-approved Education Program Directors Council in 1974 and performed the first on-site visitation for approval of an NATA Education Program. From 1972 to 1977, he conducted annual surveys of the NATA membership.

Donley also served on the NCAA Drug Education Committee from 1974 to 1975 and the Council on Post-Secondary Accreditation (COPA) in 1976. He was the Lake Placid Olympic Organizing Committee Athletic Therapist in 1985 and the NCAA National Wrestling Tournament Staff Athletic Trainer in 1982 and 1984. During his career, he has written a number of articles relating to sports medicine and has authored the *Athletic Training Workbook* from 1967 to 1990. He implemented

one of the first co-educational Athletic Training Services in 1966, and the first co-educational Athletic Training Education Program in 1970. He was an examiner for the NATA Certification Examination 17 times from 1971 to 1979. He was a founding member of the American College of Sports Medicine in 1962. He was a charter member of the American Physical Therapy Association section on Sports Medicine in 1972 and the Pennsylvania Athletic Trainers' Society.

He is now working as a physical therapist and director of the sports medicine clinic at Chester County Orthopaedic and Sports Physical Therapy in West Chester, PA, and a part-time athletic trainer and professor at West Chester University. He graduated from West Virginia University.

**Francis "Frank" J. George, PT, ATC**, former NATA President, was recognized for his dedication to athletic training at the local, state, district, and national levels. George has served as Head Athletic Trainer at Brown University since 1966 and as Associate Editor for the *Yearbook of Sports Medicine* since 1979. A graduate of the University of Massachusetts and Boston University, he was Director of District 1 from 1970 to 1974. As Chairman of the NATA Grants and Scholarship Committee from 1983 to 1988, George helped to raise record funds for athletic training scholarships. He also worked to modify the NATA scholarship selection process. Besides having served on the Career Information Services and Licensure Committees, George has been appointed the NATA liaison to a number of organizations, in-

cluding the American Medical Association in 1972, the American Physical Therapy Association from 1971 to 1978, the American College Health Association from 1971 to 1974, and the United States Olympic Committee from 1973 to 1978. He may be best known for his term as NATA Vice President 1973 to 1974 and as NATA President from 1974 to 1978.

Other career highlights include serving as an athletic trainer for the 1976 Winter Olympics in Innsbruck, Austria, and as supervisor of athletic trainers for the 1980 Winter Olympics in Lake Placid, NY. George says, "Athletic training has been my life since 1966. I have received a great deal of pleasure and enjoyment from this profession. I hope I have given back to [athletic training] a small portion of what it has [given] me."

**Charles F. "Frank" Randall, III, ATC**, has been the Head Athletic Trainer at Iowa State University since 1971. Randall was chosen for induction into the NATA Hall of Fame for his commitment to promoting the profession of athletic training and for helping to establish NATA's strong public relations efforts. He graduated from New Mexico State University and Western New Mexico University. Randall served as District 5 Director from 1978 to 1984, as NATA Vice President from 1983 to 1984, and as an Oral-Practical Examiner for NATA certification from 1978 to 1980. Within District 5, he has held the offices of Secretary and Historian.

Many of his research and development projects have received widespread attention and have covered topics such as protective bilateral knee braces, training aids for volleyball, and protective devices for hip fractures in the elderly. During his athletic training career, which includes positions at New Mexico State University, New Mexico Military Institute, and Idaho University, Randall has served as athletic trainer for a number of tournament-level sporting events, including the Sun Bowl, the Blue-Gray Game, the Peach Bowl, the Hoosier Classic, and the Fiesta Bowl Tournament. He is a member of the American College of Sports Medicine, the National Strength Coaches' Association, and the International Narcotic Enforcement Officers' Association.





*Louisiana Athletic Trainers' Association members Ed Evans, ATC, Kyle Wilson, ATC, and Jaime Perez, ATC, were among the many volunteers who helped with registration for the Annual Meeting.*

# Thanks, LATA

The Board of Directors and staff of the National Athletic Trainers' Association would like to thank the members of the Louisiana Athletic Trainers' Association (LATA) who volunteered their time to assist with the 1991 Annual Meeting and Clinical Symposium. A special thanks to Dean Kleinschmidt, ATC, and Larry D'Antoni, ATC, who coordinated the efforts of the 70 volunteer athletic trainers. It was the hard work and dedication of these volunteers that helped make the meeting one of the best.

Once again, thanks for all your help and we hope to see each of you in Denver!

Scott Anderson  
George Ange  
Mayfield Armstrong  
Scott Belham  
Kyle Borne  
Brent Boudreaux  
Craig Brewer  
Cliff Brown  
Murray Burch  
Ray Burr  
John Burrell  
Ricky Castenada  
Ray Castle  
Rick Coogler  
Carol Courtney  
Matt Cummins  
Larry D'Antoni  
Danny Decha

Diane Domingue  
Jim Dorotics  
Alan Edwards  
Ed Evans  
Kim Ferrill  
Don Fontenot  
Larry Gainey  
David Giardina  
Randy Gonzales  
Bob Goodwin  
Richard Gregoire  
Clayton Holmes  
Karyn Kirst  
Dean Kleinschmidt  
Donnie Kron  
Jennifer Lamabe  
Andy LeFebvre

Jennifer LeGros  
Gary Lewis  
Mike Lopriore  
Tom Lusignan  
Kevin Mangum  
Mary Meaux  
Ricky Mestayer  
Karen Metternich  
Barbara Naquin  
Ricky Nelson  
Craig Obermeyer  
Buck Oubre  
David Overturf  
Jaime Perez  
John Porche  
Troy Prevot  
John Purdy

Mary Rechtenwald  
Gordon Reynolds  
Ramona Reynolds  
Jay Robichaux  
Mike Roppolo  
Fabian Roussel  
Matt Smith  
Leonard Spencer  
Katherine Stemmons  
Joan Thibodeaux  
Scotti Vermaelen  
Sam Wilkinson  
Robert Williamson  
Carl Williams  
John Williams  
Kyle Wilson  
Trey Younger



*Pictured are volunteers from the Louisiana Athletic Trainers' Association whose hard work and commitment helped make the 42nd Annual Meeting and Clinical Symposium a great success.*





**Herbert Benson, MD, speaks at the 42nd Annual Meeting and Clinical Symposium.**

## Relaxation Response Counteracts Stress

A simple mental exercise produces the "relaxation response" that can enhance mental and physical performance and counteract the damaging effects of stress, according to Herbert Benson, MD, associate professor of medicine at Harvard Medical School, and president of the Mind/Body Medical Institute.

"To the extent that any disorder is caused or made worse by stress," Benson said, "the relaxation response can help" by alleviating that stress.

Benson was the featured speaker at the June 9 McNeil-Tylenol Symposium, sponsored by McNeil Consumer Products at NATA's 42nd Annual Meeting and Clinical Symposium in New Orleans, LA.

The relaxation response has been used successfully in treating disorders as diverse as infertility, premenstrual stress, hypertension, cardiac arrhythmia, insomnia, chronic pain, depression, anxiety, and the side effects of cancer and AIDS therapy, he said.

The relaxation response also can help athletes perform more efficiently, he said.

Benson described an experiment in which test subjects riding bicycle ergometers maintained the same rate of work while decreasing oxygen consumption by 11% using a simple technique to trigger the relaxation response.

That technique, which resembles meditation, focuses on a repetitive cadence while disregarding outside thoughts, he said.

A more typical way of triggering the response is to close your eyes and deliberately slow your breathing and relax your

muscles while in a sitting position. Then, during exhalations, recite a chosen word, phrase, or prayer while passively ignoring intrusive thoughts.

The physiological results can be impressive, Benson said. They include decreased pulse and respiration and increased blood flow to certain muscles. Other effects can include muscle relaxation, mental clarity, tearing of the eyes, yawning, and warming of extremities.

The relaxation response was discovered when experiments showed that people could lower their blood pressure by practicing Transcendental Meditation. Further study produced more surprises.

"We found a series of dramatic changes that occurred during the practice of Transcendental Meditation," Benson said, though he emphasized that there are scores of other ways to achieve the same effects.

Test subjects were able to reduce their resting oxygen consumption by 14% to 15% during meditation. They also reduced their carbon dioxide production and slowed their respiration by two or three breaths per minute.

A study of Tibetan monks practiced in meditation showed that they could decrease their resting oxygen consumption by an astonishing 64% while meditating, without reducing their arterial concentration of oxygen.

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### *Never A Dull Moment...*

The Big Easy provided some unforgettable memories for NATA members and their families during the 42nd Annual Meeting and Clinical Symposium held June 8 to 12, 1991.

○ **RECORD RAINFALL** in New Orleans during the annual meeting drew national news coverage. Athletic trainers braved torrential downpours to attend clinical sessions, meetings, and the awards luncheon.

○ **BOMB SCARE:** During the final hours that the exhibit hall was open on June 11, the Rivergate Convention Center received a bomb threat. All athletic trainers, exhibitors, and NATA staff were evacuated from the site. Police scanned the area and found no trace of explosives. Despite the inconvenience, everyone was glad that this annual meeting *didn't* end with a bang!

○ **SIGHTSEEING** was a favorite activity with athletic trainers and their families. The outings included a tour of the French Quarter, visits to the Longue Vue House and the Garden District, as well as jazz cruises on the Mississippi River.

○ **TENNIS, ANYONE?** David Myers, ATC, and Clayton Hightower won the first annual NATA Doubles Tennis Tournament, held Saturday, June 8.

○ **ON THE LINKS** was where Keith Skinner, ATC, Tim Kirschner, ATC, Michael McGowan, ATC, and Walter Hayes, ATC, won the fifth annual NATA golf tournament. The event was held at the Belle Terre golf course.

○ **AEROBIC SESSIONS** and related lectures were offered daily during the annual meeting for athletic trainers and their families. HealthSouth Corporation sponsored the programs.



## New Orleans Theme Dominates Party

When athletic trainers arrived in New Orleans for the NATA Annual Meeting, they missed the Mardi Gras by a few months, but they still got a taste of the madness at the annual Gatorade Welcome Party on Saturday, June 8, 1991.

About 4,000 party-goers quickly got in the spirit of things as they received authentic Mardi Gras masks and walked through elaborate re-creations of Bourbon Street, a Southern plantation, and a river boat.

The masks became high fashion as attendees wore them just about everywhere on their bodies—the face, the back of the head, and even around the waist.

At the entrance to the Bourbon Street room, the Saints, a traditional brass band, provided jazz music. Palm and tarot reading and face painting were other popular activities provided by Gatorade.

Another feature that had people standing in line was three artists drawing caricatures of those attending the party.

The Southern plantation room featured a gospel trio and roaming photographers who aimed to capture friends — old and new — enjoying the festivities.

The riverboat room was the main room for the party, and it featured an entrance modeled after Jackson Square. Entertainment was provided by the Tremors, a lively, contemporary pop band, and Cajun Vidago, which provided a different flavor — a taste of down-home Cajun music.

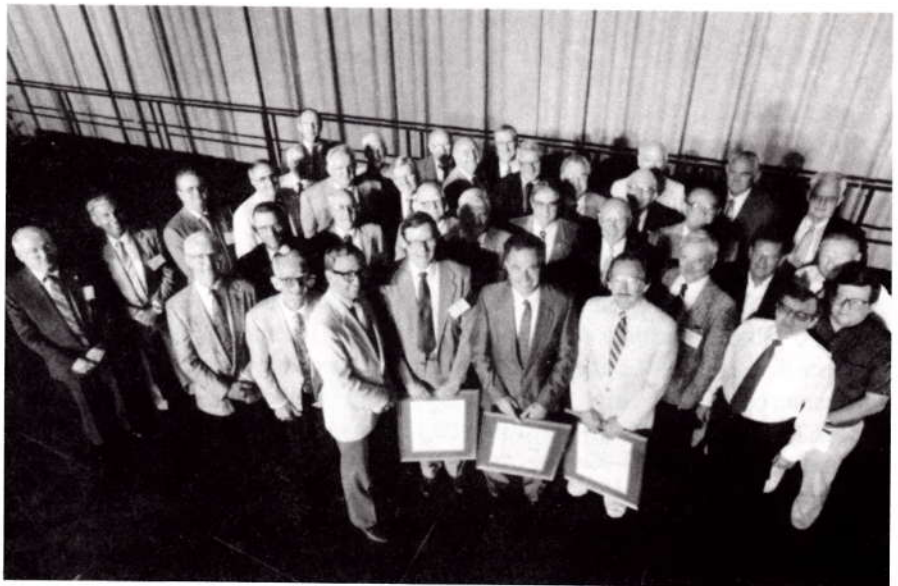
Late in the evening, a Mardi Gras parade showered beads and other trinkets on party-goers as a conclusion to the festivities, which were sponsored by Gatorade as a way of bringing together members in a friendly atmosphere.

"We wanted to find an opportunity to bring the entire membership together to show our appreciation for their support. This is something we look forward to each year," said Patti Jo Sinopoli of Gatorade.

John Somsy, manager of sports marketing for Gatorade, agreed, saying, "This is the only single event involving NATA certified members and student members under one roof in a social setting, and we enjoy bringing everyone together for it."

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## More Annual Meeting Highlights



*(Above) Members of the NATA Hall of Fame gather to congratulate the 1991 Hall of Fame inductees.*



*(Left) NATA President Mark Smaha "talks turkey" with the Famous Chicken. Smaha is on the right.*

## NATA Donates to Needy

Torrential rains kept many athletic trainers from attending the First Annual Awards Luncheon during the annual meeting. Although buses shuttled members to and from the Rivergate Convention Center and the New Orleans Convention Center, where the luncheon was held, many athletic trainers were stranded in their hotels and could not get to the luncheon.

Because attendance was not as high as anticipated, many lunches were left untouched. However, NATA used this food to help the needy of New Orleans. Following a New Orleans City Ordinance, NATA donated the unused banquet food to a city charity.



# Evelyn Mundy:

## *A Lifetime of Generosity*

Evelyn Mundy began attending the NATA Annual Meeting and Clinical Symposium with her athletic trainer husband Harold in 1950. She was the only woman present at the 1950 meeting.

Since that year, she has attended every meeting except one — the second one. In the early years, she was an allied member of the NATA. In 1987, Mrs. Mundy received an honorary NATA membership.

After her husband's death seven years ago, Mrs. Mundy began sponsoring a student athletic trainer scholarship in his name. This scholarship is presented annually at the Student Athletic Trainer Banquet at the Annual Meeting and Clinical Symposium.

Mrs. Mundy has a long history with the NATA and has seen some of the exciting changes in the organization throughout the years. The *News* asked Mrs. Mundy about some of these changes and her involvement in the NATA.

Mrs. Mundy became involved in athletic training when she, her husband, and her brother Chuck Pinkston, Sr., opened an athletic training supply company. Harold Mundy and Pinkston made the sales calls, while Mrs. Mundy handled the orders out of her home. They provided medical equipment, supplies, and delivery and repair of equipment to athletic trainers. At one time, they had the biggest athletic training supply company in the United States. Lindsay McLean, ATC, head athletic trainer of the San Francisco 49ers, and personal friend of the Mundys, describes their work ethic as "outstanding." "Whenever any equipment broke down, Harold would jump in his van and go to the athletic trainer who had called in the problem. Most suppliers would send a repairman over, but it was important to the Mundys to provide personal customer service. They cared about maintaining a relationship with the athletic trainers," says McLean.

An example of the Mundys' support of athletic trainers can be seen in their involvement with NATA members through the years. They have paid for athletic trainers to attend the Annual Meeting and Clinical Symposium. Other times, the Mundys always made sure that athletic trainers had supplies and equipment, even when they could not afford to pay for them. Many athletic trainers who were affected by the Mundys' generosity remain loyal to the family business to this day. Bill Chambers, ATC, Chairman of the Scholarship Committee and former NATA president, stated that Mrs. Mundy and her husband "helped people when they were struggling. They provided supplies to athletic trainers even when the athletic trainers didn't have the money to pay."

Mrs. Mundy's generosity was apparent when she started a student athletic trainers' scholarship in her husband's name. "When Harold passed away, I thought that establishing a scholarship was a good way to make use of the money I'd received, and



was in keeping with Harold's wishes. Harold was always very interested in establishing a special relationship with student athletic trainers, as they would be the future of our business," explained Mrs. Mundy.

Mrs. Mundy commented that the biggest change that she has seen in student athletic trainers throughout the years has been the addition of females to the profession. "This change has been very successful and for a good cause," she said.

The NATA organization itself has also experienced many changes since Mrs. Mundy attended her first meeting in 1950. The greatest change that Mrs. Mundy has noticed about the NATA is the size of the organization. "I used to attend the Annual Meeting and Clinical Symposium and know every athletic trainer, their spouses, and even their children. Now, it's so big! Very few of the old-timers attend the annual meetings now; many have passed away," says Mrs. Mundy. "I was happy to see a woman at the New Orleans meeting whom I hadn't seen in 15 years. That was exciting!"

Mrs. Mundy has seen positive changes in the growth of NATA. When asked to comment on the 42nd Annual Meeting and Clinical Symposium in New Orleans, the biggest meeting ever, she said it was "a very good meeting." Although she did not find the time to attend any of the clinical sessions because she was exhibiting with Whitehall Labs (as she has done for the past ten to twelve years) she heard excellent remarks about the sessions. As for the exhibit hall, Mrs. Mundy declared, "It was wonderful."

"Regardless of the change in size, I am always proud to be a participant in this organization. I always try to help out the student athletic trainers," said Mrs. Mundy.

Today, Mrs. Mundy remains active in her business. She continues to take orders out of her home and her nephew, Chuck Pinkston, Jr., now handles the sales aspect of the business. "She has built her life around helping athletic trainers. Her honesty and work ethic is respectable," declared McLean. Chambers echoed these words, "The Mundys have been big supporters of the NATA. Mrs. Mundy is very giving. She is very special to us and holds a place of honor in the NATA."



# In Memoriam



**Naseby Rhinehart, Sr.**  
May 6, 1911 - June 11, 1991

Naseby Rhinehart, Sr., ATC, the University of Montana's first athletic trainer, passed away June 11, 1991, after a bout with cancer. He was 80 years old.

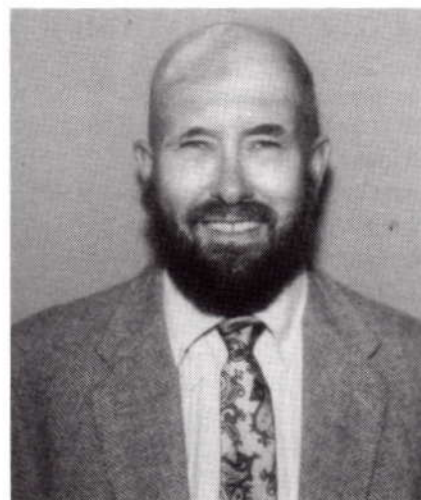
Rhinehart attended high school in Milwaukee, WI, where he played football and garnered All-City honors at tight end in 1928. He helped lead his team to two city championships.

Known as "Doc" or "Nase," Rhinehart's athletic and professional careers spanned six decades at the University of Montana. He came to UMa as a football player and was named All-American in 1935, in addition to being honored in the university's football, basketball, and track Halls of Fame.

Rhinehart began his athletic training career in 1935. "It was the turning point in my life," he said. He was an athletic trainer for 47 years, retiring in 1982.

In addition to being one of the first trainers in the nation to develop an athletic curriculum (1971), Rhinehart was named athletic trainer to the 1979 Pan American Games and the 1972 United States Olympic Track Team. He also was chosen as a member of the Helms Hall of Fame for Athletic Trainers and honored with the University of Montana Distinguished Service Award.

He is survived by his wife of 57 years, Evelyn, sons Pete and Sid, and daughters Vodie Ann and Penny.



**Lanny Ray Williams**  
January 27, 1946 - April 24, 1991

Lanny Ray Williams, ATC, former athletic trainer at Canyon Del Oro High School in Tucson, AZ, passed away April 24, 1991. He was 45 years old.

Williams attended high school in Sterling, CO, where he was a team manager. He attended Colorado State University, where he graduated in 1968 with a degree in physical therapy.

While attending Texas Tech and working on a master's degree in education, Williams began his athletic training career in the public schools of Lubbock, TX.

In 1971, he accepted the athletic trainer's position at Canyon Del Oro High School in Tucson, AZ, where he taught for 20 years.

Williams was a member of NATA and the Arizona Athletic Trainers' Association. He received the Pioneer's Award from the Arizona branch of the American Medical Association, and he received the 20-year service award for his work with the Arizona Interscholastic Association - 5A Conference.

He is survived by his wife, Freida Jean Watson; his son, Christopher Chad; and his daughter, Staci Diane.

Contributions can be made to the Lanny Ray Williams Memorial Fund c/o Canyon del Oro High School, 25 West Concordia, Tucson, AZ 85737.

*Send obituaries to In Memoriam, Earlene Durrant, PhD, ATC, 221 JRB, Brigham Young University, Provo, UT 84602, FAX (801) 378-3520.*



**The Winners: Ron Long, John Midget, and Leonard King, ATC**

## MAATA Sponsors Golf Tournament

The Mid-Atlantic Athletic Trainers' Association (MAATA) recently sponsored their First Annual Scholarship Golf Tournament on May 17, 1991, in Virginia Beach, VA. Nearly \$1,100 was raised toward scholarships for future athletic trainers. The tournament was chaired by Mitchell Callis, MS, MEd, ATC, and co-chaired by Steve Suttmiller, ATC.



# Honors and Awards

## Awards Presented at Annual Meeting

The NATA recognized several outstanding individuals at the First Annual Awards Luncheon held June 10, 1991, at the New Orleans Convention Center in New Orleans, LA. Archie Manning, former quarterback for the New Orleans Saints, was the Master of Ceremonies for the event and Mark Smaha, President of NATA, directed the presentations.

Shown for the first time was an awards video, which spotlights the 1991 Hall of Fame recipients Phillip B. Donley, ATC, Francis J. "Frank" George, ATC, and Charles F. "Frank" Randall, III, ATC. Produced by the Dallas Cowboys' Association, the video features Whitney Houston and Tony Dorsett. In the video, each Hall of Fame inductee is interviewed at his work place and tells what being an athletic trainer means to him. Colleagues and former students of the inductees describe the tremendous impact that each man has had on their lives and on the athletic training profession.

The President's Challenge Award went to John Kenneth Saer, MD, in recognition

of his outstanding contributions to sports medicine. Honorary NATA memberships were granted to James G. Garrick, MD, because of his long affiliation with NATA and his research in athletic injuries, and to Peter A. Indelicato, MD, for his efforts in promoting the education of athletic trainers nationally. Both men strongly support the NATA.

Special awards went to: Fred Hoover, ATC, for his outstanding efforts in coordinating the NATA Annual Meeting and Clinical Symposium for more than 17 years; Steven Yates, MEd, ATC, for his service and dedication as Editor-in-Chief of *Athletic Training, JNATA*; and Paul T. Zeek, ATC, Doug May, ATC, and Terry L. O'Brien, MEd, ATC, for serving on the Board of Directors.

It is with great pride and pleasure that the NATA recognizes these eleven individuals. They have been prominent leaders and supporters of the NATA throughout the years, and their service is most valued. Their commitment and achievements inspire others within the profession.

## CAM Awards Given

*College Athletic Management* magazine recently named the recipients of their inaugural 1991 Awards of Excellence.

○ **The University of South Dakota**, Award for Athletic Training Management (sponsored by Swede-O-Universal in North Branch, MN)

○ **The University of Kentucky**, Award for Athletic Training Innovations (sponsored by NACDA Insurance in Salt Lake City, UT)

○ **The University of Nebraska**, Award for Academic Support (sponsored by Russell Athletic in Alexander City, AL)

○ **Brigham Young University**, Award for Financial Management (sponsored by Paciolan Systems, Inc., in Long Beach, CA)

○ **Louisiana State University**, Award for Equipment Management (sponsored by Champion Products in Rochester, NY)

○ **Drury College**, Award for Facilities Management (sponsored by Huntington Laboratories in Huntington, NY)

## 25-Year NATA Membership Awards

Joe H. Ammerman  
Roy Archer  
Ray Baggett  
Bill Barry  
A.J. Battaglia  
Rudy Benedetti  
Eugene Benner  
Lawrence Bertolucci  
James Bible  
David Blanchard  
Robert Bond  
Richard A. Bonito  
Joseph E. Bourdon  
Allan Boyd  
William Buhler  
Robert C. Burkardt  
George Camp, III  
Lawrence Carter  
Gary Clark  
M. Mickey Cobb  
James Cody  
Lowell Combs  
Rod Compton  
Charles Crandall

James Descourouez  
Garnett Detty  
James C. Dickerson  
W. Edward Dirks  
Charles Doyle, III  
J. Patrick Dyer  
Alfred G. Edwards  
John Eggart  
Robert Fennessy  
Thomas Fitzpatrick  
Peter Folota  
Abby Franco  
Albert Frederico  
William Fry  
Ernest D. Golin  
William Goodish  
Dale Googins  
Donald W. Graham  
Robert D. Grant  
John Green  
Larry Hall  
Buford Harmon  
Billy Hill

Richard Hoover  
Ronald Hunt  
H. Allen Hurst  
Joseph E. Jurich  
Walter Kanicki  
Bill Kauth  
Dave Lee Kendall  
Ceo Kinzer  
Karl Klein  
Karl R. Klinksiek  
Edward T. Koehler  
Alfred Konseck  
Kenneth W. Kopke  
Alfred Kranz  
Gary Lake  
Guy Leighton  
Tom Little  
Larry Lohr  
Roger Long  
Donald D. Lowe  
Dick Malacrea  
Robert Mathews  
Richard Milder

Russell E. Miller  
Carrol B. Montgomery  
Hamilton Moore  
Steve Moore  
Curt Mueller  
Leroy Mullins  
William Nakaso  
Thomas Oxley  
Til Panaranto  
Keith Peterson  
Thomas Petry  
Walter Pomerko  
Fred Posey  
Mert Prophet  
Peter Provinzano  
Curtis Rayer  
John Redgren  
Glen Rice  
J. Michael Ritz  
Jerry Robertson  
Patrick Scannell  
Paul M. Schechter  
Al Scheuneman

Ronald Scott  
Charles Shaw  
Gregory Sims  
Monte B. Smith  
Don Sparks  
Paul Spear  
Larry Starr  
Henry L. Stroud  
Walter Swyers  
Cliton Thompson  
Willard Tice, III  
Fred Turner  
P. Lamar Tyer  
Michael Vuksta  
Chester Waltrip  
Thomas Waugh  
Billy Wilson  
James "Al" Wilson  
Lloyd R. Wilson  
Ross Wilson  
John N. Worgan  
Bob Wright  
Al Wylder

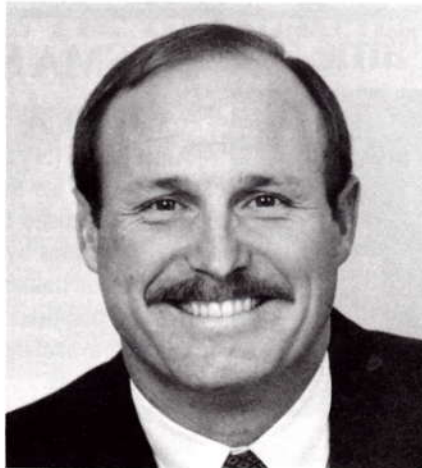


# NATA Board Announces Transitions

The NATA Board of Directors welcomed three new members at the National Business Meeting in New Orleans in June. Marty Bradley, ATC, from District 3, Pete Carlon, ATC, from District 6, and Jerry Robertson, ATC, from District 9 were elected to represent their district's members for a three-year term. At the NATA Awards Luncheon, the three outgoing Board members were recognized for their superior service and contributions to the organization:



**Doug May, MA, ATC**



**Terry O'Brien, MEd, ATC**

Doug May, MA, ATC, represented District 9 for five years and also served as NATA's Vice President from 1988 to 1989.

Terry O'Brien, MEd, ATC, served on the Board for three years as a representative from District 3. He was a member of the Finance Committee.

Paul Zeek, ATC, of District 6, served on the Board from 1982 to 1991. During his tenure, Zeek contributed to and guided many committees. He was also Vice President of the NATA from 1985 to

1986. Zeek has received numerous honors and awards during his involvement with NATA, including the Hall of Fame Award in June 1989.

Alan A. Smith, Jr., NATA Executive Director, says of May, O'Brien, and Zeek, "They are talented, versatile, and exceptional people. Their guidance has been instrumental in our transition from a volunteer to a professional staff. Thanks to their wisdom and leadership, NATA is a better organization."



**Paul Zeek, ATC**

## District 8 Meeting

The Far West Athletic Trainers' Association's (FWATA) Annual Meeting and Clinical Symposium was held June 28 to 30, 1991 in San Jose, CA. More than 500 people attended the conference, making it the largest District 8 meeting in recent years. Speakers presented information on knee, shoulder, and nerve injuries and on legal situations pertaining to the athletic training profession. There were laboratory sessions and lectures for student athletic trainers.

A highlight of the meeting was the presentation of student athletic trainer scholarships. Marlis Yamasaki, University of Hawaii, Mohammad Akhtar, San Diego State University, and Michael West, California Polytechnical Institute, each received a \$500 scholarship.

The Association's President is Julie Max, MEd, ATC. Wendy Runley, ATC, is Secretary, and the Managing Board includes Andy Paulin, ATC, Tony Marek, ATC, and Linda Rowan, ATC.



**James "Doc" Dodson (l), ATC, received the American Orthopaedic Society for Sports Medicine (AOSSM) Athletic Trainer of the Year Award at the annual meeting. The award was presented by Jim Andrews, MD (r).**



# District News

## MATS 1991 Hall of Fame



**Rich Ray, ATC (accepting for Lindsay McLean, ATC), Clint Thompson, ATC, Kent Falb, ATC, and Ken Kopke, ATC**

The Michigan Athletic Trainers' Society, Inc. honored its 1991 Hall of Fame inductees at the annual Golf Outing/Dinner Banquet, held on June 4, 1991, in East Lansing, MI. Nearly 200 athletic trainers, physicians, and guests attended this gala event.

Inducted were Lindsay McLean, ATC, Head Athletic Trainer, San Francisco 49ers and former Head Athletic Trainer at the University of Michigan, accepted by Rich Ray, ATC; Clint Thompson, ATC, Head Athletic Trainer,

Northeast Missouri State and former Head Athletic Trainer, Michigan State University; Kent Falb, ATC, Head Athletic Trainer, Detroit Lions; and Ken Kopke, ATC, President of Athletic Training Services and former Head Athletic Trainer, Central Michigan University.

These four individuals now join a select few members of the Michigan Athletic Trainers' Society Hall of Fame. Others include Jack Heppinstall, James Hunt, Jack Jones, Len Paddock, Gayle Robinson, and Robert White.

## Students Hold First POSAT Convention

On April 27, 1991, the first meeting of the Pennsylvania Organization of Student Athletic Trainers (POSAT) was held in Butler, PA. The schools represented were California University of Pennsylvania, Edinboro University, Lock Haven University, Mercyhurst College, Slippery Rock University, and Waynesburg College.

Students from each of these schools gave multimedia presentations on their respective curricula, facilities, and club activities. A discussion followed each presentation in an effort to examine differences in the various techniques and strategies used by the different schools.

The participants reviewed the highlights of the day and made plans for next year. A directory of attendees was compiled to encourage communication between the schools.

"The greater benefits of such an organization are yet to come, but we feel that we have made an impressive start," Slippery Rock University's Wendy G. Keim, POSAT spokesperson, said. "The ideas generated at this meeting were second only to the newfound sense of camaraderie and friendships that were established, which are sometimes hard to come by when visiting another team."

## NVSMA Sponsors Symposium

On March 21, 1991, the Northern Virginia Sports Medicine Association (NVSMA) held its first annual Sports Medicine Symposium for Students. Approximately 340 student athletic trainers attended this day-long symposium. The schedule included lectures by physicians, nutritionists, physical therapists, and athletic trainers from throughout Virginia. Representatives from corporations and colleges were exhibitors, presenting their products to attendees and donating door prizes that were awarded to participants.

Proceeds from the symposium will benefit the NVSMA Outstanding Student Athletic Trainer Scholarship Fund. Currently, the \$1,500 scholarship is given annually to a high school senior student athletic trainer.

NVSMA extends its thanks to all exhibitors, sponsors, and coordinating personnel for their benevolence and dedication to the support of student athletic trainers.

## New Jersey ATCs Attend Symposium

The First Annual High School SportsCARE Workshop was held in Lawrenceville, NJ, on April 28, 1991. Nearly 100 certified and student athletic trainers from New Jersey's high schools attended the conference, which included presentations by J. Parks, MD, team physician for the New York Mets, and Richard Levandowski, MD, head team physician at the recent World Track Championships in Seville, Spain. The student athletic trainers received information about first aid, protocols of behavior, and methods of distinguishing between minor and serious injuries.

Session speakers included: Jill McFarland, ATC, James Caldwell High School, West Caldwell, NJ; Tim Drown, ATC, Plymouth High School, Plymouth, NH; Michael Keenan, ATC, Long Island Physical Therapy, Long Island, NY; Debra Dross, ATC, Passaic Valley High School, Little Falls, NJ; Jackie Morrison, ATC, North Brunswick High School, North Brunswick, NJ; Jonathan Friedman, ATC, South River High School, South River, NJ; and Gary Ball, ATC, Kean College, Union, NJ. Presenters for the certified athletic trainers were Levandowski; Chris Triolo, ATC, Rider College, Lawrenceville, NJ; Steven Maffei, DPM, Pennington, NJ; and Richard Friscia, PT, PRISM Physical Therapy, Mercersville, NJ. The workshop was directed by Phil Hossler, ATC, of East Brunswick High School, and Michael Goldenberg, ATC, The Lawrenceville School. According to Hossler, approximately 50% of New Jersey's high schools employ certified athletic trainers, which is one of the highest percentages in the nation. Sponsors for the workshop were Trainer Enterprises, Inc., Johnson & Johnson, Inc., Gatorade, The New Jersey Garden State Games, Inc., Bike Athletic Products, and The Lawrenceville School.



## The Personal Touch is The Key to Rehabilitation

By Nina Partin, MEd, ATC

Because rehabilitation of sports injuries is usually a lengthy process, athletes often lose interest in the process and become discouraged.

Successful, complete rehabilitation requires compliance from the athlete, the athletic trainer, and the physician. Even highly motivated, competitive athletes may not comply completely with a rehabilitation program, although doing so may mean a speedy return to sport activities.

Robert J. Johnson, MD, coordinator of Primary Care Sports Medicine in the Department of Family Practice of Hennepin County Medical Center in Minneapolis, MN, during his 14 years of practice, has developed the following routine, which has improved patient compliance and made rehabilitation more enjoyable for the athlete.

**1. Know the sport.** Try to develop a working knowledge of the athlete's sport. This will enable you to understand the demands of the sport, especially if you are not able to attend daily practices or competitions. Being able to speak the jargon of the sport will make you more credible to the athlete and will aid in communication. The acquired knowledge also will help determine when the athlete can return safely to participation.

**2. Give the exact score.** Help provide an accurate understanding of the diagnosis for the athlete. An ambiguous diagnosis is a disservice to the athlete. The athlete needs to understand the severity of the injury and the expectations for improvement in order to assist in rehabilitation.

**3. Educate the athlete.** The more the athlete understands about recovery and rehabilitation, the more he or she can progress. Describe the changes that will occur to the injured tissue. For example, describe what a spasm is and why it occurs, explain the scarring process, and discuss the loss of flexibility and strength that may accompany the injury. By educating, you help the patient realize and accept the need for treatment and rehabilitation. Researchers say that when patients sense a need for

a particular treatment, they become motivated. Also, if applicable, educate the athlete's parents in the same way and allow them to become involved in the rehabilitation process. They can also help to alert you if the athlete is becoming discouraged or unmotivated.

**4. Provide recovery timetables.** When discussing the injury, include an estimated time of recovery. If an athlete has an idea of the time involved, he or she can begin to set goals; but, too much reliance on the estimate can be counterproductive. If progress does not occur within the allotted time, the athlete may become extremely discouraged. Provide a regular progress update and explain if more time should be allowed for recovery.

**5. Get the athlete involved early.** Treating a first-degree ankle sprain with only instructions to rest, ice, elevate, compress, and take anti-inflammatory medications will give the athlete the idea that only time will heal the sprain. Instead, as a part of rehabilitation, give the athlete specific tasks to do, such as range-of-motion and strengthening exercises. Suggest alternate types of aerobic exercise to maintain fitness. Give the athlete all the rehabilitation instructions first, then talk about the use of medications. If athletic trainers discuss medications first, the athlete may feel that the drugs are the most important part of the healing process, and subsequently, pay less attention to modalities and exercises.

**6. Follow up frequently.** See the athlete often, and continually monitor the injury so you can advance the treatment as

rapidly as possible and can determine if the recovery is not proceeding as planned and thus, make adjustments in the treatment. This close attention will demonstrate to the athlete that you genuinely care about his or her progress.

**7. Encourage the athlete to resume activity.** As early as possible, the athlete should participate in practices in some way, even if he or she attends practice just to learn new skills or strategies. Instruct the head coach to involve the athlete in limited activities. Experiencing camaraderie with the team will help to motivate the athlete to return.

**8. Include a final exam.** The athlete should take functional tests to prove that he or she is able to return to play. Many athletes will try to convince you that they are ready to return before reconditioning is complete. You must establish criteria to evaluate progress. If the athlete is tentative about returning, the test will aid in proving that the injured area is stable and that he or she is ready to return to full activity.<sup>1</sup>

As health care professionals, we all have our own ideas and protocols about rehabilitation. Putting these aside, we need to remember that each athlete is an individual, and our rehabilitation programs need to be adapted for the individual.

### REFERENCE

1. Johnson, Robert J., MD, Help your athletes heal themselves, *The Physician and Sports Medicine*, Vol. 19, No. 5, May 1991, pp. 107-110.

## APTA Announces 1991 Physical Therapy Week

The American Physical Therapy Association (APTA) has announced that the theme for the 1991 National Physical Therapy Week is "Pro-Active Health Care." Scheduled for October 7 to 13, APTA's nationwide celebrations will feature a variety of activities that promote healthy living, including fitness clinics, fun runs, athletic competitions, open houses, and health/fitness-related seminars.

Programs will emphasize the "prevention of illness and injury before damage is done," according to APTA President Jane Mathews. For more information, contact APTA at 1111 North Fairfax Street, Alexandria, VA 22314, (703) 684-2782.



# Calendar of Events

## August 9-10 Seattle, WA

*The Molecular Basis for the Use of Lasers, Ultrasound, and Other Devices in the Treatment of Sports Injuries*

Contact: Glen Gordon, MD, 502 54th Avenue East, Tacoma, WA 98424

## August 18-20 Oak Brook, IL

*Lower Extremity Symposium on Knee & Ankle Pathologies & Orthotic Fabrications*

Contact: International College of Medical Congresses, PO Box 2592, La Crosse, WI 54602, (608) 781-6171

## August 21-24 Seattle, WA

*10th Annual Convention, National Association of Orthopaedic Technologists*

Contact: Pamela M. Buckman, NAOT Business Manager, PO Box 5698, Concord, CA 94524

## September 5-7 Orlando, FL

*National Summit for Safety in Youth Baseball and Softball*

Contact: Michael Schneider, National Summit Manager, National Youth Sports Coaches' Association, 2611 Old Okeechobee Road, West Palm Beach, FL 33408

## September 28 New York, NY

*A Dynamic Approach to the Comprehensive Treatment of the Orthopaedic Shoulder*

Contact: Maria De Francesco, CE Director, East Coast Continuing Education Center, Inc., 1585 Morrison Avenue, Union, NJ 07083, (908) 686-0836

## October 4-5 New York, NY

*Sports Nutrition Intensive Workshop*

Contact: Nancy Clark, MS, RD, Sports Nutrition Workshop, Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167, (617) 731-5800

## October 24 Indianapolis, IN

*Indiana Athletic Trainers' Association Annual Fall Meeting and Symposium*

Contact: Vincent G. Stilger, Applied Health Science-HPER, Indiana University, Bloomington, IN 47405, (812) 855-2250

## October 26-27 St. Louis, MO

*Eccentric/Isokinetic Exercise - Clinical Concepts*

Contact: The Dogwood Institute, Inc., P.O. Box 566095, Atlanta, GA 30356, (800) 533-2440

## November 15-16 Boston, MA

*Sports Nutrition Intensive Workshop*

Contact: Nancy Clark, MS, RD, Sports Nutrition Workshop, Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167, (617) 731-5800

## Electrotherapy and Ultrasound Update

Contact:

International Academy of  
Physio Therapeutics  
2797 SW Plass Avenue  
Topeka, KS 66611  
(913) 233-6072

September 14-15  
St. Louis, MO

October 5-6  
Seattle, WA, and  
Fort Worth, TX

September 21-22  
Iowa City, IA

October 13-14  
Cleveland, OH

November 9-10  
Houston, TX

The NATA News will list events of interest to persons involved in sports medicine if the information is received by September 1, 1991, for the October 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, 569 Southlake Boulevard, Richmond, VA 23236, Phone (800) 800-NATA, FAX (804) 379-0648.

## ASTM to Develop Protector Standards

The American Society for Testing and Materials (ASTM) recently formed a task force to develop safety standards for football eye and face protectors. These new standards will be beneficial for professional as well as amateur football teams.

Organized in 1898, ASTM is one of the largest standards development systems in the world. The task force is an adjunct to ASTM's Committee on Sports Equipment, which specializes in equipment standards-writing.

All interested individuals are invited to participate in the work of this task force. Contact ASTM, 1916 Race Street, Philadelphia, PA 19103-1187 or call (215) 299-5400.

## NATA Member Wins Nuprin Fitness Championship

Twenty-two athletic trainers, coaches, and fitness instructors from around the country competed for a total purse of \$13,000 in gold coins at the Nuprin Fitness Championship, held May 17 to 19, 1991, at the Cheyenne Mountain Conference Resort and the United States Olympic Training Center in Colorado Springs, CO.

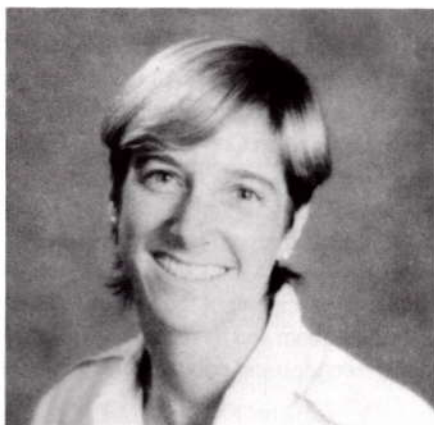
Eleven women and eleven men competed in eight events, including a 200-meter freestyle

swim, a stationary cycling contest, an obstacle course, a 400-meter run, a lifestep race, a beach volleyball event, a basketball "shoot-out," and a "Trainer's Trivia Contest."

Audrey Tannenbaum, ATC, of Florence Township High School, won first place in the women's event. Her prize was \$5,000. The Nuprin Fitness Championship, sponsored by Bristol Myers Squibb Company, will be an annual event.



## Public Relations, Public Image, Public Education



**By Lynn Marks, ATC**  
*District 8 Public Relations Chair*

Athletic training was accepted by the American Medical Association as an allied health profession in June 1990. With this recognition, NATA members are stepping into a new and exciting realm. We have waited a long time for this to occur, and it is important to demonstrate to our constituents that we are well-trained professionals. We need to continue, even more so now, to represent ourselves well in our appearance and by our actions.

When the NATA first started as a professional organization 42 years ago, we initially were seen as "the guy who fixes things, the Equipment Man!" We took care of the equipment, and then took care of the injuries. We were expected to be available if needed and to anticipate the coach's workout schedule. Athletes expected us to fix their injuries, "NOW! Not tomorrow!" (I don't think this will ever change.) We wore the clothes that the coaches wore because we were a part of the team. We had an identity, but no one really knew how to handle this "new professional." We were multi-talented and would do just about anything to help keep things moving for both the coaches and athletes. Being somewhere between the "Doctor" and the "Equipment Man," we strived for others to understand that we had specific training goals. Our identity had to be more distinct; as a part of the medical field, we had special training to provide prevention,

care, and rehabilitation for the injured athlete. A transition from a "do-it-all person" to a professional with unique training for this team was in the process of change.

Then in the mid- to late-70s, during the time of Title IX, we made another transition: athletes and athletic trainers weren't just men any more. Women athletes were beginning to develop teams and to compete throughout the country. This raised the question about where these women athletes could go for care of their injuries. Most of the schools didn't have a place for women in the training room. Women athletes were treated in their locker room or after all the men's sports were finished. To resolve part of this issue, women began to work as athletic trainers. This required the profession to make adjustments, to view our profession differently.

Eventually, men as well as women athletes, athletic trainers, and coaches, had access to the same training room. Today we work in coed situations throughout the country. We hope that these changes are creating a more balanced environment for the team relationship.

We educate school board members, the medical profession, and the general public so that they can understand what an athletic trainer can do, and how our role relates to both athletics and medicine. Unfortunately, in many schools, it is not a requirement to hire a certified athletic trainer. This is especially unfortunate at the high school level.

With the AMA's support, we will find it somewhat easier to promote athletic training. But this does not mean that we stop encouraging our growth and the understanding of the above-mentioned groups.

We must continue to educate people outside our profession. So, how do we do this? Give presentations to our parks and recreation organizations and youth football and soccer league coaches and parents on how to prevent and care for injuries. Demonstrate what an athletic trainer does in the training room. Publish articles in your local newspaper about prevention and care of injuries. Blynn DeNiro, ATC, (California Athletic Trainers' Association

Public Relations Chair) has developed a comprehensive outline about public speaking; this information is available from the last CATA newsletter or by contacting Lynn Marks (PO Box 622, Hydesville, CA 95547).

The one thing that will begin to separate us from other professionals is the way that we approach our own profession. It is important that we don't compare ourselves to anybody else because we are unique. We are the link between the doctor, the coach, the athlete, and sometimes, the parents. It is important that we act and look professional, on and off the playing field, when we are in the training setting.

Consider the following scenario. You are a parent with an injured child. You are told by the coach to take your child to the athletic trainer. You don't know the first thing about athletic training or what an athletic trainer does. You walk into the training room, look around, and see three people. One is dressed in coaching shorts and shirt, another is wearing faded blue jeans with a sweatshirt, and the third is wearing a pair of dress slacks and a nice dress shirt. Which one would you approach first?

This situation exemplifies our need to dress in a manner that projects a professionalism that matches our knowledge and skills. Can they identify you by how you are dressed? Will they believe what you say? Will they act on your recommendations? We must be aware of how we present ourselves both visually and verbally. We are the only ones who can upgrade our image. It is important to display how proud we are to be affiliated with this profession by presenting ourselves smartly.

This is an exciting and changing era for athletic trainers. We have matured as representatives of our entire profession, and each of us is responsible for communicating our role to members of the athletic and health professional communities, as well as the general public.

*Reprinted with permission from the Far West Athletic Trainers' Association Newsletter, Volume 9, Number 3, Spring 1991.*



# NBA Sponsors 17th Annual Newell Student Athletic Trainer Awards Banquet

The 17th Annual William E. "Pinky" Newell Student Athletic Trainer Awards Banquet was held June 9, 1991, at the New Orleans Hilton. Ken Locker, ATC, Chairman of the NATA College/University Student Athletic Trainers' Committee, was Master of Ceremonies at the banquet, which was sponsored by the National Basketball Association. J.G. "Ken" Murray, ATC, offered the invocation, and William H. "Bill" Chambers, ATC, Chair of the NATA Scholarship Committee, gave the opening remarks. Award presenters were Mark Smaha, MS, ATC; Robert Behnke, MSD, ATC, Chair of the Professional Education Committee; L.F. "Tow" Diehm, ATC; and Jack Rockwell, ATC.

Thirty-six students were recognized for their outstanding achievements. L. Jaynie Bjornaraa, ATC, who attends the University of North Carolina at Chapel Hill, was awarded the Eddie Wojewski 1991 Achievement Award for having received the highest score on the 1989 NATA certification exam. Glendie M. Worthington of Eastern Washington University won the NATA 13th Annual Student Writing Contest. Also recognized at the banquet was John W. Schrader, ATC, of Indiana University, recipient of the Sayers J. "Bud" Miller, Jr., Distinguished Athletic Training Educator Award. All honorees have excelled in the classroom and have much to offer the future of NATA. The Association is proud to recognize the accomplishments of its student membership and educators. Our hearty congratulations and best wishes to all award winners!



**Student Athletic Trainer Award winners:** Front row (l to r) Evelyn Mundy (presenter); Melissa Ebig; Jennifer Annon; Patricia Culberson, ATC, accepting for Daniel LaPlaca; Joleen Johnson; Diane Shuler; Lisa Cantu; Glendie Worthington; L. Jaynie Bjornaraa, ATC; Kathleen LaGrassa; Julie Minton. Middle row (l to r) John Mason, ATC, accepting for Amy Griffiths; Dan Libera, accepting for Susan Higgins; Dale Mildenberger, ATC, accepting for Heather Bonella; Brad Nelson; Darryl Conway; Scott Bierscheid; Michael Porter; Charles Harrison; Michael Sabolovic; Roland "Duke" LaRue, ATC, accepting for Krista Neujahr; Bill Chambers, ATC. Back row (l to r) Phillip Page; Bryan Touchet; Andrew Barrish; Bert Boyd, accepting for Sharon Strickland; David Morgan; Edward Orr; John Schrader, ATC; Thomas Kaynak; Jim Rudd, ATC, accepting for Kristine Schultz and Michelle Puetz. Not pictured are: Angeline Bonners, Donna Carter, Darryl Conway, Stephanie Egleston, Kirk Heinold, Kristen Pazdernik, Cheryl Snow, and Connie Tillmans.

## *We've moved!*

Please note the new address for the  
NATA Publications office:

NATA News  
569 Southlake Boulevard  
Richmond, VA 23236  
Phone: (800) 800-NATA  
Fax: (804) 379-0648



# Clinical Athletic Trainers Augment Profession

The number of NATA members who are working as clinical athletic trainers is increasing steadily. Within the last two years, the number of clinical/corporate athletic trainers within the NATA ranks has grown from 1,500 to 2,400. According to John R. Lopez, ATC, Chair of the NATA Clinical-Industrial/Corporate Athletic Trainers' Committee, this "tremendous growth" in non-traditional athletic training opportunities will continue.

Lopez gives the example that the NATA Board of Certification tested approximately 1,000 athletic training graduates in the spring of 1991, most of whom passed and became certified athletic trainers seeking employment. With fewer than 20% of the nation's 20,000 high schools hiring certified athletic trainers, "the reality is that not many high schools are beating down NATA's door" with job opportunities, Lopez says. At the collegiate level, "very few athletic trainers leave; they're relatively young in age, and they're very good at their jobs. Unfortunately, there are not a lot of new universities opening" each year to create more athletic training positions. Similarly, Lopez says, there are limited employment opportunities for athletic trainers seeking positions with professional athletic teams.

Surveys of the NATA membership and the athletic training educational programs indicate that newly-certified athletic trainers often find jobs in a clinical environment. The NATA Professional Education Committee reported in their 1990 Program Graduates Placement Summary that of the 346 athletic training graduates who were hired to work as athletic trainers, 145 found work in a

clinical setting. Workplaces for clinical athletic trainers include sports medicine centers, fitness complexes, corporations, and government agencies' training facilities. Lopez sees the emergence of sports medicine centers that provide athletic training services to the community and to recreational athletes as a "natural draw for recent athletic training graduates because, right away, they can move into the clinical setting and provide much-needed service."

Lopez also says that clinical athletic trainers have the opportunity to become more involved in an athlete's rehabilitation than the traditional athletic trainer does. Clinical athletic trainers see "more of a degree of specialization in terms of rehabilitation" as they work daily with a variety of other health and sports medicine professionals. In addition to the opportunity for learning and diversity of experience, Lopez cites factors such as more flexible schedules, higher salaries, and less travel to out-of-town sporting events as incentives for clinical athletic trainers.

Lopez's experience has been that clinical athletic trainers have a positive impact on their communities. Within the Baltimore area where he works, clinical athletic trainers volunteer their services to area high schools. Lopez says, "Parents and coaches appreciate our efforts; we are seeing some progress as schools hire their own athletic trainers." A clinical athletic trainer who works with Lopez may see hundreds of different athletes each month, whereas traditional athletic trainers tend to deal with the same group of athletes throughout the season. Because of this increased contact with more



*John Lopez, ATC*

people, clinical athletic trainers may have a greater opportunity to educate the public about the need for professional sports medicine care, which could in turn create more jobs for "traditional" athletic trainers as the public responds to this need.

Lopez would like to see a natural, collaborative relationship evolve between high school and clinical athletic trainers. "Clinical athletic trainers will never replace high school athletic trainers. Ideally, the two will complement each other

and work in concert." When asked about the future of this "nontraditional" specialty, Lopez says that he feels strongly that "the growth of clinical athletic training will influence NATA favorably because we will make positive contributions to the field of athletic training and to NATA as an organization. Most clinical athletic trainers are certified by NATA and are very interested in making sure that the organization continues to provide for the needs of the profession at large."

## Troy Young Retires

After 31 years as an athletic trainer, Troy Young, ATC, of Arizona State University retired in May 1991.

While serving as a high school football coach in Rozel, KS, Young developed a strong interest in athletic training. In 1962, he attended the NATA annual meeting in Albuquerque, and says that "by the time I left the convention, I was enrolled at Indiana University" in their athletic training program. He completed his masters degree in one year and began working as a high school athletic trainer. In 1968, he became an assistant athletic trainer at Arizona State. During his 23 years there, he experienced many highlights, including winning the NCAA championship in track, being elected to the NATA Board of Directors, being chosen a US Olympic athletic trainer twice, and starting his own physical therapy clinic. The Arizona Athletic Trainers' Association and NATA acknowledge Young's commitment to and excellence in athletic training and wish him well in his retirement.



# Convention Committee Restructuring Enters Second Year

**By Amanda Culbertson**  
**NATA Assistant Executive Director**

The 1991 Annual Meeting and Clinical Symposium, held in June in New Orleans, was a landmark meeting in many respects. The number of attendees was the highest in NATA history, as was the number of exhibit booths sold. A record 2,300 people observed the induction of three new members into the Hall of Fame. But behind the scenes, several goals were being accomplished, as well. The 1991 meeting was the first to be conducted by a unified national convention committee, composed of what have traditionally been separate local and national convention committees. This merging of the two committees was the first step in a progressive restructuring of the convention committee, and, based on the New Orleans meeting, it has been a successful step.

Now that the 1991 Annual Meeting has concluded, the convention committee is entering into the second phase of its restructuring. In this phase, the convention committee is composed of nine individuals: a convention committee chair, a convention committee co-chair, a 1992 scientific program committee chair, a 1993 scientific program committee chair, a registration committee chair, a tours/spouse program committee chair, a sports events committee chair, an exhibits committee chair, and a host committee chair. The convention committee chair presides over the committee, guides the committee meetings, and reports to the Board regarding the actions, progress, and recommendations of the committee. In this capacity, the subcommittee chair reports to the convention committee regarding the actions, progress, and recommendations of the subcommittee. The convention committee co-chair assists the chair in the process, in preparation for assuming the role of chair the following year. The various committee members are assigned specific areas of responsibility for the annual meeting, and then they select two or three individuals to assist them in those responsibilities. These groups comprise the various subcommit-

tees, and each convention committee member serves as chair of a specific subcommittee. All subcommittee work must be proposed to the national convention committee and approved before any action can follow.

It is anticipated that the above structure will result in the involvement of the entire convention committee in all aspects of the annual meeting, rather than in only one or two specific areas. This, in turn, should result in a consensus regarding what the annual meeting should be and should enable the committee to maintain consistency while providing for a smooth and regular turnover of committee members. A greater sense of team work should also develop.

The third and final phase of the convention committee restructuring will likely be completed in 1993. In this phase, the committee will begin to operate in a manner very similar to the Board of Directors. The number of committee members will be reduced to five. These five will address convention policy and determine the overall direction, format, and concept of the annual meeting. Task forces will be created as needed to formulate actions to be taken to accomplish the committee's goals. These task forces will present proposals to the committee, and upon approval, will implement the proposed actions. This will enable the committee to retain a "big picture" perspective with which to set goals for the meeting and evaluate proposals that are presented. It also will permit and encourage the involvement of more individuals in the annual meeting planning via the task forces. All operational details and activities will continue to be managed by the NATA national office staff.

The success of the annual meeting is a direct result of the time and effort devoted by the convention committee members. Such an undertaking could not be accomplished without the countless hours of volunteer work. The evolving convention committee structure will make the efforts of the volunteers more efficient and will maximize the impact of their contributions.

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