



## *New NATA Video Completed*

# NATA Launches Communications Department

This month, two ambitious projects of the NATA Public Relations Department will be completed: the production of the new NATA video and the production of two posters aimed at preventing illegal drug and steroid use. Both of these projects mark NATA's official move toward an aggressive program of educating the public about athletic training and positioning the NATA prominently in the public eye.

The new videotape is a 12 1/2-minute production that will serve a dual purpose: to persuade parents and school administrators that having an athletic trainer on staff is a necessity, not a luxury, and to encourage young people to select athletic training as a career path. The video

covers a broad spectrum of athletic training in a short period of time. It portrays athletic trainers in clinical, high school, professional, and college and university settings. It also illustrates each of the six domains of athletic training; but most importantly, it conveys the unquestionable value of athletic trainers and the combination of dedication, medical skill, and compassion that they bring to the job and to the athlete.

The posters also serve two purposes. The primary purpose is to impress upon young students the dangers of drug and steroid use. The anti-steroid poster shows a chilling picture of a very muscular, toe-tagged corpse lying in the morgue. The anti-drug poster shows, in stark contrast, a picture of a young, all-American athlete working out in a sparkling gym, next to a picture of the same athlete working out in a jail cell, performing curls using a wastebasket. Each poster has a tag line that reinforces verbally what is conveyed visually. Both have tremendous visual impact. NATA's name, address, logo, and official position statement on drugs is included on each poster.

The second purpose of the posters is to provide a public service and to clarify the connection between this service

and the athletic training profession. To achieve this goal, the poster will be distributed free of charge to all high schools and colleges in the United States. Accompanying the poster will be materials that explain the athletic training profession, the value of athletic trainers, the role of the NATA, the purpose of the posters, and the additional materials available from NATA for those schools that are interested in learning more about what an athletic trainer can do for them and their students.

These projects are but two aspects of a comprehensive communications and public relations program being launched by NATA in January 1992. A communications department is being established, and a director of communications will be hired for the national office in Dallas. The department will produce press releases on significant events, public service announcements for radio and TV, customized media kits to communicate appropriate information about NATA and athletic training, career guidance packages for use at job fairs, NATA informational displays for use at related allied health and other shows, recruitment videos targeted to specific portions of the public, and "shell" videos to which district, state, and local organizations can add material relevant to their area.

These efforts will help bring athletic trainers the recognition they deserve from the public and their employers.

### **Also in This Issue**

Letters to the Editor .....	2
NATA/APTA Task Force Disbanded .....	3
What Benefits NATA Also Benefits You .....	3
Preparing for an Advanced Degree .....	4
rEPO Used for Blood Doping .....	6
Farewell to a Mentor .....	7
Spotlight: "Doc" Dodson Receives AOSSM Award .....	8
Survey Shows Professional ATs' Concern for Fluid Replacement .....	9
New Book Focuses on Steroids in Sports .....	9
NATA National Office News .....	10
Honors and Awards Committee Adopts New Hall of Fame Selection Process .....	11
District News .....	14
Jetton Hired as Director of Governmental Relations .....	16
Honors and Awards .....	17
Calendar of Events .....	18



# Letters to the Editor

## Making It Fun to Ice

I would like to share with other athletic trainers a technique that I've developed in using ice cups for ice massage. Sometimes it is difficult to get athletes to ice massage prior to activity, so I've tried to make it a little more interesting. I freeze seasonal messages in the ice cups. For example, in October, I cut small pumpkins out of paper, colored them, and froze them in the cups. The students think it's great and look forward to "icing" to see what message their ice cup has.

Jean Whitney McDonough, ATC  
Hawaii Preparatory Academy  
Kamuela, HI

## CEU Changes Questioned

I believe that the "Proposed Revision in the Continuing Education Requirements and Categories" recently published in the *Certification Update*, Summer 1991, is unfair to high school athletic trainers.

I currently am employed as an athletic trainer at Maine South High School in the Chicago area. I am the only ATC in my building, and as such, my schedule is 10:00 a.m. to 7:00 p.m. six days per week, ten months of the year. During the remaining two months, I work 40 hours per week, while trying to make up for lost time with my family.

In the past, I have satisfied my CEU requirements in several ways. I usually speak at one or two meetings to promote athletic training to interested groups. (Section G of previous regulations). I supervise the student athletic trainers in my training room. (Section I of previous regulations). I attend our state or district meeting if I don't have to work, and if it's close enough to commute. Finally, I

participate in the certification exam as often as possible. My area now has more applicants than available positions in the exam.

Under the proposed system, categories G, H, I, M, and P have been eliminated. Only part 3 of section L remains, and section N was eliminated except for the CPR requirement. In the proposal, excluding one item in category B and the CPR requirement, the only sources of CEUs remaining require travel expense or a significant fee. Neither of these are looked upon favorably by high school administrators. Additionally, there is no one to supervise the training room in my absence.

The proposed requirements may work well for a college or clinic-based athletic trainer with more personnel and financial resources than I have, but they present a hardship to the maintenance of certification. Not only does the proposal eliminate the sources of nearly half of my CEUs, but in 1994 the amount required will increase! I understand the need for a professional to keep abreast of current practices, but as a professional, I maintain my education with journals and books. The areas that have been eliminated may not satisfy some lofty concept of "learning," but they did require self-assessment of values and concepts. In addition to this, those service-oriented activities play a role in maintaining the vitality of our profession. These contributions now may fall by the wayside because of the increased demand on our resources by the revised requirements.

I am sure that the present CEU system was developed after careful planning. I think it works well for the whole membership. I feel that the proposed changes

place unfair hardship on the high school and small college ATCs. I believe that we need more accessible avenues of continuing education.

Michael Duchaj, ATC  
Maine Township High School South  
Park Ridge, IL

**Paul Grace, Executive Director of the NATA Board of Certification, Inc., granted permission to the NATA News to print the following excerpt of his letter of response to Duchaj:**

*Last week, via a telephone conference call, Board of Certification members discussed feedback that they had received from local athletic trainers. Although the majority of the comments were positive, the Board of Certification does not regard this issue as finalized. The Board of Certification asked me to submit the proposed revision to the Task Force—a group of certified athletic trainers who are not involved with our credentialing program—for their review of the proposal and reaction to comments from athletic trainers and Board of Certification members.*

*The next step in this process is to organize the task forces' comments and to contact other certified athletic trainers about this second draft of the proposed revision. Because of his concern, Michael Duchaj will be included in this next step.*

*The Board of Certification wants to serve the best interests of NATA members, and we appreciate this opportunity to respond. For additional clarification, please feel free to write to Paul Grace at: Department of Athletics, Massachusetts Institute of Technology, P.O. Box D, Sports Medicine, Cambridge, MA 02139.*

## CALL FOR ABSTRACTS

The International College of Medical Congresses (ICMC) has announced a call for abstract participants for their 1992 International Isokinetic and Electrical Congress. The conference will be held May 9 to 12, 1992, in Sarasota, FL.

For more information, contact ICMC at PO Box 2592, La Crosse, WI 54602, or (608) 781-6171.

*The NATA does not set policy regarding continuing education requirements. Such policy is established and maintained by the NATA Board of Certification. The "NATA News Letters to the Editor Section" is a forum for members to voice their concerns and opinions. Such opinions do not necessarily reflect the position of the NATA.*



# Board Rejects NATA/APTA Task Force Recommendations

## Task Force Disbanded

For more than a year, representatives of the NATA have met several times with representatives of the American Physical Therapy Association (APTA) to attempt to resolve practice issues involving both represented professions.

In the August 1991 issue of the *NATA News*, a progress report on the NATA/APTA task force proceedings was published. Following that report, the task force developed a list of its recommendations that were submitted to both Boards

for action. These recommendations were rejected by the NATA Board of Directors because they were not felt to be in the best interests of NATA or its members. Since then, the task force has worked to develop recommendations more agreeable to NATA, but without success.

Realizing that it is not possible to reach an agreement on practice issues that is suitable to both organizations, the task force has been disbanded and all efforts to develop an agreement have been discontinued.

Both organizations agree that it is important for the NATA and the APTA to maintain cordial relations and open lines of communications. Consequently, it is anticipated that discussions regarding broad common issues of concern, such as education and safety, will continue between the two groups.

*Mark J. Smaha*

Mark J. Smaha, MS, ATC  
NATA President

## What Benefits NATA Also Benefits You

One of the many benefits that NATA arranges for its members is negotiating discounts on airfares for individuals traveling to NATA conferences and the NATA Annual Meetings. Whenever possible, NATA arranges for discounts with several airlines for up to 50% off regular fares. Because contracting with specific airlines enhances those airlines' market share and provides them with free promotion and advertising, the airlines provide NATA with additional benefits such as free site inspection tickets and free tickets based on the number of tickets sold to NATA members. NATA uses these tickets for members' travel to committee and Board meetings. This travel often costs as much as \$900 per ticket, but it is free when the earned free tickets are used. Nine of these free tickets were redeemed for the convention committee meeting this month, which is saving NATA approximately \$7,200. That's the equivalent of a \$5 dues increase for 1,440 members.

As more members use the airlines with whom NATA contracts, NATA will earn more tickets and can postpone a dues increase by using the savings from travel costs to fund programs.

In addition to contracting with airlines, NATA also contracts with an official travel agency to coordinate mem-

bers' travel arrangements. One of the benefits of such a contract is that additional free tickets are earned based on the number of tickets sold to NATA members by the agency. These tickets are used by NATA in the same manner as the others, as well as to give to members through a drawing at the annual business meeting.

When other opportunities arise for NATA to provide a primary benefit to the members (such as discounted travel

costs) plus a secondary benefit to the members (free airline tickets, which enable NATA to keep costs, and subsequently dues, down), we will try to take full advantage of them, and we strongly encourage your participation. Any successes of NATA are successes for you, and any benefits to NATA translate into benefits for you. Please help make the most of the benefits we've negotiated for you.

*NATA members can take advantage of travel discounts that NATA has arranged. Call the NATA official travel agency, Classic World Travel, at 1-800-877-5444, and give them the NATA code number, C4076. Then, they will automatically provide you with discounted airfares.*

*OR, you can call your own travel agent and provide them with the airline discount codes that have been assigned to NATA for 1992. These are:*

*United: 523EW*

*Delta: U43080*

*Using these codes, your travel agent can obtain discounted airfares for you, and NATA will receive credit toward earning free tickets.*

*Remember, these discounts are available only for NATA-sponsored meetings, which in 1992 will be the mid-year conferences in February and the Annual Meeting in Denver in June.*



# Preparing for an Advanced Degree

---

Makoto Tsuchiya, ATC  
NATA Placement Committee Chair

---

Finishing a college degree is extremely rewarding and exciting, but trying to plan for the years that follow graduation can be overwhelming and lead to confusion. Establishing and following a timetable is an excellent way to keep on track.

For college seniors who want advanced degrees, now is the time to take the standardized tests and to begin applying to graduate or professional schools.

Even if you are undecided about graduate school, it is best to take the exam now. A full-time job may be your first choice, but graduate school could be a solid, alternate plan. The test results can be sent to schools when you decide that you're ready to attend.

Standardized entrance exams are offered periodically throughout the year. However, most graduate and professional schools, including medical schools, will close their application processes by March. In order to complete an application, most schools require the results of the Graduate Record Exam (GRE) or other applicable tests. Therefore, you

should take the required standardized exam well before the application deadline.

By December, you should be receiving information about graduate programs. Most graduate school programs have brochures and informational packets that explain their programs. Because most colleges and universities do not charge for application packets, do not limit yourself to a few. Spend time "shopping around." At this time, it is not essential to decide which school you wish to attend. Along with the school information, you will receive an application to each graduate program. At this point, you should have applied to take the standardized exam and have a test date confirmed.

After you have reviewed several packets, discuss your options with your clinical supervisor or the program director. Their advice can be beneficial to your career decision and professional growth. You also should compile a list of your professional accomplishments. From this list, you may determine what you need to do to improve yourself professionally.

In January, you should study for the standardized exam and narrow the choices of what you want to do for the coming

year. It is wise to take time in deciding your future. You can always ask for advice, but remember that you are the one who must live with the decision. Even your mentor cannot tell you what you must do. You also should develop a sound resume at this time, using the personal inventory that you have compiled.

By February, your decisions about where to apply should be made, and you should begin completing the graduate school application. It is imperative that you take the required standardized exam during or before this month. Good graduate assistantships are very competitive and generally are filled by mid-April, so pay particular attention to information in the application relating to those aids.

In March, many graduate and professional schools will conduct interviews. If you have followed the timetable and had a good undergraduate experience with excellent recommendations, you will probably have an opportunity to interview. Keep in mind that having passed the NATA certification exam is a definite advantage if you are applying for an assistantship. Most graduate schools will inform the accepted students in April or shortly after.

If you have decided to work rather than to pursue an advanced degree, you can take the certification exam after graduation. However, waiting may not be advantageous because most employers prefer to hire certified athletic trainers.

The NATA Annual Meeting and Clinical Symposium in Denver will be held during the first week of June. Many different jobs will be available by then, and NATA members will have a chance to examine the available opportunities. It is a perfect time to ask questions about opportunities and to learn about jobs that are available.

*Whether you are a new graduate or a professional looking for a better job, job searching can be overwhelming. For most new graduates, the job search is an unexplored, unknown territory. Even experienced ATCs are faced with many new factors when looking for a change. New and seasoned athletic trainers need to appreciate the value of job search techniques and formal preparation.*

*In the next several issues of the NATA News, each aspect of the athletic training job search will be discussed in depth to help you obtain the position you desire. Finding a good job takes a great deal of planning and effort, but this series can be the key to finding the position you really want and deserve. Various aspects of search techniques will be discussed, including how to prepare for a job search that will bring results.*



N A T A

# 43<sup>rd</sup> Annual Meeting & Clinical Symposium

**Make plans to attend so you don't miss:**

- **Networking with 7000 of your peers**
- **70+ Clinical Sessions, Symposia, Workshops, Seminars**
- **Sports Events:**
  - Fun Run
  - Golf Tournament
  - Tennis Tournament
- **Gatorade Welcome Party**
- **McNeil Symposium**
- **500+ Exhibit Booths**
- **NATA Awards Luncheon**
- **Special Tours & Activities**

**Look for your registration packet in January.**



# rEPO Used for Blood Doping

The possible misuse of drugs by athletes has long been a concern of athletic trainers and other sports medicine professionals. In November 1990, Amgen, Inc., an American biotechnology firm, sponsored a symposium that addressed the potential misuse of an important new drug—recombinant human erythropoietin (rEPO)—by endurance athletes to enhance their performance. According to Amgen representatives, endurance athletes may be using rEPO, an anti-anemia drug that stimulates the body's production of red blood cells, as a means of "blood doping."

Erythropoietin is the hormone that regulates the body's level of red blood cells. The Food and Drug Administration has approved rEPO for the treatment of anemia in chronic renal failure patients and in AZT-treated, HIV-infected patients. Therapy with rEPO has proved to be safe and effective in increasing the red blood cell level (hematocrit) to a near-normal range, thus eliminating the need for transfusions. The drug was developed and is manufactured by Amgen under the trademarked name Epogen®. It also is distributed by Ortho Pharmaceuticals under the trade name Procrit®.

Amgen Senior Vice President of Research Daniel Vapnek, PhD, stated, "Based on anecdotal reports in the news media, we think that some athletes may be using rEPO to significantly increase their red blood cell levels. The effects of using rEPO to elevate hematocrits above normal levels, as would be the case for endurance athletes, have never been determined. However, patients with the disease polycythemia vera, in which the hematocrit is abnormally high, may suffer severe side effects, including cerebral hemorrhage and death. Amgen is extremely concerned about the potentially devastating effects of rEPO abuse by athletes. Our symposium addressed this issue, and we currently are preparing a series of articles and other materials to educate physicians, athletes, coaches, sports writers, and federation officials

about the medical and ethical issues involved."

The 1990 symposium, which was held in New York and was co-sponsored by the New York Road Runners Club, was designed to educate the medical, health, and sports communities. Featured speakers included research scientists and former champion and Olympic athletes.

Randy Eichner, MD, of the University of Oklahoma Health Sciences Center, discussed the relationship between blood and sports, and why athletes seek "thicker" blood. "In the old days, athletes acquired extra red cells the hard way, on their own. They either trained hard or perhaps lived in the mountains [because the reduced oxygen tension at higher altitudes naturally causes an increased production of red blood cells]. These days, however, there are four ways to get extra red cells, and the only one that is ethical or legal is training in the mountains."

According to Eichner, blood doping the "old" way involved an athlete donating two pints of blood eight or 12 weeks before a major competitive event. The athlete's hemoglobin or hematocrit would drop significantly. The athlete, feeling weakened, would spend six to eight weeks retraining so that the red blood cell level would reach normal again. As the time for the competition neared, the athlete would receive a transfusion of the previously-donated blood, which allowed the advantage of competing with extra red cells to carry more oxygen to the muscles.

With the advent of rEPO, athletes who want this extra, illegal edge are spared many transfusions.

Vapnek and John W. Adamson, MD, of the New York Blood Center, wrote in the March 7, 1991, *New England Journal of Medicine*, "While rEPO is safe from the standpoint of disease transmission, its misuse by athletes carries risks. These risks include the fact that the effective dose varies considerably from person to person and that even after the drug has been discontinued, the effect on the erythroid marrow may continue for several

days. Consequently, the hematocrit may continue to rise and may reach dangerously high levels."

Amgen urges athletic trainers to educate athletes about the dangers involved in misusing drugs such as rEPO.

Additional information on rEPO is available from Amgen Center, 1840 Dehavilland Drive, Thousand Oaks, CA 91320-1789.

## NATA News

The Newsletter of the  
National Athletic  
Trainers' Association, Inc.

December 1991 • Volume 3, Number 6

### Editorial Advisors

Doug May, MA, ATC  
Terry O'Brien, MEd, ATC  
Paul Zeek, ATC

### Contributors

Earlene Durrant, PhD, ATC  
Jeff Fair, EdD, ATC  
Jeff Konin, MEd, ATC  
Nina Partin, MEd, ATC

Editor: Margaret T. Webb

Associate Editors: J. Colleen McCracken  
Marsha K. Williams  
Lisa J. Wood

Assistant to the Editor: Joanne L. Webster

Publisher: National Athletic  
Trainers' Association  
2952 Stemmons Freeway  
Dallas, TX 75247  
(800) TRY-NATA

©Copyright NATA News, December 1991  
Address correspondence to:  
569 Southlake Boulevard  
Richmond, Virginia 23236  
(800) 800-NATA • FAX (804) 379-0648



# Farewell to a Mentor

*In memory of the late Robert Hamilton, MD, a scholarship has been established by his friends for the benefit of high school and college students involved in athletic training. Hamilton, who died in September 1991, was the team physician for the DePaul University Athletic Department. The following tribute to Hamilton was submitted by his long-time friend and colleague, Mike McCormick, ATC, of DePaul.*

The relationship between the athletic trainer and the team physician, traditionally, has been a very special one. Each party often relies on the other for his or her very existence, and the bond that develops cannot be broken. Of all of the professional friendships that an athletic trainer develops, this one often takes precedence. Occasionally, maybe once in a lifetime, the timing of the friendship takes on a vital importance. Maybe that is because young athletic trainers often need to be guided through their early career development, learning protocol and professional savvy. At that point, the team physician may become an athletic trainer's mentor and confidant.

In my life, the role of mentor and "father confessor" was played by the late Dr. Robert Hamilton. He took a sincere interest in me early in my tenure at DePaul University and directed my professional development. Hamilton was a good friend who was always there with the right advice at the appropriate time. His humor and wit could relax a tense moment and his philosophy on life was truly refreshing. He was an ally on whom I could

always rely. I am saddened to lose such a good friend.

I believe that the NATA has lost a good friend as well. Because of the association's tremendous growth recently, it would have been very difficult for all of the members to know him personally; however, many individuals in our profession knew him very well. Hamilton took an early interest in athletic training and sports medicine. Before it was fashionable, he limited his practice to the care of athletes, which included spending countless hours covering events. In the early 1960s, he recognized the value of athletic trainers, and he went on to become one of our staunchest and most reliable supporters.

Hamilton became a team physician in 1962 at the University of Illinois-Chicago and served many high schools and colleges in that capacity, including 26 years of service to DePaul. He was a frequent speaker at workshops and conventions and always shared the spotlight with athletic trainers. He was very proud when Bob Behnke nominated him for NATA honorary membership in 1981 and when he was inducted into the Illinois Athletic Trainers' Association Hall of Fame in 1984.

NATA Executive Director, Alan A. Smith, Jr., recalls meeting Hamilton 20 years ago when they both served on the American Orthotic and Prosthetic Association Board of Directors. When Smith needed surgery on his injured knee, he decided to fly to Chicago to have Hamilton perform the surgery. Hamilton was one of the first sports medicine physi-

cians to perform limited incision surgery and to advocate early motion and rehabilitation. Instead of immobilization and inactivity, early joint motion in the recovery room and next day weight bearing were recommended. Although this approach is common today, at that time it was rare.

In recent years, Hamilton renewed his commitment to athletic trainers by serving as a national spokesperson for the NATA's public awareness program. He was a convincing ally in the award-winning *Injury Factor* documentary and was widely quoted in print, speaking favorably of high school athletic trainers.

Hamilton's contributions outside of sports medicine also were plentiful. Highlights include his being awarded the Bronze Star in Vietnam for combat and for performing frontline surgery for five days without sleep during the Battle of Hue in the Tet offensive. He was a past president of the Chicago and Illinois medical societies and a delegate to the American Medical Association.

In his memory, the Robert Hamilton, MD, Scholarship Foundation has been established to benefit high school and college students who are involved in athletic training. Tax-deductible, charitable contributions, made payable to the Foundation, can be sent to: Mike McCormick, ATC, DePaul University, 1011 W. Belden Avenue, Chicago, IL 60614.

Hamilton would be happy that, even in his death, he is able to help the profession that he loved.

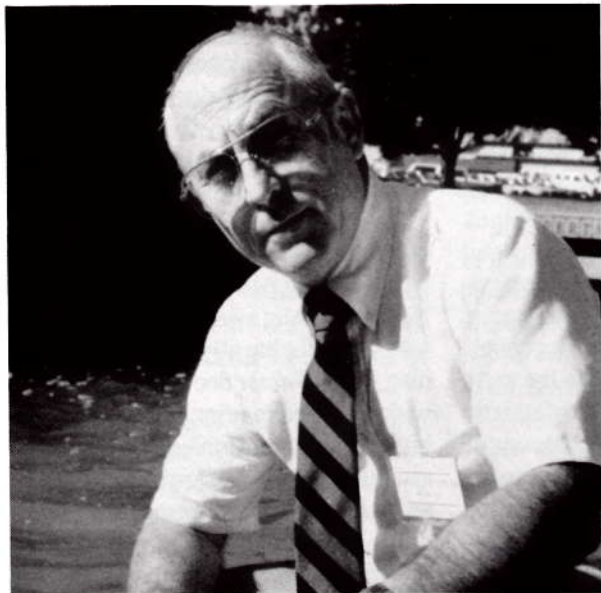
**Keep up with the NATA News.**

**Send your change of address to:**

**NATA  
2952 Stemmons Freeway  
Dallas, TX 75247  
(800) TRY-NATA**



# Spotlight: "Doc" Dodson Receives AOSSM Award



James "Doc" Dodson, ATC

*From time to time the NATA News will feature profiles of members who have received awards and recognition in the field of sports medicine. In June 1991, James "Doc" Dodson received the Athletic Trainer of the Year Award from the American Orthopaedic Society for Sports Medicine at the NATA Annual Meeting.*

James "Doc" Dodson stood 4' 11" in high school—not big enough to participate in football in Texas. As an alternative to playing on the team, Dodson became a student athletic trainer. That was in 1951.

Forty years later, Dodson is still involved in athletic training. If he had to do it all over again, Dodson enthusiastically says that he would choose the same career. "Athletic training has been very good to me," he explains.

Dodson graduated from Texas Christian University in Fort Worth, TX. He continued his involvement in student athletic training under the supervision of Elmer Brown, athletic trainer at TCU. Dodson majored in physical education and minored in both biology and history. Upon graduating from college, he ac-

cepted a position at Midland High School in Midland, TX, as athletic trainer and teacher of American history. In 1963, he began to teach physical education as well.

Dodson went to Sul Ross State University in Alpine, TX, in 1967 to earn a master's degree in school administration.

For 31 years, Dodson taught at Midland High School. He left in Au-

gust 1990 to establish the Sport Medicine Clinic in Midland, TX, with Dr. Donald W. Floyd, an orthopedic surgeon.

Dodson has been an active participant in the Southwest Athletic Trainers' Association (SWATA) and has held the offices of second vice president, first vice president, vice president, and president. Dodson currently serves as executive secretary of SWATA.

Along with holding many offices, Dodson has received numerous athletic training honors and awards. He was the first high school athletic trainer to be selected for the World Olympics, serving in Munich, Germany in 1972 with the kayak white-water team. He was voted Outstanding High School Athletic Trainer in the United States in both 1977 and 1980 by athletic trainers throughout the United States. In 1966, 1968, and 1983, Dodson received the Outstanding Member Award of the SWATA. In 1985, he was inducted into NATA's prestigious Hall of Fame. That same year, he was selected as one of the most respected citizens in Midland, TX, and was honored during the town's centennial celebration.

Dodson commented that the NATA,

in its affiliation with other professional associations and organizations, is "more accepted now than ever before. Lindsey McLean, ATC, Joe Gieck, PhD, ATC, and Frank George, ATC, [are among those who] have been instrumental in bringing the NATA along in this respect."

The NATA has undergone many changes since Dodson first became involved in the organization. "The NATA was working out of a shoe box when I first became a member. William "Pinky" Newell was executive director and his secretary was Harriet Franklin—she was fantastic. They were in Lafayette, IN. Then the association moved to Greenville, NC. And, just recently, the NATA moved to Dallas.

"With each move, the NATA has grown and become a better organization. Each executive director has done a super job. Alan Smith is real 'good people.' We are fortunate to have such an outstanding leader. He's brought about many positive changes. Mark Smaha is fantastic. He is doing a superb job. The NATA has never had a bad president."

In the next five years, Dodson sees "nothing but progress" for the NATA. "The association is doing an excellent job of reaching student athletic trainers. The NATA will continue to grow. Right now, we have two well-qualified and strong candidates running for president. Either candidate will do well."

Dodson is married to Gayle Dodson, and they have two daughters, Kelly and Jamie. Kelly teaches second grade, and Jamie is a sophomore at Texas A & M University. In 1982, the Dodson family was selected as "Family of the Year" in Midland, TX.

"Doc" Dodson is an acclaimed athletic trainer and individual. The NATA is proud to call him a member and is grateful for his many contributions.



# Survey Shows Professional ATs' Concern for Fluid Replacement

According to a nationwide survey conducted this summer, athletic trainers in professional sports overwhelmingly recommend replacement of fluids to prevent dehydration and use of a properly formulated sports drink to improve athletic performance.

Athletic trainers in professional football, baseball, basketball, and hockey agreed that drinking fluids is essential to prevent dehydration. Water (mentioned by 98 percent of the athletic trainers) and Gatorade Thirst Quencher (mentioned by 95 percent of the athletic trainers) were the most frequently recommended fluid replacement beverages. Nearly all of the athletic trainers said that it is "extremely important" to consume fluids before and during exercise in order to maintain optimal athletic performance.

"We know from first-hand experience with some of the best athletes in the world that fluid replacement is a top priority," said Dean Kleinschmidt, ATC, head athletic trainer for the New Orleans Saints and president of the Professional Football Athletic Trainers' Society.

"It is especially crucial to replace fluids during hot weather or in hot environments when players are perspiring and

losing body fluids at amazing rates," he added. Kleinschmidt was one of 169 athletic trainers surveyed who belong to the Professional Baseball Athletic Trainers' Society, the National Basketball Trainers' Association, the Professional Football Athletic Trainers' Society, or the Professional Hockey Athletic Trainers' Society. The survey was conducted by an independent research firm and was funded by The Gatorade Company.

Dehydration occurs when the body loses more fluid than is replaced. As fluid levels are depleted, the body's ability to transport blood and energy-providing carbohydrates to working muscles is inhibited, which typically results in a decline in athletic performance. Ninety-six percent of the athletic trainers surveyed said that properly formulated sports drinks can prevent dehydration and improve the body's ability to perform.

Experts note that the overall effectiveness of sports beverages is measured by four factors, which include their ability to: replace fluids rapidly, provide energy for working muscles, taste good to encourage frequent consumption, and help maintain essential fluid balances in the body.

"It's important to remember that you can become dehydrated after as little as 30 minutes of work or exercise," said Robert Murray, PhD, director of the Gatorade Exercise Physiology Laboratory in Barrington, IL. Murray noted other "red flags" to keep in mind. "Ingesting carbonated beverages during exercise may cause gastrointestinal distress," he explained. "And caffeine, which is a diuretic, may actually promote fluid loss, so it should be avoided."

Independent research indicates that sports drinks are absorbed into the body through the small intestine more effectively than water. Carbohydrates are vital in sports drinks because they supply a source of energy to working muscles, while minerals, including sodium and potassium, are placed in sports drinks to facilitate fluid absorption and encourage consumption.

Sixty-nine percent of athletic trainers surveyed agreed that it is extremely important that a sports drink supply energy and electrolytes (salts). More than half indicated that sports drinks should be non-carbonated, while 46 percent think that the drinks should be non-caffeinated.

## New Book Focuses on Steroids in Sports

Every week there are new revelations about athletes on steroids. Many professional athletes are making headlines because they use growth-enhancing drugs. There also has been disturbing news about the rise in steroid use by teenagers. *Forever Natural: How to Excel in Sports Drug-Free*, by Dave Tuttle, helps fill this knowledge gap by showing how to overcome the short-term "edge" that steroids provide.

"It really is possible to excel drug-free," Tuttle says. "Even more importantly, the muscular strength and size that you achieve are real—not an artificial result from a vial of drugs. It takes longer to develop your body naturally, but the

end product will be with you for as long as you live."

*Forever Natural* focuses on the topic of steroids in sports, showing how everyone from weekend enthusiasts to professional athletes can excel in their chosen sport without the use of these harmful drugs. The book discusses why some athletes use steroids, and explains how proper attention to nutrition—along with sound motivational and training techniques—will allow athletes to achieve their goals naturally. The book contains a brief history of sports to show young athletes that steroids have not been around "forever." The text also discusses the muscle growth and development process;

the short-term benefits and long-term consequences of using steroids and genetically engineered growth hormone; dietary guidelines for all the macronutrients and micronutrients; tips for healthy eating; training principles; and the elements of a natural exercise program.

Tuttle, a graduate of Michigan State University and Harvard University, is a recognized expert in the field of natural athletics. In his monthly column and feature articles in *Ironman*, a national sports magazine, he advises athletes about how to achieve their goals without steroids. For additional information on *Forever Natural* and its author, please contact Iron Books at (213) 823-1366.



# NATA National Office News

The NATA national office in Dallas continues to progress through its transition period, adding new positions and assigning new responsibilities to staff, all for the purpose of improving member services. This edition of the *News* features three individuals who have been a part of these changes: Laura Jetton, Christopher Brown, and Lisa Newton.

**Laura Jetton** recently joined the NATA national office to serve as director of the newly formed Governmental Relations Department. One of her primary goals as manager of this new venture is to develop a relationship with NATA members and to determine the overall needs of the association. Laura also will be busy in the next few months providing resource information to the licensure committees and organizing and expanding the legislative library, which contains information on athletic training regulation.

Laura holds baccalaureate degrees in English and pre-law from the University of the Pacific in Stockton, CA. In addition, she earned a paralegal certificate from the George Washington University Legal Assistants' Program.

Before accepting the position with NATA, Laura served as a senior paralegal with the law firm Jones, Day, Reavis & Pogue in Washington, DC. As a legal assistant, Laura had the opportunity to participate in various projects, one of which was the development of a corporation from the ground up. While participating in this process, Laura gained valuable experience in working with government officials in obtaining licenses for new corporations. Her knowledge in this area will prove especially useful as she collects information on the licensure laws for athletic training in various states.

Laura enjoys a variety of activities outside of the office. These range from



*Laura Jetton*

jogging and horseback riding, to attending the opera and the theatre. Fortunately for Laura, the diversity of Texas will allow her to enjoy all of her favorite hobbies.



*Christopher Brown*

**Christopher Brown** is a two-year veteran with NATA and has had the opportunity to observe first-hand the restructuring of the organization during his tenure. This has been very exciting for Christopher, as the changes within the association have brought him new challenges.

Christopher began at NATA as a mail

clerk, then advanced to administrative coordinator. He recently has been assigned to the position of lead operator, where he is responsible for computer operations. This includes daily system backups and quality checks of computer reports. Christopher will continue to work with job placement, where he is known to many members as "the voice of the NATA job hotline."

Christopher also has an interesting professional life outside of NATA. In his spare time, he appears in television commercials for a regional insurance company. Christopher began his part-time "acting" career about three years ago when he and some colleagues won a local performance award for "best comedy group." Part of the prize for winning this award was the opportunity to appear in the insurance company's advertisements. Since his acting career began, Christopher has participated in eight commercials.

When he is not busy at the office or on the production set, he enjoys participating in and watching sporting events, es-

pecially basketball. Christopher also enjoys spending his little remaining time reading nonfiction books and watching movies.

## REMINDER

Applications are available from the NATA headquarters for curriculum, postgraduate, and undergraduate scholarships. The applications must be completed and returned to the NATA by February 1, 1992.

Scholarship winners will receive their awards at the NATA Annual Meeting and Clinical Symposium in Denver, CO, June 3 to 6, 1992.

For additional information, contact Phyllis Glenn at the national office at 1-800-TRY-NATA.





*Lisa Newton*

**Lisa Newton** started with NATA in October 1990 as the national office receptionist. Within her first year, she was

promoted to the membership services department and recently has assumed additional responsibilities with the accounting department as well. Many members had the opportunity to meet Lisa at the 1991 Annual Meeting and Clinical Symposium in New Orleans, where she assisted with on-site registration.

As an assistant in the accounting department, Lisa will be working with accounts payable. Part of the challenge of her current position will be learning the new IBM AS 400 computer system. Even though she has previous accounting experience, this will be her first opportunity to use the AS 400 for accounting procedures.

In addition to her responsibilities in

the accounting department, Lisa will continue to assist the membership department with address changes and with updating membership information. Although this additional duty will keep Lisa very busy, it allows her to maintain contact with the membership. This provides an ideal opportunity for Lisa, because she enjoys contact with the members and the continual changes in the organization.

Outside of the office, Lisa enjoys activities such as spending time with her family and traveling. In April 1991, she was able to combine both and participate in a family snow skiing trip to Tahoe. Lisa hopes to have some extra time this spring to continue her travels.

## Honors and Awards Committee Adopts New Hall of Fame Selection Process

---

**Lindsay McLean, ATC**

---

With the recent rapid growth of association membership and subsequent increased pool of qualified nominees, the NATA Honors and Awards Committee has adopted an objective method of evaluating candidates for the NATA Hall of Fame. The new "scoring system" will provide a fair assessment of each nominee's qualifications.

There are four categories under which points may be accumulated. Section One includes community, job-related, and state-level considerations. Points may be accumulated not only for outstanding dedication and accomplishment at the work place, but for such diverse activities as church or charitable activities as well as involvement in community service organizations and donation of personal time to the athletic training profession by

speaking at local parent teacher organizations or by working for the profession at sports injury seminars or on committees at the local or state level.

Section Two allows for point accumulations for service to and promotion of the profession on the district and regional levels. This includes speaking at district or regional sports medicine seminars or serving on district-level committees in any capacity. Points are accumulated based on length and quality of service and for special recognition honors received outside the local community.

Section Three involves national-level contributions, including committee work, attendance at and participation in the Annual Symposia, and other sports medicine activities and seminars on the national level, including publication of professional articles. Other factors are length of service, committee responsi-

bilities, and appointed and elected offices.

Section Four covers contributions not listed elsewhere, such as international activities, national publications, research, pioneering innovations, inventions, and other contributions to athletic training recognized as unique that have enhanced or changed the profession of athletic training.

Future nominees will need to accumulate points under each of the four distinct sections—except in rare cases—in order to qualify for the Hall of Fame under the new guidelines. Without question, Hall of Fame nominees will continue to be evaluated carefully. It is extremely important that all potential nominees keep updated resumes and include all potentially pertinent activities in accurate detail in their career resumes.



# Briefly . . .



## Olympic Posters Available

Spain's four official 1992 Summer Olympic Games posters are available to individuals and businesses. The posters are pictured above. Three Spanish artists created the series of posters, which represent the universality of the Games. "Cobi," the official mascot of the 1992 Summer Games, is featured on one of the posters. They are available for \$9.95 each through Gessler Publishing Company at 55 West 13th Street, New York, NY 10011, (800) 456-5825.

## US Olympic Athlete Insurance Contract Awarded

Western Life Insurance Company has been awarded the contract from the US Olympic Committee to serve as the principal health carrier for American Olympic athletes through December 31, 1992. Western is headquartered in Woodbury, MN.

## Cramer Names New President

Cramer Products, Inc., has announced the appointment of Thomas K. Rogge as president and chief executive officer. Cramer is a long-time supporter of the NATA. Rogge, who was president of K.C. Graphics, Inc., in Kansas City, KS, also worked for Swingster, a manufacturer of sports apparel. He replaces Michael G. Vineyard.

## Adolescent Health Report Released

The Office of Technology Assessment has released *Adolescent Health — Volume I: Summary and Policy Options*, a review of the physical, emotional, and behavioral health status of American youth. It includes sections on adolescent groups considered to have special needs, including those living in poverty, those from racial and ethnic minorities, Native American adolescents, and those living in rural areas. The 188-page report (stock number 052-003-01234-1) is available for \$9.50.

To order a copy, send prepayment to Department 36-KG, Superintendent of Documents, Washington, DC 20402-9325, or call (202) 783-3238 for credit card orders.

## New Youth Sports Newsletter

The National Youth Sports Foundation for the Prevention of Athletic Injuries is publishing a new quarterly newsletter. The publication will be distributed to persons on their mailing list, national sports and sport medicine organizations, sports medicine clinics, injury prevention professionals, state high school athletic associations, libraries, and public health departments. Deadlines for submission of materials for the 1991-92 publishing year are: December 1, March 1, and June 1. Information regarding conferences, publications, position statements, safety equipment, guidelines, or other news relating to safe participation of youth and adolescents in sports should be sent to: *NYSFPA Newsletter*, 10 Meredith Circle, Needham, MA 02192.

## Special Pool Used in Rehab Program

The Chicago White Sox baseball team has installed the SwimEx Multidepth Hydrotherapy Pool at its Chicago training room facility in Comiskey Park, IL. The 18-foot-long pool, which occupies less than 200 square feet, will be used for the team's regular and off-season training, as well as for the rehabilitation of sports injuries through the year. Features include adjustable water depth, plyometric platforms, open and closed kinetic exercise benches, and large underwater viewing windows. SwimEx holds the patent for a pool with these features.

## Paralysis Prevention Video

Former Philadelphia Eagles head coach Dick Vermeil is featured in *Prevent Paralysis: Don't Hit with Your Head*, an educational video about the prevention of spinal injuries. The 12-minute video demonstrates 20 actual injuries and explains why they occurred and how they can be prevented. The video can be ordered for \$9 from: Prevent Paralysis, National Federation of State High School Associations, 11724 Northwest Plaza Circle, PO Box 20626, Kansas City, MO 64195.

## New Director of President's Council

Captain John A. Butterfield a 30-year US Navy veteran, has been named executive director of the President's Council on Physical Fitness and Sports. He helped implement the "Fighting Fit" program, which encouraged physical fitness among Naval personnel and their families. A graduate of the Naval Academy and Harvard University, he is an accomplished marathon runner and triathlete.





# 1992 CONTINUING EDUCATION CONFERENCES Practical Application Series

## ***Soft Tissue Biomechanics & Mobilization in Sports Rehabilitation***

San Francisco, CA  
The Cathedral Hill Hotel  
February 9-10, 1992

## ***Manual Therapy in Sports Rehabilitation***

Chicago, IL  
The Hyatt Regency O'Hare  
February 14-15, 1992

## ***Biomechanics of the Lower Extremity***

Denver, CO  
The Hyatt Regency Denver  
February 22-23, 1992

## ***Biomechanics & Treatment of the Throwing Shoulder***

Orlando, FL  
The Hyatt Orlando  
February 29 - March 1, 1992

- Join other athletic trainers and members of related professions at one or all of the Practical Application Series courses, specifically designed for the certified athletic trainer.
- Add to your CEUs with your attendance at each conference.
- Gain valuable hands-on experience and learn how to implement what you have learned at the lab sessions held with each course.
- ***Be sure to register by January 1—***Registration is limited to 200 for each conference, and registration fees increase after that date.

Registration packets were mailed in November—if you have not received yours, please contact Phyllis Glenn or Teresa Foster at 1-800-879-6282.



## A Director's Commentary

*The following appeared in the fall 1991 Great Lakes Athletic Trainers' Association newsletter. It is excerpted here with permission.*

### From the District 4 Director's Desk

It seems like yesterday when I assumed office as District 4 Director and here it is closing in on the last few months of office. Like my predecessors have said, it has been a tremendous learning experience. It is almost impossible to believe the transformations that have occurred in the past few years. We now have a beautiful national office, a highly qualified staff of professionals running the office, financial advisors to help us manage our money, a long-range plan well underway, and recognition as a health care profession by the American Medical Association. WOW!

The changes that have transpired have not always been easy. There have certainly been times of doubt and concern as

this reshaping has taken place. I can tell you with certainty, however, that your Board of Directors made every effort to sort through all the relevant information before deciding to act. Some decisions were painful, some were absolutely necessary.

Perhaps one of the most interesting and yet disturbing aspects of the changes that have occurred is how many of the members still believe that we are operating by a previous model, i.e., that "good ole boys" ivory tower system. I would guess that many who feel this way won't even read this newsletter, which is why they continue to believe as they do.

I must say to all of you from my heart that issues addressed by this Board have not been dealt with in a cavalier manner. They were looked at closely and with sensitivity. The final decisions made were determined to be in the best interest of all our members.

If this sounds a little defensive, maybe



*John W. Schrader, ATC  
District 4 Director*

it is. If this sounds overly sensitive, maybe it's that too. If this sounds optimistic about the future, it definitely is. As we progress into the 1990s, I firmly believe that change will be the standard rather than the exception. If we are to continue our professional growth we must learn from our history, but not be stagnated by it. We must embrace change that will improve each member and our entire association.

*John W. Schrader, ATC*

## GLATA Silver Anniversary

The Great Lakes Athletic Trainers' Association (GLATA) will hold its Silver Anniversary Meeting from March 12 to 14, 1992, in Indianapolis, IN. The theme of the meeting is "Pulling Together for Excellence," and it will commemorate GLATA's 25 years of quality athletic health care. Hosted by the Indiana Athletic Trainers' Association, the tentative program includes workshops on cadaver anatomy, aquatic rehabilitation, the athlete's back, and moldable materials. Clinical program topics will include over-the-counter drugs, meeting the needs of the special athlete, hamstring rehabilitation, and dealing with tragedy in athletics. Additional information is available from District 4 Director John Schrader, ATC, of Indiana University.

## SCATA Elects Officers, Announces Awards

The South Carolina Athletic Trainers' Association (SCATA) announced the election of their state officers at the SCATA annual meeting in July 1991.

Newly elected officers are: President, Malissa Martin, ATC, head women's athletic trainer, University of South Carolina; vice president, Gary Nelson, ATC, head athletic trainer, Sumter High School; and secretary/treasurer, Nelson Jones, ATC, head athletic trainer, Presbyterian College.

At the meeting, the following athletic trainers were recognized for their outstanding contributions in serving as All-Star Athletic Trainers: Gary Nelson, ATC,

Sumter High School, for the 1990 Shrine Bowl Football Game; James Gaskins, Goose Creek High School, for the 1990 North/South Football Game; Mike Smith, York High School, for the 1990 North/South Football Game; Craig Harwood, ATC, Green Sea Floyds High School, for the 1991 North/South Baseball Game; Hank Mason, Boiling Springs High School, for the 1991 North/South Baseball Game; and Shelia Curry, ATC, Allendale-Fairfax High School, for the 1991 Girls Volleyball All-Star Game.

Congratulations to these award winners and to the newly elected officers.

See page 13 for a listing of 1992 Educational Conferences.



# TATS Announces 1991 Award Winners

The following awards were presented during the Tennessee Athletic Trainers' Society (TATS) Meeting at the Southeast Athletic Trainers' Association convention in Jacksonville, FL, on July 1, 1991. Plaques were given to each recipient. The awards were sponsored by the Chattanooga Corporation, a leading rehabilitative equipment manufacturer headquartered in Tennessee.

The Corporate Award was presented

to the Clinic Bowl, a year-end state high school football championship sponsored by the Nashville Junior Chamber of Commerce. A. Brant "Pinky" Lipscomb, MD, team orthopedic surgeon at Vanderbilt University, was named the Sports Medicine Person of the Year.

The Gene Smith/Mickey O'Brien College Athletic Trainer of the Year honor was awarded to Charles "Chuck" Kimmel, ATC, head athletic trainer at Austin Peay

State University in Clarksville, TN. Therese Sparr, ATC, head athletic trainer at Clarksville High School in Clarksville, TN, was recognized as the Sandy Sandlin High School Athletic Trainer of the Year, and Earl "Tim" Anderson, ATC, athletic trainer at the Knoxville Orthopedic Clinic in Knoxville, TN, was honored as the Joe Warden Clinic/Professional Athletic Trainer of the Year.

## ATAF Elects Executive Board; Sets Meeting Date

At the NATA Annual Meeting in June, the following athletic trainers were installed as members of the executive board for the Athletic Trainers' Association of Florida (ATAF). They will serve from 1991 to 1993: President, Barry Clements, ATC, University of Florida, Gainesville; Secretary/Treasurer, Lisa A. Kelleher, ATC, University of Florida; PHDL Regional Representative, Randy Oravetz, ATC, Florida State University, Tallahassee; North Central Regional Representative, Joseph Bourdon, ATC, Jacksonville Sports Medicine Program; Central Regional Representative, Marisa Brunett,

ATC, Orange Physical Therapy Center; West Coast Regional Representative, Jennifer Taylor, ATC, Cape Coral Hospital; South Regional Representative, Linda "Dee" Delaney, ATC, University of Miami; and South Regional Representative, Paul Turbedsky, ATC, of the Baptist Hospital of Miami.

The 1992 ATAF annual meeting has been set for February 8 in Orlando. For more information, contact Marisa Brunett, Orange Physical Therapy Center, 6355 South Orange Avenue, Orlando, FL 32809, (407) 855-2767.

## SWATA Presents Awards

The Southwest Athletic Trainers' Association's (SWATA) Annual Meeting was held July 25-27, 1991, in Arlington, TX. A highlight of the meeting was the awards presentation. Paul Branson, ATC, athletic trainer at Andrews High School, and T. C. "Skip" Cox, ATC, associate athletic director at Baylor University, were inducted into the SWATA Hall of Fame.

Ken Murray, ATC, head athletic trainer at Texas Tech University, received the Frank Medina Award. Rick Davis, athletic trainer at Sweetwater High School, received the Eddie Wojewicki Award. Both these awards are given to individuals who have made outstanding contributions to SWATA.

An honorary membership was presented to Dr. Jesse DeLee, team physician for St. Mary's University. Honorary memberships are given to those who have dedicated much time and service to SWATA and who have made significant contributions to sports medicine, the health care of athletes in the area, and to the athletic training profession.

## MATA Holds Elections

Martin B. Sataloff, ATC, of Pikesville, recently was elected president of the Maryland Athletic Trainers' Association (MATA). Sataloff is the head athletic trainer at McDonogh School. Paul S. Welliver, ATC, of Westminster, was voted MATA vice president. Welliver is the program director of the Carroll County Sports Medicine and Rehabilitation Center. Jonathan B. Ferber, ATC, of

Chestertown, was elected secretary-treasurer. The officers will serve a three-year term.

Outgoing officers include Gail Parr, ATC, president, Towson State University, and Diane Corbett, ATC, secretary-treasurer.

The MATA provides medical coverage for many regional and state play-off games.

*Send news of  
Honors and Awards to:*  
**Jeff Konin, ATC**  
Pike Creek Sports Medicine  
3105 Limestone Road  
Wilmington, DE 19808  
(302) 633-4400



# Jetton Hired as Director of Governmental Relations

In June 1991, the NATA Board of Directors approved the recommendation of the Governmental Affairs Task Force to hire a staff director of government relations.

Laura Jetton, who was hired in September 1991 as director, has begun the process of building a full-fledged Governmental Affairs Department. The objective of the department is to coordinate and facilitate communications between members involved in governmental affairs activities, the Government Affairs Committee, and the national office in Dallas. (See page 10 for a profile of Jetton.)

Jetton's extensive experience as a legal assistant and strong background in researching and monitoring legislative activities will be invaluable as she works toward the goals of the department. These goals include monitoring and providing information regarding specific legislation and regulations; expediting review of proposed legislation in conjunction with the Government Affairs Committee; assisting with the effective use of the legislative process; writing policy and position papers regarding regulation; providing "issues alerts" to state athletic training organizations; and developing legislative strategies and parameters for

regulations.

The department will not work actively to secure licensure for athletic trainers because according to Dan Campbell, PT, ATC, Chair of the Governmental Affairs Committee, "the NATA recognizes its direct interest in state and local legislative initiatives; however, it does not require members to support or oppose specific pieces of legislation in particular states or to use dues collected from members in one state to support or oppose specific legislative activity in another state."

## Did You Know?

—from the NATA Governmental Affairs Committee

Did you know that you must have 11 specific courses on your transcript to apply for registration in Illinois? In Illinois, to be registered as an athletic trainer as required by law, you must have: proof of NATA certification, 800 clinical hours of athletic training, and courses in human anatomy; human physiology; physiology of exercise; applied anatomy and kinesiology; two courses in psychology; American Red Cross standard (or approved) first aid and CPR; nutrition; remedial or therapeutic exercise; personal, community, or school health; and fundamental and advanced techniques of athletic training.

If you have any questions, please contact:

Department of Professional Regulation  
96 Athletic Training  
320 West Washington, 3rd Floor  
Springfield, IL 62786

The Governmental Affairs Committee urges all members of the NATA who are considering employment in another state to find out the regulatory status of that state and to make sure that they meet all qualifications for licensure before accepting employment. Please contact the national office at 1-800-879-6282 for the address of the appropriate state regulatory agency.

## New Career Information on Pedorthics

Furthering its efforts to enhance and promote the image of certified pedorthists and the pedorthic profession, the Prescription Footwear Association (PFA), in association with the Board for Certification in Pedorthics (BCP), has developed two new career information booklets on the pedorthic profession.

The PFA and BCP also have devel-

oped an occupational brief which provides an overview of the pedorthic profession, certification, education, career opportunities, and national organizations.

For more information or to receive complimentary copies of the two pedorthic career brochures, please contact Cynthia Emmel at the PFA offices. The toll-free number is 1-800-673-8447.

## Baseball Medicine Conference

Team physicians and athletic trainers from major league baseball will make presentations at the sixth annual Baseball Team Medicine Conference, to be held in Baltimore, MD, from January 17 to 19, 1992. Sponsored by the Centinela Hospital Medical Center in Inglewood, CA, the Baltimore Orioles, and the Bennett Institute, the conference will feature lectures and hands-on workshops regarding the prevention, diagnosis, and treatment of athletic injuries.

The athletic trainers who will speak at the conference include: Richie Bancells, ATC, head athletic trainer, Baltimore Orioles; Ned Bergert, ATC, head athletic trainer, California Angels; Steve Donahue, ATC, assistant athletic trainer, New York Yankees; Steve Frantz, RPT, ATC, staff physical therapist, Bennett Institute for Sports Medicine and Rehabilitation; Jamie Reed, ATC, assistant athletic trainer, Baltimore Orioles; and David Tumbas, ATC, assistant athletic trainer, Baltimore Orioles.

The three-day conference is open to anyone interested in sports medicine. The registration fee is \$175. For more information, contact Pat Aycock at Kerlan-Jobe Orthopaedic Clinic at (213) 674-5200, ext. 7260.



# Honors and Awards

## Award Presented at ATOM Annual Meeting



*Pictured are ATOM members: Chris Troyanos, ATC, Eastern Athletic Trainers' Association secretary and head athletic trainer at Babson College; Jack Baynes; and District 1 Director Charles Redmond, ATC, curriculum director at Springfield College.*

ATOM, the state athletic trainers' organization of Massachusetts, held its 1991 annual meeting in June at Bentley College in Waltham.

Jack Baynes, ATC, head athletic trainer at Northeastern University and president of ATOM, was named the 1991 ATOM Athletic Trainer of the Year.

Dr. Lyle Micheli, an orthopedic surgeon and director of sports medicine at Children's Hospital in Boston, received

the first annual Krekor "Koko" Kassabian Award for his contributions to the field of sports medicine.

Alan A. Smith, Jr., NATA Executive Director, was the keynote speaker. On behalf of ATOM, Baynes said, "It was an honor to have Alan Smith come to our meeting. His presentation on the future direction of athletic training was very interesting and encouraging."

## 25-Year Membership Awards

The following individuals are being added to the NATA's list of prestigious 25-Year Award Members for 1991. The NATA is proud of the support that these members have given to the association over the past 25 years.

Congratulations to these individuals on this achievement! The NATA looks

forward to your continued involvement in the association.

**Daniel Arnheim, ATC**  
**Morrison F. Clay, ATC**  
**James P. Juvenal, ATC**  
**Jerry Robertson, ATC**  
**John W. Zerr, ATC**

## All-Stars in Arizona

The 1991 Arizona High School All-Star Games were held at Eastern Arizona College in Thatcher, AZ, from July 29 to August 1, 1991. Four certified athletic trainers and six student athletic trainers volunteered their time, working approximately 12 hours per day. Mike Boese, MS, ATC, head athletic trainer, Cactus High School; Stan Box, ATC, Baxter Physical Therapy; Pete Morales, MS, ATC, head athletic trainer, Douglas High School; and Gretchen Schlicht, MS, ATC, head athletic trainer, Mountain View High School, provided medical coverage for two volleyball teams, eight basketball teams, and four football teams.

The student athletic trainers were selected on the basis of their grade point average and a recommendation from the head athletic trainer at their respective high schools. They were: Sandra Button and Grant Rodney, who attend Northern Arizona University; Theresa Rougemount, Evette Guidotti, and Betsy Kendall, who attend Central Arizona College; and Heather Lewis, who attends Arizona State University.

## Committee Accepting Hall of Fame Nominations

Applications are being accepted by the NATA Honors and Awards Committee for NATA Honorary Members and Hall of Fame nominations. The deadline for application is February 1, 1992. Applications can be obtained by contacting the NATA headquarters in Dallas. These awards will be presented at the 1992 NATA Annual Meeting and Clinical Symposium in Denver. For further information, please contact Phyllis Glenn at 1-800-TRY-NATA.



# Calendar of Events

**December 13-14**

**Chicago, IL**

*Rehabilitation Sports Medicine IV: Injuries of the Head and Neck in Sports*

Contact: Rehabilitation Institute of Chicago, Education and Training Center, 345 E. Superior, Chicago, IL 60611

**December 13-14**

**Columbia, MD**

*Ninth Annual Columbia Sports Medical Seminar*

Contact: Ron Dunn, Columbia Sports Medicine, Physical Therapy Center, 400 Keene Street, Columbia, MD 65201

**December 13-14**

**Orlando, FL**

*Coaching Education Seminar*

Contact: Karen Partlow, National Federation Interscholastic Coaches Education Program, P.O. Box 5076, Champaign, IL 61825-5076, 1-800-747-4457

**December 14**

**San Jose, CA**

*Sports First Aid Seminar*

Contact: Karen Partlow, National Federation Interscholastic Coaches Education Program, P.O. Box 5076, Champaign, IL 61825-5076, 1-800-747-4457

**January 11**

**Houston, TX**

*The Greater Houston Student Athletic Trainers' Workshop*

Contact: Tom Woods, LATC, Langham Creek High School, 17610 FM 529, Houston, TX 77095, (713) 463-5400

**January 17-19**

**Baltimore, MD**

*Baseball Medicine: Injury Prevention and Treatment Techniques Conference*

Contact: Pat Aycock, Kerlan-Jobe Orthopaedic Clinic, 501 East Hardy Street, Inglewood, CA 90301, (213) 674-5200, ext. 7260, or Linda McMahon, East Coast, (301) 225-9300

**January 18**

**Nashville, TN**

*Tennessee Athletic Trainers' Society Annual Meeting and Symposium*

Contact: Bob Nevil, PT, ATC, Center for Sports Medicine, 2415 McCallis Avenue, Chattanooga, TN 37404

**January 30-February 1**

**Auburn, AL**

*Southeast ACSM Chapter Annual Meeting*

Contact: Ron Bos, 113 Memorial Hall, Virginia Tech, Blacksburg, VA 24061-0326

**January 30-February 1**

**Austin, TX**

*Texas ACSM Chapter Annual Meeting*

Contact: Don Haydon, Department of Kinesiology, Bellmont Hall 222, University of Texas, Austin, TX 78712

**February 12-16**

**Palm Springs, CA**

*Team Physician Course, Part I*

Contact: ACSM, P.O. Box 1440, Indianapolis, IN 46206-1440

**February 15-16**

**Dallas, TX**

*HealthSouth Sports Medicine Seminar, The Shoulder*

Contact: Jill Collins, HealthSouth Sports Medicine, 1201 11th Avenue South, Suite 100, Birmingham, AL 35205, (205) 930-4700

**June 3-6**

**Denver, CO**

*NATA's 43rd Annual Meeting and Clinical Symposium*

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

## *The Dogwood Institute, Inc.*

Contact: The Dogwood Institute, Inc., P.O. Box 545, Alpharetta, GA 30239-0545, (404) 751-9571 or (800) 533-2440 for information on the following:

**January 17-18**

**Dallas, TX**

*The Simplistic Approach in the Management of Back Pain*

**January 27-31**

**Sarasota, FL**

*Sports Physical Therapy Skills Level 1*

**January 31-February 1**

**New Orleans, LA**

*Shoulder: Shoulder Mechanics and Rehabilitation*

**February 3-7**

**West Chester, PA**

*Advanced Sports Physical Therapy Skills*

**February 22-23**

**Los Angeles, CA**

*The Sporting Shoulder: Rehabilitation and Mechanics*

**February 24-28**

**Las Vegas, NV**

*Sports Physical Therapy Skills Level I*

## *Sports Nutrition Intensive Workshop*

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

**December 6-7**

**Washington, DC**

**January 17-18**

**Philadelphia, PA**

**February 28-29**

**Chicago, IL**

**March 27-28**

**Minneapolis, MN**

The NATA News will list events of interest to persons involved in sports medicine if the information is received by December 10, 1992, for the January 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.



# Audio & Video Cassettes

## of the

### NATA 42<sup>ND</sup> Annual Meeting & Clinical Symposium

Selected sessions of the 1991 NATA Annual Meeting and Clinical Symposium are available on audio and video tapes from AVW Audio Visual, Inc. You can order these cassettes by mailing or faxing the order form with payment to AVW at the address below. Six-pack and 12-pack cassette binders available at the prices listed below. Please indicate the quantity desired in the appropriate area. Don't delay....Order Today!

NAME OF SEMINAR	AUDIO	VIDEO
AOSSM Seminar: Shoulder Injuries In Athletics: Recognition, Care, and Rehabilitation . . . . .	<input type="checkbox"/> NATA01....\$20.00	
McNell Symposium . . . . .	<input type="checkbox"/> NATA02....\$17.00	
PFATS Seminar: Risk Reduction and Management: The Best Offense is a Good Defense . . . . .	<input type="checkbox"/> NATA03....\$17.00	
PBATS Seminar: The Dangers of Smokeless Tobacco Use In Athletics . . . . .	<input type="checkbox"/> NATA04....\$17.00	
Keynote Address . . . . .	<input type="checkbox"/> NATA05....\$ 8.50	<input type="checkbox"/> NATA05V....\$20.00
Manual Therapy Techniques In the Training Room . . . . .	<input type="checkbox"/> NATA06....\$ 8.50	<input type="checkbox"/> NATA06V....\$20.00
Inertial Exercise: Principles and Applications . . . . .	<input type="checkbox"/> NATA07....\$ 8.50	<input type="checkbox"/> NATA07V....\$20.00
Management of a Sports Clinic . . . . .	<input type="checkbox"/> NATA08....\$17.00	<input type="checkbox"/> NATA08V....\$20.00
Manual Therapy Overview: Sacro-Iliac Joint Lumbar Dysfunction . . . . .	<input type="checkbox"/> NATA09....\$ 8.50	<input type="checkbox"/> NATA09V....\$20.00
Ergogenic Aids . . . . .	<input type="checkbox"/> NATA10....\$ 8.50	<input type="checkbox"/> NATA10V....\$20.00
Myofascial Release Techniques . . . . .	<input type="checkbox"/> NATA11....\$ 8.50	<input type="checkbox"/> NATA11V....\$20.00
Elbow Injuries: Mechanics, Evaluation, and Rehabilitation . . . . .	<input type="checkbox"/> NATA12....\$17.00	
Research Presentations . . . . .	<input type="checkbox"/> NATA13....\$17.00	
High School Athletic Trainers' Seminar . . . . .	<input type="checkbox"/> NATA14....\$17.00	
Legal Aspects of Catastrophic Injury . . . . .	<input type="checkbox"/> NATA15....\$17.00	<input type="checkbox"/> NATA15V....\$20.00
Dealing With Catastrophic Injury or Death of Your Athlete . . . . .	<input type="checkbox"/> NATA16....\$ 8.50	<input type="checkbox"/> NATA16V....\$20.00
Case Studies . . . . .	<input type="checkbox"/> NATA17....\$ 8.50	<input type="checkbox"/> NATA17V....\$20.00
Tendon: Function, Anatomy, Injury, Management, and Rehabilitation . . . . .	<input type="checkbox"/> NATA18....\$ 8.50	<input type="checkbox"/> NATA18V....\$20.00
Updating Ankle Injuries . . . . .	<input type="checkbox"/> NATA19....\$ 8.50	<input type="checkbox"/> NATA19V....\$20.00
Low Back Pain In Athletics . . . . .	<input type="checkbox"/> NATA20....\$17.00	<input type="checkbox"/> NATA20V....\$20.00
Clinical Athletic Trainers' Workshop . . . . .	<input type="checkbox"/> NATA21....\$34.00	
An Update on Medical Ethics . . . . .	<input type="checkbox"/> NATA22....\$17.00	
Pioneer Women In Athletic Training . . . . .	<input type="checkbox"/> NATA23....\$17.00	
How To Market Yourself to Your Employers . . . . .	<input type="checkbox"/> NATA24....\$17.00	
FREE COMMUNICATIONS — Duncan, Ray, Timm, Black . . . . .	<input type="checkbox"/> NATA25....\$ 8.50	
FREE COMMUNICATIONS — Russell, Guskiewicz, Dolan, Pressly . . . . .	<input type="checkbox"/> NATA26....\$ 8.50	
FREE COMMUNICATIONS — Perrin, Meyers, McLaughlin, Steele . . . . .	<input type="checkbox"/> NATA27....\$ 8.50	
FREE COMMUNICATIONS — Lephart, Johnson . . . . .	<input type="checkbox"/> NATA28....\$ 8.50	
FREE COMMUNICATIONS — Cramer, Draper, Reynolds, Hellwig . . . . .	<input type="checkbox"/> NATA29....\$ 8.50	
FREE COMMUNICATIONS — Woodhouse, Moffatt, Cavanaugh, Roncarati . . . . .	<input type="checkbox"/> NATA30....\$ 8.50	
FREE COMMUNICATIONS — Harrelson, Lepp, Martin, Wilkerson . . . . .	<input type="checkbox"/> NATA31....\$ 8.50	
FREE COMMUNICATIONS — Dolk, Fisher, Scotch . . . . .	<input type="checkbox"/> NATA32....\$ 8.50	
Androgenic Anabolic Steroids: An Update . . . . .	<input type="checkbox"/> NATA33....\$ 8.50	
Brachial Plexus Injuries . . . . .	<input type="checkbox"/> NATA34....\$ 8.50	<input type="checkbox"/> NATA34V....\$20.00
Athletes at Risk . . . . .	<input type="checkbox"/> NATA35....\$ 8.50	<input type="checkbox"/> NATA35V....\$20.00
Psychology of the Injured Athlete . . . . .	<input type="checkbox"/> NATA36....\$ 8.50	<input type="checkbox"/> NATA36V....\$20.00

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

METHOD OF PAYMENT: AMEX VISA MC CHECK  
(circle one)

CARD # \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

TOTAL FOR TAPES ORDERED.....\$ \_\_\_\_\_  
("V" Indicates Video Tape)

TOTAL FOR AUDIO TAPE BINDERS ORDERED  
\_\_ 6 Pk. @ \$5.00 \_\_ 12 Pk. @ \$7.00.....\$ \_\_\_\_\_

SHIPPING & HANDLING  
\$3.50 USA or \$6.00 International.....\$ \_\_\_\_\_

TX RESIDENTS: Add 8.5% Sales Tax.....\$ \_\_\_\_\_

TOTAL.....\$ \_\_\_\_\_

PLEASE ALLOW 2 TO 3 WEEKS FOR DELIVERY

Make	<b>AVW AUDIO VISUAL, INC.</b>
checks	2233 Irving Blvd. • Dallas, TX 75207
payable to:	(214) 638-0024 • FAX (214) 631-5238



# Give Us Your Best Shot!

**... athletic training photo shot, that is.**

This is the last newsletter-format issue of the *NATA News*. With the January 1992 issue, the *News* will become a monthly magazine with a feature cover photograph that depicts an aspect of athletic training.

Who knows athletic training better than NATA members?

Send us your photographs that show an athletic trainer in action or that represent what athletic training means to you. For each photo that is used on the cover of the *News*, we will pay \$50 to the photographer. This opportunity is open to anyone, but our goal is to portray athletic training through the eyes of NATA members.

---

## ***There are a few rules:***

- Submit a *professional-quality* photo (no smaller than 4" x 6")
- Send color photographs (superior black-and-white prints will be considered)
- Include your name, address, affiliation, and phone number on the back of the photo
- Provide as much detail as possible about the photo (when taken, name(s) of subject(s), city, state, etc.)
- Send only photos that have not appeared in a publication before
- Send photos to:

**NATA Publications Office**  
569 Southlake Boulevard  
Richmond, Virginia 23236  
(800) 800-NATA

Winners will be notified by the Publications Office. After a photograph is accepted, the photographer must sign a release statement that gives the NATA permission for a one-time use of the photo. Payment will be made when the *News* goes to press. The photographer will be credited for the photo and receive extra copies of that edition of the *News*.

***So, start snapping and send us your pictures.***

FIRST CLASS  
U.S. POSTAGE PAID  
Richmond, VA  
Permit No. 466

JRNL 1

David S. Linaker  
8021 W. Mesquite St.  
Peoria, AZ 85345

**NATA News**  
**2952 Stemmons Freeway**  
**Dallas, TX 75247**