



Spring 2006

### About the VATA

The purpose of the VATA is to meet the following objectives:

- To advance, encourage, and improve of the athletic training profession, in all its phases.
- To encourage better working relationships among all persons interested in the health and well-being of athletes.
- To encourage the continued professional development of each of its members.
- To serve the common interest of its members by providing a free exchange of ideas within the profession.
- To promote athletic training programs throughout Virginia.

### Address or Email Change?

To those members who have moved, we need your help. Your corrected contact information is requested. Please go to the NATA website "Members Only" section [www.nata.org/members1/members.cfm](http://www.nata.org/members1/members.cfm) to update. Please be assured your information will not be given away. It will only be used for NATA membership communication.

In addition, please send your updated contact information to the VATA Membership Chair, Debbie Bradney, at [bradney@lynchburg.edu](mailto:bradney@lynchburg.edu).

Thank you, VATA Executive Council

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# VIRGINIA ATChronicle

[www.vata.us](http://www.vata.us)

The Official Newsletter of the Virginia Athletic Trainers' Association

## VATA President's Message



John Reynolds, ATC  
VATA President

Hello and welcome to the spring, 2006 edition of ATChronicle! I am excited to greet all VATA members as the new President of our state association. 2006 is only a few months old yet the VATA Executive Council (EC) has been hard at work on a number of projects. Here are a few highlights:

- The Annual Meeting in January was another great success with over 170 attendees. This was a great way to say goodbye to our home of many years, the Hospitality House. Next year's meeting will be at the Omni Hotel in Charlottesville, January 19-21, 2007.

- National Athletic Training Month (NATM) is coming to an end. I hope each of you has received the bookmarks and lanyard and have found these items

useful as you promote your profession with your colleagues, friends and family. If you did not receive these materials, please contact the VATA through your Regional Representative.

- This spring, the VATA will unveil a new online voting system. We hope this mechanism will facilitate future VATA member votes and serve as an effective means for soliciting member input. VATA members will receive an email from the VATA EC regarding our vote on the Constitution and By-laws changes presented at the Business Meeting in January."

As I mentioned above, I hope each of us took advantage of the opportunity presented by NATM to educate others about our profession and the unique qualifications of the certified athletic trainer. For years the NATA encouraged a "grassroots" effort to promote the profession of athletic training and NATM is a product of this campaign. In recent weeks, the topic of steroids and professional sports again populated the media. Of importance to many athletic trainers are the frequent references to Barry Bonds and his "trainer." While I'm sure most of us within the athletic training profession realize this individual is not an ATC, we cannot say the same for the majority of the general public.

While some still contend that "athletic trainer" and "athletic training" are not the most appropriate titles for us or our profession, they are our titles. I feel very strongly that, whether we like it or not, the onus falls on the shoulders of each athletic trainer in Virginia as well as our colleagues across the nation to use the correct terminology. How can we expect others to recognize the abilities and qualifications of the certified athletic trainer if we don't encourage members of the public to associate those same abilities and qualifications with the term "athletic trainer?" In my letter accompanying the NATM materials

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VATA  
Executive Council

**President**

John Reynolds, VATL  
George Marshall HS  
7731 Leesburg Place  
Falls Church VA 22043  
(703) 714-5492  
john.reynolds@fcps.edu

**President Elect**

Meg Frederick, VATL  
Longwood University  
Dept. of HRK, 111 Willett  
201 High Street  
Farmville VA 23909  
(434) 395-2839  
frederickma@longwood.edu

**Secretary**

Emily Evans, VATL  
Lynchburg College  
1501 Lakeside Dr.  
Lynchburg, VA 24501  
(434) 544-8180  
evans.e@lynchburg.edu

**Treasurer**

Alan D. Freedman, VATL  
Virginia Commonwealth U.  
Dept of Exercise Science  
1015 West Main Street  
PO Box 842020  
Richmand VA 23284-2020  
(804) 828-1948  
adfreedman@vcu.edu

**State Representatives**

**Region 1**

Tim Krassowski, VATL  
(703)426.1176  
tim.krassowski@fcps.edu

**Region 2**

Jason Chandler, VATL  
(804)863-4859  
chandlers12@msn.com

**Region 3**

Ian Rogol, VATL  
(434)245.2639  
irogol@aol.com

**Region 4**

Renee Cork, VATL  
(757)221-3347  
racork@wm.edu

**Region 5**

Jorena Simpkins, VATL  
(434)332-5171  
jsimpkins@campbell.k12.va.us

**Region 6**

Angela Mickle, VATL  
(540)831-5330  
ammickle@radford.edu

VATA members received in March, I challenged each and every one of us to use the terms "athletic trainer" and "athletic training," and I will continue to issue that challenge at each and every opportunity. I encourage you to be polite yet assertive in correcting those who choose to call us "trainers." The Barry Bonds situation highlights the importance of clarifying who we are (and who we are not) and I ask that we all take advantage of the opportunities that arise to inform and educate.

At the Business Meeting in January, I referenced a quote by Sir Isaac Newton who once said "If I have seen farther, it is by standing on the shoulders of giants." I am thankful to be taking the reins of an association whose foundation features so many strong athletic trainers. I expect the VATA to build on this foundation, expanding its role as your state association by serving as a conduit of information and developing innovative ways of supporting our members and the goals of our profession. I am proud to be an athletic trainer. I very much enjoy working as an athletic trainer and I have a hard time imagining not being part of this wonderful profession. It is my goal to share my passion for the profession with each and every VATA member throughout my tenure as President.

Please feel free to contact me at anytime. I also encourage you to contact your regional representatives; they are your best source of information regarding the VATA. I look forward to an exciting and productive year for our association and I hope to see all of you at the District Meeting in May and the National Meeting in June.



## NATA Annual Meeting

Make your plans now to attend the NATA Annual Meeting June 14-18 in Atlanta Georgia. In addition to a full slate of informative presentations, there is a lot to do in Atlanta, including the brand new Georgia Aquarium. Here are some highlights:

- NATA Foundation Golf Classic Wednesday, June 14
- Welcome Reception Wednesday night
- Johnson and Johnson Keynote Speaker Amanda Gore, Thursday June 15
- NATA Foundation night with the Atlanta Braves and Boston Red Sox Friday, June 16

Additional details about the Annual Meeting, including registration and accommodation information, can be found on the NATA's website: [www.nata.org](http://www.nata.org)



## National Athletic Training Month

To recognize National Athletic Training Month (NATM), the VATA Executive Council sent VATA members materials to help promote the profession. Members received a VATA lanyard featuring this year's NATM theme, "Be Active, Stay Healthy," and four NATA bookmarks highlighting the use of the term "athletic trainer." The bookmarks were for distribution to colleagues, friends and family; the lanyard was a gift for the member. VATA members were asked to take advantage of the unique opportunities presented by NATM to educate others about the abilities and qualifications of the certified athletic trainer. VATA members are encouraged to send reports of their own NATM activities to the VATA through their Regional Representative or Public Relations Committee Chair, Chase Hale.



## Have you Updated your Membership Information?

Periodically, the VATA receives an updated membership list from the NATA. We use this information (name, address, email address etc) to communicate with our members. The VATA EC **highly recommends** that our members verify/update their contact information by visiting the NATA website:

[www.nata.org](http://www.nata.org), enter the members area  
"Members Log In" and choose "Member Services"



## VATA Scholarship Committee

The deadline is April 1, 2006 with winners announced around May 1, 2006. [Click Here](#) to download the VATA Scholarship Application Form.



## 2006 VATA Annual Meeting & Symposium

On January 13-15, 2006, the Virginia Athletic Trainers' Association (VATA) held its Annual Meeting and Symposium. Over 170 VATA members enjoyed presentations from diverse group of speakers, including:

- Dave Pawlowski, Renee Cork, Jon Almquist, Ola Powers, and Karen Perrine sharing important information regarding the licensure of athletic trainers in Virginia.
- Denise Fandel, Executive Director of the BOC, highlighting a number of new initiatives from the BOC.
- Bill Finerfrock, Washington Lobbyist for the NATA, discussing the athletic training profession from a national legislative perspective.

Also held, as part of the meeting and symposium was the college student program in which 8 presentations were made. The schools that were represented in the student program were James Madison University, Longwood College, Lynchburg College, Radford University, and Virginia Commonwealth University.

During the Membership Reception on Friday, the VATA honored Joe Gieck, ATC on his retirement after 43 years as head athletic trainer at the University of Virginia. In recognition of Joe's years of service to the VATA and athletic trainers across Virginia, the VATA's Executive Council is making a donation of \$1000 to the Research and Education Foundation in his name. The VATA issued a challenge to its members to donate \$1 to the REF for each year that Joe has impacted their lives.

The VATA also welcomed several new members to the Executive Council. John Reynolds (George C. Marshall High School) was introduced as President of the association, taking over for Tim Laurent (Lynchburg College). Meg Fredrick (Longwood University) was elected President-Elect and Emily Evans (Lynchburg College) was elected Secretary of the Association.



Joe Gieck, ATC accepts a check in his name to the NATA Research and Education Foundation from VATA President John Reynolds, ATC and Region 3 Representative Ian Rogol, ATC.

## VATA Committee Chairs

### Legislative

Dave Pawlowski, VATL  
(804) 346-5544

[dpawlowski@specialolympicsva.org](mailto:dpawlowski@specialolympicsva.org)

### Public Relations

Chase Hale, VATL  
(540) 828-5763

[chale@bridgewater.edu](mailto:chale@bridgewater.edu)

### Secondary Schools

Paul Rupp, VATL  
(703) 319-2844

(703) 932-1949

[Paul.Rupp@fcps.edu](mailto:Paul.Rupp@fcps.edu)

### Membership

Debbie Bradney, VATL  
(434) 544-8522

[bradney@lynchburg.edu](mailto:bradney@lynchburg.edu)

### Scholarship

Terry Zablocki, VATL  
(757) 628-9189

[tzablocki@nps.k12.va.us](mailto:tzablocki@nps.k12.va.us)

### Nominations

John Reynolds, VATL  
(703) 714-5492

[john.reynolds@fcps.edu](mailto:john.reynolds@fcps.edu)

### Constitution and Bylaws

Ian Rogol, VATL  
(434)977-5531

[irogol@aol.com](mailto:irogol@aol.com)

### Ethics

Ethan Saliba, VATL  
(434) 982-5450

[ens@virginia.edu](mailto:ens@virginia.edu)

## VATA Bronze Patron

The VATA would like to thank the following companies for their continued support of our organization.

Seneca Medical

## 2006 Capitol Hill Day

Virginia was very well represented at this year's Capitol Hill Day, held February 29<sup>th</sup> in Tysons Corner, Virginia and Washington, DC. In attendance from Virginia were Executive Council members John Reynolds, Alan Freedman, and Meg Frederick as well as approximately 15 VATA members. Students from the George Mason University athletic training education program also attended.

This year's event began with a breakfast presentation by Bill Finerfrock, the NATA's lobbyist. Finerfrock gave a very informative presentation in which he guided members through the important issues to discuss during the meetings with congressmen that were scheduled for later in the day. Finerfrock is not only a talented public speaker, he also demonstrated an intimate knowledge of the athletic training profession and the issues we face on the national level. After his presentation, the group travelled to DC and gathered in the Russell Senate Building for a briefing with congressional staffers. Speakers during the briefing were NATA President Chuck Kimmel, NATA Vice-president Marge Albohm, and Mary Kirkland, an athletic trainer at the Kennedy Space Center in Florida. After a brief lunch break, each NATA member met with legislative staffers for his/her congressmen and senators.



**Back Row, L-R:** Amy Sheedfar, Renee Cork, Meg Frederick, Emily Evans, John Reynolds, Alison Lane, Kent Hulnick  
**Middle Row:** Jorena Simpkins, Alan Freedman  
**Front Row, L - R:** Bill Clark, Jeff Perry

Comments from those attending from Virginia seemed to indicate that Capitol Hill Day was very educational and was a beneficial experience. VATA members are encouraged to participate in this event next year.

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## VATA Symposium

January 19-21, 2007

### Timeline for the VATA Annual Meeting and Symposium

- August 15<sup>th</sup>** Call for Proposals for Symposium Presentations (email and website posting)
- September 15<sup>th</sup>** Deadline for Submission of Proposals (electronic or hard copy)
- October** EC will meet to discuss and select proposals
- November 1<sup>st</sup>** Notification of Acceptance of Proposals  
Tentative Agenda set
- December 1<sup>st</sup>** Deadline for Presenters to submit abstracts and powerpoint slides for inclusion in Proceedings Booklet  
Final Agenda Set

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## News from the MAATA

- The Annual Meeting will be held in Virginia Beach, May 19-21, 2006. Details about the meeting, including registration information and the meeting program, are available on the MAATA website: <http://www.maata.org/>
- Over the next few weeks, athletic trainers in District 3 will receive the results from the Task Force investigating possible changes to the District Constitution and By-laws. Please read through this document carefully; comments or concerns can be directed to the VATA EC, District Director Charlie Rozanski or Past District Director Rod Walters. The proposed changes will be voted on during the Business Meeting at the annual meeting in May.
- Over the next year, the MAATA will open discussion regarding an increase in state dues. For the NATA to continue the process of collecting and reimbursing state and district dues, each state association within the District must agree to the same dues amount. While you can expect to hear more about this topic at the annual meeting in May, any initial comments/concerns can be directed to the VATA.
- Several individuals from Virginia will receive NATA awards this summer. Larry Nottingham (Robinson Secondary School) and Sharon Menegoni (Longwood University) have been selected to receive the NATA Service Award and Dr. Douglas Gregory (Suffolk, Va) will receive honorary NATA membership.

## New Online Voting System

The EC is trying something new: online voting. As many of you know, the EC, and especially Ian Rogol and John Reynolds, have worked very hard to update the VATA Constitution and Bylaws. Approval of these changes is subject to a vote by the membership. After a thorough investigation of alternatives to the traditional voting procedures at the annual membership meeting, the EC has decided to use the website [www.worldvotingbooth.com](http://www.worldvotingbooth.com). There are pros and cons to this voting procedure.

### PROs

- All members will have the opportunity to vote. No absentee voter problem.
- Members can vote anytime and from any computer anywhere.
- VATA can conduct important business more frequently, rather than saving all voting issues for the annual membership meeting.
- Simplifies tracking and tallying individual votes.

### CONs

- Each member must have access to the internet.
- Must create a username and password and login using a vote number and vote password.

After weighing the pros and cons, the EC has decided to give online voting a try. The vote will be to approve all of the changes to the Constitution and Bylaws as described in the document, "Guide to Proposed Changes to the Constitution and Bylaws." This document was presented at the January 2006 business meeting and is also available on the VATA website.

Voting will take place from April 1<sup>st</sup> to April 15<sup>th</sup>. You will receive an email with instructions and a web link in the very near future. Please take the time to vote. The VATA depends on the input of each and every member.



## VATA Young Professionals Symposium a Success

On Wednesday, March 29, Longwood University hosted the first VATA Young Professionals Symposium. Approximately 80 junior and senior athletic training students from eight of Virginia's athletic training education programs attended. The program provided students with an overview of the employment process as well as practical tips regarding resume development and interviewing.

The symposium began with the keynote address by Dr. Peggy Houglum, Duquesne University. Dr. Houglum discussed the evolution of the profession, highlighting the importance of embracing change as the profession continues to grow. Following the keynote, Dr. Pat Aronson, Lynchburg College, encouraged students to become active participants in their state, district and national athletic training associations through a discussion of her own experiences in leadership. John Knaul of the College of William and Mary provided an overview of the NATA's Career Assistance Center and offered a number of helpful tips to maximize the benefits of this service. Patsy Scruggs from the Longwood University Career Center gave students helpful suggestions for working a job fair. During the business etiquette lunch, Ellen Masters offered all participants an opportunity to practice their table manners. The afternoon activities consisted of breakout sessions on resume writing, interviewing skills, graduate school, and athletic training student associations. The final session of the day was a job fair. Participants had the opportunity to meet with representatives from ten public school systems and several clinic-outreach programs from throughout Virginia.

Many thanks to Meg Frederick and Sharon Menegoni for orchestrating this event- it was a great success. The VATA Executive Council would like to see this type of program continue in the future. Individuals interested in participating in the future should contact their Regional Representatives.



John Reynolds and student guests working on resumes.

VATA Keynote Speaker, Dr. Peggy Houglum



## CUATC Committee Report

I would like to take this opportunity to introduce myself. My name is Tom Kuster and I am the VATA representative to the College/University Athletic Trainers' Committee. I have been a collegiate athletic trainer for 10 years and I am currently the Assistant Director of Sports Medicine at James Madison University. I am very excited about the opportunity to represent the college and university athletic trainers across the Commonwealth. Please feel free to contact me with any questions or concerns you have regarding issues within the collegiate setting. My email address is [kustertj@jmu.edu](mailto:kustertj@jmu.edu).

The College/University Athletic Trainers Committee met in Dallas Texas Jan 8-9.

Key topics of discussion were:

- CATS and CSMF relationships
- Spearing rule changes in Football
- SCA Summit meeting
- CDC and MRSA collaboration
- NCAA issues and drug education update
- Annual meeting update for Atlanta
- Issues of concern

### **CATS and CSMF Relationships**

The CUATC is currently exploring the possibility of having an unfunded liaison to both the College Athletic Trainers' Society (CATS) and the Collegiate Sports Medicine Foundation (CSMF). Current presidents of both organizations Josephine Lee (CATS) and Brian Anderson (CSMF) will be invited to the CUATC meeting in June.

### **Spearing Rule Changes in Football**

CUATC is working towards increasing awareness regarding spearing rule changes in football.

### **Sudden Cardiac Arrest (SCA) Summit meeting**

Dr. John Payne, a cardiologist at the University of Mississippi medical school, hosted an SCA meeting in February. NATA has contacted Dr. Payne about doing a one-day summit meeting to develop a position statement on standard recommendations for sudden cardiac arrest.

### **CDC and MRSA**

Centers for Disease Control (CDC) would like to do a collaborative educational program with NATA regarding MRSA infections in athletics. CUATC was asked to survey members to see how many instances of MRSA have been encountered by members. If the number is significant, it may be worthwhile to start a registry to track instances, although next year the NCAA ISS will track instances of MRSA.

### **NCAA Issues and Drug Education Update**

The NCAA drug education testing survey from 2005 is complete. Results should be posted online shortly and will show how schools deal with drug testing, supplement purchases and more.

The banned drug list will be available exclusively online so it can be updated regularly.

The NCAA is considering expanding year round drug testing to include the summer period and will pilot a year round testing program in DIII.

The use of the tinted eye shield in football will be reviewed by the NCAA Football Rules Committee due to a dramatic increase in its use over the past seven years.

The NCAA Competitive Safeguards Committee is revisiting the need to require all coaches to be CPR/First Aid certified. They decided it was important for all coaches (as opposed to at least one at practice/game) to be CPR/First Aid certified.

The NCAA wishes to mandate that every athlete (scholarship, non-scholarship, walk-on, and tryout) have a PPE prior to entering into the athletics environment. If this passes it will go into effect August 2006.

### **Annual Meeting in Atlanta**

Thursday June 15 from 2:30-4:30.

Topics include risk taking, drug issues, and alcohol issues.

### **Issues of Concern**

CUATC will begin to look at the demand placed on athletic trainers who are responsible for participating in athletic training students' clinical education. CUATC will work with the NATA Educational Council to determine the best way to do this. It was discussed that possible reimbursement strategies for these extra tasks be developed and communicated. The committee will work with members from the education sector to develop a recommendation or joint statement on the best way to handle this. The CUATC will develop a sub-committee to further explore the issue.

It was discussed that there are several institutions with an athletic trainer, but not a team physician. The CUATC and NATA will draft a letter discussing the importance of compliance with the practice of athletic training and will send it to college/university head athletic trainers, NCAA member institutions, NAIA and community colleges/junior college federations.