



## Spring 2007 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

Happy National Athletic Training Month (NATM)! Granted, this wish is a bit belated, but I hope each and every VATA member took the opportunity to celebrate themselves, their colleagues and our profession during the month of March. Last month, the VATA took the first step in our new public relations campaign to promote athletic trainers and the athletic training profession in the state of Virginia. Postcards were mailed to close to 1000 individuals, including:

- Public secondary school principals and athletic administrators
- College/University Athletic Directors
- Athletic Training Education Program Directors and the Deans supervising those programs
- Orthopedists and family physicians across the state
- State Senators, Delegates and Representatives
- NATA leaders, including President Chuck Kimmel, Executive Director Eve Becker-Doyle and District 3 Director, Charlie Rozanski



John Reynolds, ATC  
VATA President

Please keep the VATA informed of your own activities related to NATM. We are compiling a list of activities orchestrated by our members or events initiated by others to recognize athletic trainers. Please forward any NATM news to PR Committee Chair Heather Murphy ([heather.murphy@fcps.edu](mailto:heather.murphy@fcps.edu)).

As many of you are aware, Congressman Ed Towns (D-NY) introduced the **Medicare Access to Physical Medicine and Rehabilitation Services Improvement Act (H.R. 1846)** on March 29, 2007. This is a major step and the NATA is asking every member to send letters to their respective members of Congress asking for their support of this legislation. Please log onto the members section of the NATA website and enter the Legislative Alert Center. From here, you can complete the letter template and send it to your Representatives and Senators. If you are interested in becoming more involved with the VATA and our state/federal legislative efforts, please contact myself ([john.reynolds@fcps.edu](mailto:john.reynolds@fcps.edu)) or Dave Pawlowski, Legislative Committee Chair ([dpawlowski@specialolympicsva.org](mailto:dpawlowski@specialolympicsva.org)).

The Executive Council enjoyed a productive spring meeting on March 27. One of our main topics of discussion was the development of a strategic plan for the association. Over the next 6 months, the EC will evaluate our association from a number of different perspectives. We will be asking for

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## 2007 VATA Annual Meeting & Symposium

### VATA Executive Council

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On January 19-21, 2007, the Virginia Athletic Trainers' Association (VATA) held its Annual Meeting and Symposium in Charlottesville. A record attendance of 220 VATA members enjoyed presentations from diverse group of speakers, including:

- Alan Rogol, MD, Ph.D, FACSM, Professor of Clinical Pediatrics at the University of Virginia examined hormone abuse in sport and how it applies to adolescent athletes
- Mike Powers, ATC discussed ergogenic supplements
- Cindy Thomas, Director of Educational Operations, from the National Center for Drug Free Sport presented current concepts in anabolic steroid use in sport and drug testing issues



NATA President Chuck Kimmel

NATA President Chuck Kimmel accepted an invitation from the VATA to address current national issues in athletic training. Kimmel delivered an outstanding message focused on adapting to change in our profession. Kimmel encouraged VATA members to participate in Capitol Hill Day on February 26 and to support the NATA Political Action Committee.

Sharon Menegoni organized the 5<sup>th</sup> annual Athletic Training Student Program which included presentations by students from James Madison University, Roanoke College, Longwood University, Lynchburg College, and Radford University.

The VATA presented appreciation plaques in honor of several members who recently stepped down from leadership positions: Tim Laurent (President 2004-2006); Cheryl Staver (Treasurer 2002-05); Renee Cork (2003-06); Chase Hale (PR Chair 2003-06); Tim Krassowski (Region Rep).

The VATA also welcomed Heather Murphy as the new PR Chair, and recognized two athletic training students who were chosen to represent VA in the MAATA Student Senate (Erin McNett, Longwood University and Mary Cantu, George Mason University).

The next VATA meeting will be May 18<sup>th</sup> in Virginia Beach, in conjunction with the MAATA Annual Meeting and Symposium. Members are encouraged to attend the informational meeting as the Executive Council will be sharing information on the important activities taking place in 2007.



## Virginia Athletic Trainers' Association

*President's Message continued...*

your input several times throughout this process via surveys and at the MAATA meeting in May. Please take the opportunity to share your thoughts with us as part of this project or at any other time.

Speaking of the MAATA meeting, plan to attend the District 3 meeting in Virginia Beach, May 18-20 at the Cavalier Hotel. This is an important meeting for the MAATA membership as we will be welcoming our newly elected Treasurer. Registration information is available on the MAATA website: [www.maata.org](http://www.maata.org).

Finally, the Executive Council would like to welcome Alice Buchanan, Associate Director of Sports Medicine at the University of Richmond, as our new Region 2 Representative. She is excited about this opportunity, and we look forward to working with her. We are still looking to fill the Region 4 Representative position. Interested individuals should contact any member of the VATA EC.

Enjoy the spring and I hope to see you in Virginia Beach,



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*Plan Now.....*

for the 2008 VATA Meeting scheduled for next January. If you have any topic ideas contact Meg Frederick at [frederickma@longwood.edu](mailto:frederickma@longwood.edu)

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*Meet Alice Buchanan, MA, ATC*  
*New VATA Region 2 Representative.*

Alice is the Associate Director of Sports Medicine at the University of Richmond. She holds a MA in Education and Human Development (concentration in Rehabilitation Counseling) from George Washington University and a BS in Physical Education (concentration in Athletic Training) from the University of South Carolina. Read Alice's complete biography on the VATA web site at [www.vata.us/news/index.htm](http://www.vata.us/news/index.htm)

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*Capitol Hill Day Summary*

Virginia and the VATA were well represented at this year's Capitol Hill Day. This year, the VATA contributed funds to pay for a charter bus to help transport participants to Capitol Hill for the day's events. The Virginia contingent enjoyed several positive meetings with our representatives and senators. A big "thank you" to all of our student participants! It was great to see so many of our future ATCs getting involved with our profession at such an important event.



*VA contingent at Capitol Hill Day*

## VATA Committee Chairs

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OPEN

### *Conference Committee*

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## *Highlights for the CUATC meeting held in January include:*

### **AMCIA Update**

The initial update was conducted in 2003 and the CUATC decided in June 2006 it was time for another.

A survey was developed and distributed to members via eBlast and the *NATA News*.

It was discussed to develop an easy to understand web page to walk users through the AMCIA document and provide additional resources to assist them including a cost/savings analysis to help ATs show administrators the value of athletic trainers and possibly including real life strategies for using the document to help athletic trainers – especially those at small schools – reach their administrators.

Possibly revise the document or website so that it addresses Title IX – all sports should have the same type of coverage whether the players are male or female.

Recommended the following updates for the actual document:

- Section A: add AED
- Section C: Response time – should be 3-5 minutes

### **MRSA NATA Survey Update**

CDC and NATA developed a MRSA survey that was distributed to the NATA members. Feedback was received from approximately 400 members. The CDC plans to use the feedback to develop educational materials for NATA members and the public.

NCAA is providing data to the CDC for a paper the Center will produce in the next year.

The group discussed ways to reach college/university athletic trainers. They discussed sending a quarterly e-blast, sprucing up the CUATC web site, utilizing CAUSE to share information.

ESPN *Outside the Lines* is doing a story on MRSA and would like an athlete to be interviewed on camera. Ron Courson asked the committee if they knew of athletes who would be willing to speak about their experiences on camera.

### **NCAA Life and Work Balance Task Force**

NCAA convened a task force to address this issue. The study results will be used to develop strategies to help

improve retention and to ensure proper mental and physical health for staff.

Key findings include:

- Balance defined by individual, but sponsored by institution
- Gender neutral policies should be in place
- Suggest sponsored legislation
- Declare one day of the week void from athletic practices/games

### **CUATC Awards**

The CUATC is encouraging everyone to promote the awards to their constituents.

The awards will be promoted in the next two months' eBlasts and through each committee member's state representatives.

### **Sudden Cardiac Arrest Task Force**

The document will be published concurrently in the *Journal of Athletic Training*, *Clinical Journal of Sport Medicine*, *Heart Rhythm* and *Prehospital Emergency Care* in April/May 2007.

### **Sickle Cell Trait Task Force**

The Sickle Cell Trait in Athletes Task Force met February 18, 2007 in Dallas.

### **NATM Activities at James Madison University**

1. Public address announcements at all HOME athletic events during the month of March.
2. NATM logo and link on the JMUSports.com website
3. Local Radio show featuring Athletic Training with interviews with Tom Kuster, John Kaltenborn, and Scott Cook from the JMU Sports Medicine Dept.
4. AT Students designed an NATM bulletin board.
5. AT Students will have a video bulletin board display the NATM logo outside the student movie theater on campus during the month of March

*2007 Young Professionals Symposium*

*hosted by Longwood University*

*October 29, 2007*

Keynote Speaker

**Sarah Brown, President of the Board of Certification**

Breakout sessions for Juniors and Senior Athletic Training students. Watch for more information on the VATA website.

## Public Relations Committee

By Heather Murphy, VATL

Happy National Athletic Training Month (NATM)!

We are really excited about March as NATM. Our relationship with the PR firm, Brotman, Winter, Fried Communications was successful in creating and launching the NATM Postcard. The post card was sent to employers of Athletic Trainers in the Commonwealth highlighting our unique allied health care provider skills and providing ways the employers can celebrate athletic trainers. Go to the VATA website to view the postcard.

We would love to hear how you are celebrating NATM in your workplace. Please send a summary of your activities to Heather Murphy at [heather.murphy@fcps.edu](mailto:heather.murphy@fcps.edu) so that your efforts can be highlighted.

Here are a few examples of what other members have been doing. Lynchburg College has been busy with NATM activities. They have been promoting the profession through public announcements. They hosted a banquet in March for NATM where the seniors were honored and the incoming freshmen were welcomed. The Athletic Training Student Club sponsored campus-wide guest speaker, Dr. Frantz, a heart surgeon speaking about the latest and greatest in surgery. James Madison University has also made public announcements. NATM is mentioned on the local radio station when games are broadcasted. Tom Kuster, MS, ATC, PES, Assistant Athletics Director for Sports Medicine will be on the local radio speaking about athletic training and NATM in the next few weeks and also will be doing a five minute feature interview with the SID office for future use in various media outlets. Athletic Trainers in Fairfax County Public Schools were recognized at the March School Board meeting. A brief description of athletic trainers was read and then a picture was taken with the ATCs and the school board members. For more ideas on how to recognize NATM, you can visit the NATA's website at [www.nata.org/natm](http://www.nata.org/natm).

Don't forget to put your best foot forward when interacting with the public as an athletic trainer. Make sure that you use the correct team "Certified Athletic Trainer" and not "trainer." Embrace this year's theme of "Quality Health Care and Wellness" as you perform



your duties everyday. Perhaps it will help you through the tough stretch of spring before summer comes, to strengthen your commitment of being the best athletic trainer you can be by providing the best health care to your athletes or the best education to your students.



## Conference Committee

The meeting was a huge success! We had the highest number of attendees ever: 220 with a strong program content. Dates for the 2008 Conference in Charlottesville are January 11-13. The Committee received a number of evaluations. If you have any suggestions please contact Ian Rogol.



## Constitution and By-Laws Committee

All proposed changes were approved to the Constitution and By-laws. All changes may be found on the web site. In the future there will need to be more edits to keep the language up to date with the changing legislation in the Commonwealth.



## In Case You Missed It...

The VATA Annual Meeting this past January was a huge success. Our move to Charlottesville was well received as we had our largest number of participants (220) in recent memory. Our website (click on *Continuing Education*, then *VATA Meetings*) contains an overview of the proceedings and copies of several of the presentations given by our speakers.



*Paul Rupp's Foam Roller/Swiss Ball Workshop during the VATA Meeting.*

### *MAATA Student Senate*

Two Virginia Athletic Training Students will serve on the first ever MAATA Student Senate.

**Mary Cantu** is a sophomore student in the George Mason University Athletic Training Education Program. She is the president of the George Mason University Sports Medicine Club and a student member of the National Athletic Trainers' Association. In her spare time Mary enjoys cooking, traveling, and coaching gymnastics.

**Erin McNett** is a rising senior in the Longwood Athletic Training Education Program. She hails from Spring Creek Virginia and is a graduate of Turner Ashby High School in Bridgewater. Erin is an active member of the Longwood Athletic Trainers' Association, a member of Iota Tau Alpha, the athletic training honor fraternity, and PEK, the physical education honor fraternity. What Erin is looking most forward to in her role as a MAATA student senator is the opportunity to set a foundation for those students who will follow.

### *VATA Secondary School Committee*

*By Paul G. Rupp, MS, VATL, ATC*

In May the VHSL is putting a motion to the membership for vote regarding preseason practice guidelines. The goal of the guidelines is to provide athletes who are reporting for fall sports and have not done any conditioning over the summer a safe environment to participate. The proposed guidelines are posted on the VHSL website. If you have not heard about this yet, you will want to look at the guidelines, and discuss them with your coaches and athletic administrator. If you have any questions about them please feel free to give me a call at 703/319-2833.

The issue of eye protection for field hockey has not gone any further, thus eye protection is not mandatory this year.

The VHSL has sent out postcards to all Secondary School DSAs and Principals. Please check to see that the postcards have been received and take the opportunity to discuss this postcard to help promote our profession.

**VIRGINIA ATC*hronicle***  
is a publication of the  
*Virginia Athletic*  
*Trainers' Association.*

If you have questions regarding this publication, please contact the *VIRGINIA ATC*hronicle** Editor and VATA Secretary:

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Please visit the VATA web site at *www.vata.us*  
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**VATA Bronze Patron**

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

**Seneca Medical**

*A Huge Thank You to*  
*Ethan Saliba*  
*for your service as the*  
*Ethics Committee Chair!*

### *Did You Know?*

“VATL” is the official designation for Virginia licensed athletic trainers. Licensed members are encouraged to use this abbreviation. “VATL” should follow the academic credential (MS, PhD) and precede the ATC credential. Example: **Tim Laurent, EdD, VATL, ATC.**