



## Annual Meeting Attendance Breaks Records

Indianapolis, Indiana was the site of the 41st Annual NATA Clinical Symposium and Workshop. Attendance reached an all-time high as more than 5,800 athletic trainers, sports medicine specialists, and guests converged on the Indianapolis Convention Center from June 9-13, 1990. The agenda included NATA business meetings, educational symposiums, and entertainment.

A record number of 80 symposiums and workshops were held, in addition to mini-courses. Experts addressed issues ranging from nutrition to rehabilitation to substance abuse. Educational highlights included a symposium on "Eating Disorders" sponsored by Schering Corporation, a "Knee Injuries" symposium presented by the American Orthopedic Society for Sports Medicine, a "Drug and Alcohol Abuse" workshop offered by the National Athletic Directors' Association, and a keynote address on the "Amateur



*The National Convention Committee: (L to R) Cash Birdwell, Tim Kerin, Mayfield Armstrong, Dean Weber, T. Ross Bailey, and Fred Hoover*

### Also In This Issue

Report on Committees and Task Forces .....	2
NATA Accepting Applications For Research Grants .....	3
AMA Endorses ATCs as Allied Health Professionals .....	4
Commentary: It's Up To ATCs to Obtain Higher Salaries .....	4
Smaha Announces Development of a Foundation for Education and Research ..	5
NATA/APTA Joint Task Force .....	6
Jack Rockwell Retires .....	6
New NATA Board of Directors .....	7
Honors & Awards .....	8
District News .....	10
Spotlight on a Member .....	12
In Memoriam .....	13
Letters to the Editor .....	14
Calendar of Events .....	15
Medical Update .....	16

Sports Movement" by Indianapolis Sports Corporation attorney Milton Thompson. A series of ten one-hour workshops was presented twice during the convention by Big 10 Conference athletic trainers.

More than 400 displays filled the exhibit hall and overflowed into hallways in the Convention Center. Featured were the latest in high tech sports medicine equipment, products, and services. Athletic trainers were treated to demonstrations and had the opportunity to see how the field of sports medicine has changed and expanded in the past ten years.

Some evening highlights of the week were the Gatorade *Speedway USA* party, the Student Trainer Awards Banquet, and the President's Reception and Awards Banquet.

Mark Smaha presided over the annual NATA National Business Meeting and announced the formation of the Education and Research Foundation to be founded by Johnson & Johnson. The goal of the

foundation will be to support research and education relating to athletic training.

Executive Director Alan A. Smith, Jr. spoke about health care in the 1990's from the perspective of business and industry.

NATA transitions were announced, including new members of the Board of Directors, Julie Max representing District 8 and Jim Booher representing District 5. John LeGear was recognized for his five year contribution to NATA public relations. He and David Mooney were congratulated for their excellent work in starting the *NATA News*.

The great success of the conference is largely the result of the dedication and work of the NATA Convention Committee, the Local Program Committee and host, and the Indianapolis-area athletic trainers.



# Standing Committees and Task Forces

In the Fall of 1989, the Board of Directors decided that the establishment of several new standing committees and task forces would be an ideal method to address specific areas of concern of the organization. These groups would be headed by NATA leaders and members with special expertise or interest in the subjects covered by the groups. At the Annual Business Meeting in Indianapolis, President Mark Smaha reported on the status of several of the committees and task forces.

## Committees

### ❑ The Finance and Budget

**Committee** was established to evaluate, develop, and reorganize the NATA budget process, and to increase the Board of Director's involvement in the financial management of the organization. The group includes three Board members, Joe Godek, Mike Nesbitt, and Terry O'Brien; Executive Director, Alan Smith, Jr.; Office Manager - Linda Tilley; and Auditor, Brooks McIntyre. A recent, major action of the committee has been to consolidate regional accounts so that all financial matters are handled through the national office in Dallas.

❑ **The Search Committee** was the first special NATA committee. Three members were chosen to work with the search firm of Lawrence-Leiter & Co., to find an Executive Director for the NATA. The group completed its job in February when Alan A. Smith, Jr. was selected.

❑ **The Committee on Committees** was formed to reevaluate and reorganize the structure of standing committees. The group guides the direction of the committees and liaisons, and provides a direct line of communication to the Board of Directors.

❑ **The Constitution and Bylaws Committee** is reviewing the NATA Constitution and Bylaws and will present proposals for changes at the February, 1991 Mid-year Board of Directors Meeting. The review process will ensure that the documents meet the current needs of the organization and cover contemporary issues.



*National Athletic Trainers' Association President, Mark Smaha, in Indianapolis.*

### ❑ The Committee on NATA Liaison with

**APTA** is an outgrowth of communications between the American Physical Therapy Association's president Jane Matthews, and NATA's President Mark Smaha. This group will work to sustain a candid and recurrent dialogue between the two organizations. This open relationship should prove mutually beneficial.

## Task Forces

❑ **The Task Force on NATA/Board of Certification Separation** has completed its job of guiding the official separation and incorporation of the Board of Certification. Dissolving official ties between the two groups protects athletic training credentials and the NATA, Inc.

❑ **The Task Force on Public Relations** is studying the public relations needs of the organization especially as they relate to corporate sponsorship. The four person group, representing various areas of athletic training, will present a marketing package to the Board of Directors for approval. This package will be designed to publicize the strengths of the athletic trainer to the public.

❑ **The Task Force on Corporate Sponsorship** assists in the search for new NATA sponsors and works to develop formal guide-

lines for future corporate sponsorship. It also provides a direct communication link between established sponsors and the Board of Directors. In the future, advisory members from the three existing corporate sponsors, Gatorade, the Johnson & Johnson Co., and McNeil Laboratories will sit on this task force. With the guidance of legal counsel, the task force proposed a Product Acceptance Policy and Protocol which is pending board approval.

### ❑ The Mission and Services Task Force

provides a continuing evaluation of the organization's long range plans, goals, and course of action. Their task is to determine the mission and direction of the NATA, and to provide the needed services to the membership so that all objectives can be met. This group will be chosen with the help of Lawrence-Leiter & Co. of Kansas City. The selection will be approved by the president, in contrast to all other committees and task forces which will be appointed by the president.

## Board Actions

During six days of meetings in Indianapolis in June, the Board of Directors discussed and voted upon the actions of numerous committees, task forces, and individuals. These are some resulting actions.

- A financial manager will be chosen to handle and guide NATA's financial investments.
- The Career Information Services Committee will develop a proposal for a career information brochure and present it to the Board of Directors.
- Students who join the National Athletic Trainers' Association will be sent a packet containing a professional preparation checklist, the code of ethics, the certification requirements, and a career brochure.
- The Executive Director and the Johnson & Johnson Co. will work together to develop a poster which discourages the use of illegal drugs.
- The 25-year membership awards will be announced in the *NATA News*, not at the National Business Meeting, beginning in 1991. Recognition will be handled through the National office.
- All future memorials will be listed in the *NATA News*, not in the *Athletic Training JNATA*.

*Continued p. 3...*



# NATA Accepting Applications For Research Grants

In Indianapolis in June, the NATA Board of Directors voted to award up to three \$5,000 research grants next year. The Research and Injury Committee is accepting applications for these grants.

John Powell, chairman of the Research and Injury Committee, stressed that the group will be seeking well-organized and well-documented grant proposals. Quality is essential. If the proposals submitted do not meet all of the standards outlined by the committee, then no funds will be awarded. Mr. Powell emphasized that, "Only proposals with a great likelihood for success will be funded."

Any NATA member who is certified, or eligible for certification, may apply for a grant. Awards are given in five categories:

- ☐ Basic Science - includes specific laboratory studies in such areas as exercise physiology, biomechanics, and athletic performance
- ☐ Clinical Studies - includes programs for testing and verifying clinical procedures, rehabilitation regimens, injury prevention inter-

ventions, and others

- ☐ Educational Research - includes a broad range of projects from surveys to detailed curriculum development. Also in this category are programs for investigation of student learning, effective teaching, and the development of educational materials
- ☐ Sports Injury Epidemiology - includes studies of patterns of injury among athletes, especially those which encompass large scale data collection and analysis
- ☐ Observational/Informational Studies - includes surveys, questionnaires, case studies, and descriptive programs. These projects usually require funding of less than \$1,500.

Members may submit grant proposals during two review cycles each year. The deadlines for receipt are October 1 and March 1. The grants are given on July 1 or March 1 after approval of the Board of Directors at their June or February meetings.

A grant application may be obtained by calling or writing: National Athletic Trainers'

Association, 2952 Stemmons Freeway, Dallas, Texas 79542, (800)879-6282 or FAX (214)637-2206.

The application provides complete and specific information about restrictions and obligations, materials to submit, eligibility, deadlines, evaluation criteria, and notification of award.

These awards are provided by the NATA to encourage athletic trainers to conduct quality research in sports medicine and injury prevention. Each proposal submitted will receive a thorough review and evaluation. Some of the criteria for judging the proposals include the following.

- ☐ The proposal of the project should be clear, specific, and attainable.
- ☐ The project should make a contribution to the clinical or educational aspects of athletic training.
- ☐ The project may be part of ongoing research, or a new area of investigation.
- ☐ The procedures described in the proposal should be apt to achieve the purpose of the project. Special consideration should be given to the use of appropriate methodological design and statistical analysis.
- ☐ The supporting facility should be available until the project is complete.
- ☐ The qualifications of the principle investigator and the staff should be appropriate for completion of the project.

## ....More Action

- The NATA endorses the NCAA's Ethnic Minority and Women's Enhancement Program.
- The National Convention Committee periodically will select dates later than the second week in June to hold the national meeting in order to encourage and facilitate attendance by secondary school athletic trainers.
- Each District will be asked to allocate one hour at its annual educational meeting for a presentation sponsored by Gatorade.
- The NATA will establish an official liaison relationship with the National High School Athletes and Coaches Association.
- For a past member of NATA to be reinstated, a \$25 reinstatement fee will be required in addition to the current year's dues.
- The Licensure Committee has been renamed the Governmental Affairs Committee.
- The Professional Education Committee will begin work on a mid-year professional educators workshop to be held in February.
- The Audiovisual Aids Committee will develop a proposal for a video production contest for NATA members.

## National & District Meetings in 1991

**The Professional Preparation Conference  
"Manual Therapy in Athletic Rehabilitation"**  
February 15-17, 1991

**The Hyatt Tech Center • Denver, CO**

**42nd Annual NATA Clinical Symposium and Workshop**  
June 8-12, 1991  
New Orleans, LA

### District 1 & 2

January 6-8, 1991

Kutcher's Lodge • Monticello, NY

### District 3

May 17-19, 1991

Cavalier Hotel • Virginia Beach, VA

### District 4

March 14-16, 1991

Holiday Inn Kennedy O'Hare • Rosemont, IL

### District 5

March 15-17, 1991

Rankota Inn • Sioux Falls, SD

### District 6

July 25-27, 1991

Arlington Convention Center • Arlington, TX

### District 7

March 15-17, 1991

Fountain Suites • Phoenix, AZ

### District 8

June 28-30, 1991

Fairmont Hotel • San Jose, CA

### District 9

July 1-3, 1991

Marriott Sawgrass • Jacksonville, FL

### District 10

March 15-17, 1991

Red Lion Inn • Bellview, WA



# AMA Endorses Athletic Training as Allied Health Profession

On June 22, 1990, NATA history was made in Chicago. The American Medical Association and its Council on Medical Education (CME) formally recognized athletic training as an allied health profession. More than 25 NATA members including Professional Education Committee Chairman Robert Behnke, Executive Director Alan A. Smith, Jr., Vice President John Schrader, and former PEC Chairman Gary Delforge attended the meeting.

Dr. Behnke says, "It is extremely gratifying that the nation's largest medical organization has recognized athletic trainers. We really haven't had anyone formally acknowledge us as an allied health profession before. Athletic trainers now have a professional status in the health care field."

Dr. Behnke predicts that, "the biggest impact will be on professional preparation." NATA's current guidelines for athletic training educational programs will be rewritten. Each of the current 13 graduate and 73 undergraduate ath-

letic training programs will continue to be reviewed at staggered, five-year intervals. At renewal time, the AMA's Committee on Allied Health Education and Accreditation (CAHEA) will evaluate each existing program as if it were a new one. Dr. Behnke estimates that an additional 15 new programs will apply for accreditation when the new guidelines are established.

CAHEA's endorsement is highly regarded because this committee determines the rules of conduct for allied health professions and the regulations for the institutions which sponsor their educational programs.

The benefits of CAHEA's classification are far-reaching for athletic training, according to Dr. Behnke. Legislative efforts will be aided by the formal definition of the profession of athletic training. The increased recognition will result in greater potential for research funding from organizations such as the National Institutes of Health. The ruling also provides momentum for

other avenues of practice for the profession as a whole and for athletic trainers individually.

Investigations into CAHEA approval began in the 1970s under the direction of the first Chairman of the Professional Education Committee, the late Sayers "Bud" Miller. The NATA Board of Directors and PEC decided to wait until athletic training educational programs were fully established before they proceeded with CAHEA. In 1987, Dr. Behnke revived the efforts and has worked closely with CAHEA to gain the recognition of athletic training as an allied health profession.

NATA's efforts were supported enthusiastically by the American Physical Therapy Association, the American Academy of Family Practitioners, and the American Orthopedic Society for Sports Medicine, and co-sponsored by the American Academy of Pediatrics.

*Reprinted from the NATA News Bulletin*

## Commentary

### It's Up to ATCs To Obtain Higher Salaries



**Thomas Weidner, PhD, ATC**

Athletic trainers are becoming increasingly discouraged with their salaries. The problem is exacerbated by frequent complaints that ATCs are being "dumped on."

education.

In general, athletic trainers often are made to feel subservient, in part because people in supervisory positions remain unaware of the significant technical skills and advanced knowledge ATCs have mastered in recent years.

Athletic trainers must assume some of the blame. The manner in which we carry ourselves reflects the professional status of our field. As one example, many attendees at the NATA's annual clinical symposium wear shorts, t-shirts and thongs, which is hardly professional. Is there another group of medical professionals dressed so casually at their annual conference?

Many ATCs also are guilty of accepting embarrassingly low salaries. And fewer ATCs, it seems, are willing to relocate to obtain a position with an acceptable salary.

The time has come for the NATA to help its members negotiate better salaries by establishing standards and guidelines. The NATA should list recommended starting salaries for the various settings in which ATCs are now employed. The NATA should consider conducting scientifically-based salary surveys and sharing the results with its members. The national association also could help by preparing recommendations for a benefit

package, and for merit raises commensurate with job performance, professional involvement, and community service.

To lend assistance, state associations could organize a salary task force composed of representatives from the various athletic training employment settings. The task force would be charged with collecting and disseminating salary figures, as well as organizing and assisting in salary arbitration.

It is important that we improve our professional image, status and conduct. Just as important, we must stop selling ourselves short by accepting poor salaries. If we delay further, our profession will continue to lose its best and brightest to more financially rewarding professions. It is time to take better care of ourselves. It's up to us. We've earned the right to be respected for what we do.

**Dr. Weidner is Director of the Athletic Training Education Program at California State University, Northridge. He is on the Board of Editors for *Athletic Training JNATA* and serves as District Eight representative on the Research and Injury Committee.**

**This commentary represents Dr. Weidner's views and is not an official statement of the NATA.**



# Smaha Announces Development of a Foundation for Education and Research

At the national business meeting in Indianapolis, President Mark Smaha announced that the National Athletic Trainers' Association, with the support of Johnson & Johnson, will begin development of the NATA Foundation for Education and Research. As the founder, Johnson & Johnson will provide the initial funding to conduct an indepth feasibility study.

Work is underway to have the foundation in full operation by July, 1991. A primary goal is to raise five to ten million dollars to establish a permanent endowment which would support the foundation's operations.

According to John Powell, Chairman of the NATA Research and Injury Committee, the idea of an Education and Research Foundation has been discussed for several years. NATA has developed a leadership and organizational structure that is strong enough to support such a foundation, Powell states.

The goals of the new foundation are:

- Insure quality research for developing the science of athletic training
- Provide ongoing education for certified athletic trainers
- Secure appropriate undergraduate curricula for athletic training students' professional preparation
- Inform the public about safety and injury prevention

Jack Weakley of Johnson & Johnson, says



At the National Business Meeting in Indianapolis, Indiana, Mark Smaha (left) and John Powell (center) thank Jack Weakley (right) for Johnson & Johnson's support of the NATA Foundation for Education and Research.

that his company has a commitment to athletic trainers as significant consumers and is very pleased and excited about the concept of this foundation.

Plans for the foundation are undergoing feasibility studies now to determine the legal implications, fundraising procedures, and administrative functions and processes. Strict planning and outside guidance will be necessary if the challenging one-year time frame for establishment is to be met.

## American Trainers in High Demand Overseas

Jill Van Dorpe, an athletic trainer at the University of Pittsburgh's Sports Medicine Institute was invited to travel with and provide athletic training services to 18 elite track and field athletes during an extensive European tour of competitive events.

Van Dorpe departed August 5 for her three-week assignment, covering six countries and seven international meets. Two-time Olympic gold medalist Roger Kingdom will be one of the competitors traveling with Van Dorpe. As an athletic trainer, she will be responsible for keeping the athletes properly conditioned and injury-free. If one of the athletes is injured, Van Dorpe will help him or her safely return to competition.

Van Dorpe is not the only Pittsburgh sports medicine specialist whose services are in demand overseas. A nine member team representing the Pittsburgh Sports Medicine Institute and the Pittsburgh Marathon recently traveled to the Soviet Union to oversee the medical coverage of the Moscow International Peace Marathon. The team was invited by Events Internationale, Inc., of Boston, and the Moscow Sports Committee.



The Johnson & Johnson exhibit at the National Athletic Trainers' Association Clinical Symposium and Workshop in Indianapolis, Indiana.



# NATA, APTA Leaders Consider Forming a Joint Task Force

By John LeGear and David Mooney

National representatives of the NATA and the American Physical Therapy Association agreed to meet this spring to consider forming a joint task force which would create new lines of communication and a better understanding between the two allied health care professions.

Leading members from both national organizations believe a joint committee, which would be the first of its kind at the national level, could best address common issues and concerns, one of which is tension stemming from turf battles between the two groups.

APTA President Jane Matthews took the initiative in March to contact NATA President Mark Smaha to discuss ways of resolving differences between the two organizations. She elected to do so after hearing District Two Director Joe Godek make a presentation entitled "Athletic Training in the Clinical Setting."

Godek addressed a standing-room-only crowd of 250 physical therapists in the session,

which was sponsored by the APTA's Education, Public Laws and Sports Medicine sections.

"Essentially," Godek said, "my point was that there is a role for athletic trainers in the clinical setting. I presented a conceptual model that showed not only the overlap between the two professions, but also areas where one group has more expertise than the other. I tried to establish that athletic trainers have certain qualifications, and these qualifications don't change as a result of where the ATC is working."

Godek contends that turf battles result more from a lack of communication than from competition for customers.

"There's plenty of work to go around," Godek said. "Demographic studies indicate that the U.S. will experience a shortage of 25,000 physical therapists by the mid-1990s. None of us will be out of work."

Godek, Head Athletic Trainer at West Chester University in Pennsylvania, said the time has arrived for athletic trainers to work together with physical therapists.

"Until now, athletic trainers and physical therapists have been relying more on economic considerations than ethical standards," Godek said. "I honestly believe that by sitting down together to discuss the business of providing optimal health care, we can serve our athletes and patients better."



Joe Godek

NATA President Mark Smaha appointed Godek to lead the athletic trainer delegation, which will also include former District Four Director Dennis Miller, a physical therapist and longtime liaison to the APTA. Both organizations are expected to appoint three members to the joint task force.

## Jack Rockwell Retires

By Dwight Normile



Jack Rockwell

The faces of the U.S. National team and its coaching staff are forever changing, but since 1977 one has remained the same.

Athletic trainer Jack Rockwell has been taping ankles, icing sprains and massaging muscles for the U.S. team for the last 13 years, and now he's finally taking time off to "smell the roses."

"I'm 64 years old," said Rockwell, "I've got two grandchildren I'd like to spend time with, and I'd like to take a vacation with my wife (Jean), which I haven't been able to do for the last nine or ten years."

And while he looks forward to spending time with his own family, Rockwell believes he is leaving another. "Of all the sports I've worked in, the gymnastics community is the nicest group of people," said Rockwell. "I'll miss the people, and of course watching the kids [on the U.S. team] grow up."

During his tenure as trainer, Rockwell fondly remembers the emergence of youngsters such as

Bart Conner, Kathy Johnson, Julianne McNamara and Tracee Talavera. "I took Kelly [Garrison] on her first overseas trip when she was twelve years old," Rockwell recalled, "and then watched her grow into a beautiful young lady."

Experiences like these made Rockwell's decision to retire an emotional one, but the time-consuming traveling with the U.S. team was keeping him away from his full-time job as Director/Administrator of a sports medicine clinic in Santa Rosa, Calif., where he and his staff of six physical therapists and three athletic trainers see up to 70 patients a day. "I didn't feel I was being fair to the people at the clinic when I went on trips [with the U.S. team]," said Rockwell, who was educated at the University of Kansas and the University of Colorado, two schools which had gymnastics at the time and contributed to Rockwell's early interest in the sport.

And while Rockwell's face may be missing from the gymnastics scene in the future, his name will not be forgotten. Honoring this dedicated trainer, the U.S.G.F. initiated the "Jack Rockwell Award," which is presented each year to the person of the medical profession who contributes the most to gymnastics.

But perhaps nobody will ever contribute as much as Rockwell has since 1977.

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## NATA News

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# New NATA Board of Directors

The introduction of new members to the NATA Board of Directors was made at the National Business Meeting in Indianapolis, Indiana in June. Jim Booher from District 5 and Julie Max from District 8 were elected to represent their members for a three-year term. NATA President Mark Smaha thanked outgoing directors Jerry Weber and Janice Daniels for their many contributions to the organization.



**Jim Booher**



**Jerry Weber**

Janice Daniels served on the Board of Directors for six years as the representative from District 8. As the first female to be elected, she made a unique contribution and enlightened other board members about new issues of concern.



**Janice Daniels**

Jerry Weber, represented District 5 for three years and served as NATA's Vice President. Mr. Smaha especially praised him for his common sense in guiding the fast growing and changing organization.



(L to R) Doug May - District 9, Mark Smaha - President, Paul Zeek - District 6, Dennis Sealy - District 9, Edward Hernandez - Representing Charles Redman of District 1, Julie Max - District 8, Mike Nesbitt - District 7, Alan A. Smith, Jr. - Executive Director, Joe Godek - District 2, John Schrader, Vice President - District 4, Terry O'Brien - District 3

In Indianapolis, the Board of Directors met for six days discussing issues important to the organization, and hearing reports and proposals from the leaders of the standing committees and task forces, the auditor, and several others who presented information relevant to the issues being covered.

A position on the Board of Directors requires dedicated and often time consuming service to ensure the continued success and growth of the organization. These men and women care about athletic training and always act in the best interest of the members and the profession. President Smaha and each director deserves the thanks, support, and appreciation of the membership for their diligent efforts in leading the National Athletic Trainers' Association.

## District Six News

The Southwest Athletic Trainers' Association's Annual Meeting was held July 26-28, 1990 in Arlington, Texas. The meeting was highlighted by the awards presentations. Several members were recognized for their outstanding contributions.

Ken Locker received the Frank Medina Award, and Paul Zeek, Head Trainer at Lamar University, received the Eddie Wojecki award. Both of these awards are for outstanding service to the Southwest Athletic Trainers' Association. Ken Murray, Head Trainer at Texas Tech University, was inducted into the SWATA Hall of Fame.

Honorary memberships were presented to Homer Johnson, Athletic Director at Garland I.S.D., Hulin "Hoot" Smith, Athletic Director at Hurst-Euless-Bedford I.S.D., and J. Brooks McIntyre, SWATA Financial Advisor. Honorary memberships are given to those who have dedicated a great deal of time and service to helping the Southwest Athletic Trainers' Association or who have made significant contributions to sports medicine, to the health care of athletes in the Southwest, or to the athletic training profession.

## Editors' Note

Dear Members:

This is the first issue of the *NATA News* produced under the direction of the NATA national office in Dallas, Texas. This newsletter is your publication. Member contributions of articles, calendar events, and comments are welcome. We would be pleased to publish any items of interest to sports medicine professionals.

Plans for future issues include a classified section and an increase in the number of issues

per year. Please write and let us know what you'd like to see in your newsletter.

Best wishes,

*Margaret T. Webb*

Margaret T. Webb  
Editor

*Lisa J. Wood*

Lisa J. Wood  
Associate Editor



# Honors & Awards

## NATA Award and Scholarship Winners

By David G. Yeo, DPE, ATC

It is with great pride and pleasure that the NATA recognizes those individuals who were presented scholarship awards and distinguished honors at the annual convention in June. It is always a highlight to recognize prominent leaders within the profession for their dedicated service and leadership over the years. Similarly, it is a privilege to congratulate outstanding students for their excellent performance in athletic training programs. To these established professionals

and future leaders, the NATA extends sincere thanks and congratulations. The competence, diligence, sacrifice, and commitment the awards represent serve to inspire others within the profession.

Because so many individuals are worthy of these special awards, sincere thanks and praise for their extensive review and careful consideration of the nominations for these awards go to Bill Chambers and his NATA Grants and Scholarships Committee (Lindsy McLean, Ned Bergert, Greg Kreitz, Ken Locker, Dean Kleinschmidt, Kathleen Schniedwind, Frank George, and Patricia Jayson), George Sullivan and the Honor Awards Committee, and the NATA President and Board of Directors.

### National Athletic Trainers' Association Hall of Fame 1990

Robert S. Behnke, HSD, ATC, District 4  
Cash D. Birdwell, ATC, District 6

Joe H. Gieck, PhD, ATC, District 3  
Roland "Duke" LaRue, ATC, District 5

### President's Challenge Cup Award

John M. Miller, M.D.  
Bloomington, IN

### Honorary Membership Awards

George Haynie, ATC  
Grapevine, TX

Merrill A. Ritter, M.D.  
Indianapolis, IN

J. Brooks McIntyre, C.P.A.  
Pawleys Island, SC

Howard J. Sweeney, M.D.  
Northbrook, IL

### 25 Year Awards

William H. Battershall  
District 2  
William T. Berry  
District 4  
Phillip A. Callicutt  
District 7  
Joseph Castro  
District 1  
Gary E. Craner  
District 10  
Kent P. Falb  
District 4  
Francis J. George  
District 1  
Douglas W. Gibbins  
District 6  
David M. Huffstetler  
District 4

Wesley D. Jordan  
District 1  
James B. Laughnane  
District 1  
Robert A. Ragland  
District 8  
Ray C. Robinson  
District 7  
Ronald A. Sendre  
District 4  
Gary L. Smith  
District 10  
David J. Tomasi  
District 2  
Charles R. Vosler  
District 4  
Kenneth C. Wolfert  
District 1

## Paul Spear Receives NATA Distinguished Athletic Training Educator Award



Paul Spear, Program Director and Chairman of the Department of Sports Medicine at Marietta College, Ohio, was presented the Sayers J. Miller, Jr. Distinguished Athletic Training Educator Award at the NATA President's Reception and Awards Banquet in Indianapolis in June. Spear joins previous elite recipients William E. "Pinky" Newell, Phil Donley, Joe Gieck, Robert Behnke, Carl Krein, and Rod Compton in receiving one of NATA's most prestigious awards.

Spear received an R.N. degree from St. Francis School of Nursing in 1959, a Bachelor of Science degree in Biology from Marietta College in 1964, and a Master of Science degree in Physiology from Ball State University in 1965. His graduate work was completed at Ohio State University in Athletic Training and at the University of Virginia in Sports Medicine.

Following a year of teaching at St. Francis School of Nursing, Spear became an instructor in Health Science at Marietta College in 1964. Over the past 26 years, he has held various positions at Marietta, including Assistant Director of the Student Health Center, Athletic Trainer, and Chairman of the Allied Health Committee. Spear is currently Chairman, Associate Professor, and Athletic Training Program Director in the Department of Sports Medicine at Marietta College.

Paul Spear developed and implemented the first NATA approved major in sports medicine at

*continued p. 9...*



Marietta College. His foresight, experience, and sound academic planning have made him an Evaluation Chief and team evaluator for several NATA Professional Education Committee visitation teams. In curriculum matters, he has developed an External Sports Medicine Advisory Council model at Marietta, a Research and Design course for athletic training majors, and has taught approximately 13 different courses related to sports medicine, physiology, and kinesiology.

In great demand as a speaker to sports medicine groups, Spear has addressed such associations as the Ohio Safety Congress, Ohio Optometric Association, World Congress of Sports Medicine, and Ohio University. He has conducted numerous workshops and updates for coaches, athletic trainers, nurses, and health practitioners as requested by universities, hospitals, local associations, and the state of Ohio. He has made presentations at NATA District conventions and NATA Professional Education Committee meetings, and has been a consultant in establishing athletic training curricula at several colleges and universities. His writing has included publications by NATA, Johnson & Johnson, and SportsMed.

In 1986, Spear founded and has been the director of SportsMed, a rehabilitation clinic in Marietta. Within the last two years, Spear has received awards from the Sears-Roebuck Foundation for Teaching Excellence and Campus Leadership, the American Marketing Association, and the Marietta City Schools. He has served as Vice President of Sports Medicine of the OAHPERD, and currently is a member of the State of Ohio Board of Nursing Education and Nurse Registration.

For his dedicated service and exceptional leadership in the area of athletic training, NATA proudly honors Paul Spear with the Distinguished Athletic Training Educator Award. He has truly excelled in the areas of teaching and curriculum and program development. He has earned the sincere thanks and congratulations of the National Athletic Trainers' Association.

## 1990 Ohio Trainer of the Year Awards

The Ohio Athletic Trainers' Association recently announced the recipients of their 1990 Trainer of the Year Awards.

The High School Division winner was **Dan Rasor**, Head Athletic Trainer at Oakwood High School. **Pat Troesch**, Assistant Athletic Trainer at Miami University was the Collegiate Division honoree. The Professional/Clinic Division winner was **Jerry Whetstone** of St. Elizabeth Sports Medicine Center.



Seated L to R: Claire Ashburn, Terri Higgins, Jeanine Cormier, Tammy Thompson, Karen Russ, Debra Scott, Cheryl Appleberry, Canda Edwards, Maria Morgan. Standing L to R: Bill Chambers, Michele Mikanowicz, Bonnie Siple, Barbara Meeker, Randall Cohen, Darin Powell, Kyle Kiesel (for Dixie Zoucha), Tory Lindley, Mary Beth Bolanowski, Thomas Boschung, John Topolski, Kevin Conley, Jay Claypool, Joseph Greene, Paul Spear, Phillip Page, John Woodward. Not Pictured: Diana Christofferson, Bethany Converse, Michael Folsom, Philip Keith, Jean Miles, Mary Tew, Brian Thorpe, Jennifer Turner, Krista Walker, Cherie Wibben.

### 16th Annual William E. Newell Student Trainer Awards Banquet Held in Indianapolis

The 16th Annual William E. Newell Student Trainer Awards Banquet was held June 10, 1990 at the Hyatt Regency Hotel in Indianapolis, Indiana. Student Trainers Committee Chairman Ken Locker was Master of Ceremonies for the banquet, which was sponsored by the Indiana Pacers. Each student athletic trainer received a \$1500 scholarship.

Thirty-four students were recognized for their outstanding achievements. While words like "accomplished," "enthusiastic," "disciplined," and "motivated" were used often to describe the recipients, these students represent the diversity that is so much a part of NATA.

Their academic majors range from sports-related curricula to English, dance, management, and history. Some student recipients are rearing families while they attend school. Others are furthering their studies abroad, in places like England and Korea. They all have excelled in the classroom and have much to offer the future of NATA.

**Karen Russ**, a 1988 graduate of the University of Iowa, received the Eddie Wojewicki 1990 Achievement Award for having received the highest score on the 1989 NATA certification exam. Her award was sponsored by Mueller Sports Medicine, Inc. **Phillip Page** of Louisiana State University won the NATA 1990 Annual Student Writing Contest.

Our hearty congratulations and best wishes to all honorees.





# District News

## VATA State Regulation Update

The Virginia Athletic Trainers' Association's request for professional certification of athletic training by the Virginia Board of Health Professions was the subject of a hearing held June 15, 1990, in Richmond, Virginia. VATA was represented by President Steve Cole, Vice President Tom Jones, Secretary Barry Deuel, and Dave Perrin.

VATA's presentation was in response to questions about the original February 8 proposal for the regulation of athletic training in Virginia. The Board of Health Professions' major areas of concern were the risk for harm to the consumer, the classification of athletic training as a health-related profession instead of an education-related profession, and the reasons for seeking changes to the current regulation system. To address these questions, VATA members cited statistics on injuries which occurred when a certified athletic trainer was not present. They also provided examples of other states' certification programs, and a summary of relevant court cases.

The Board of Health Professions stressed the consequences of regulation, citing examples of intrusions and restrictions likely to be imposed on the education and practice of athletic trainers in the event of certification. Questions were also raised about the effectiveness of certifying athletic trainers: Would certification be voluntary? How would the Board's action have any bearing on prevention of injury?

While final action on the proposal was delayed until October, the Board made alternative suggestions, such as asking VATA to provide regularly updated lists of qualified athletic trainers to all schools and organizations in the state, so they may decide whether or not to hire a VATA-approved trainer, and launching a public awareness campaign to better educate parents and administrators about the importance of employing qualified athletic trainers.

## 1990 VATA Officers Elected

The Virginia Athletic Trainers' Association held officer elections on May 19, 1990. Elected were: President, **Steve Cole** of the College of William and Mary; Vice President, **Tom Jones** of Washington and Lee University; Secretary **Barry W. Deuel** of Medical Circle Physical Therapy and Sports Medicine; and Treasurer, **Sherry Summers** of James Madison University.



University of Southwestern Louisiana J.C. "Dutch" Reinhardt Memorial Award. 1st row (L to R): Troy Wingerter, Martha Reinhardt, and Gerald Broussard. 2nd row (L to R) John Porche, Susan Williams, Cathy McAllister, and Alisa Smith.

## Wingerter Named Winner of the J.C. "Dutch" Reinhardt Award

**Troy Wingerter**, a junior offensive lineman on the University of Southwestern Louisiana's Ragin' Cajun football team, has been named the 8th winner of the J.C. "Dutch" Reinhardt Memorial Award. The award is presented annually to a USL athlete who overcomes a serious injury or illness and returns to make a significant contribution to a sport.

Wingerter, a native of Metairie, Louisiana, underwent an operation in December of 1988 for a severely dislocated shoulder, then developed toxic shock syndrome as a complication of the surgery. He spent 21 days in the hospital and sat out spring training, but came back to help lead the 1989 Ragin' Cajuns to their best record in eight years.

Previous winners of the award are basketball player Alonza Allen in 1983, football players Gerald Broussard in 1984, Craig Long in 1985, Terry Falgout in 1986, volleyball and softball player Alisa Smith in 1987, softball player Cathy McAllister in 1988, and softball player Susan

Williams in 1989.

"We have always had a need to honor our student athletes who have been hit with injuries or illnesses and have done whatever has been necessary to come back," says USL Director of Sports Medicine John Porche. "This award is for the many hours of extra work and reconditioning that are required, and for the courage and dedication necessary to come back from such a traumatic experience."

The award sponsored by the Alumni "S" club, is named for the late J.C. "Dutch" Reinhardt, USL's first athletic trainer, and a member of the USL athletic staff for 58 years before his death in September, 1989. Porche, who originated the award, commented that "Dutch embodied all the things that these people have done to earn this award. He always showed a great deal of courage and dedication, and did so many great things for the University. He was also involved in taking care of serious injuries and illnesses and helping those people come back and play. This is a way to honor his memory."

Mrs. Martha Reinhardt and Porche presented the award to Wingerter.

## Gatorade Hosts Speedway USA Party

A special after-hours highlight of the national meeting in Indianapolis was the June 9 *Speedway USA* party sponsored by Gatorade. Held at the Hoosier Dome, the festivities offered something for everyone. There was much to eat, much to drink, and much to do. Gatorade provided a

lavish buffet dinner and varied entertainment, which included music by the Shirelles and the Coasters, dancing, arcade games, and formula race car displays. NATA extends its deep appreciation to Gatorade for its hospitality in hosting this crowd-pleasing event.



# Ohio Athletic Trainers' Association Hall of Fame Honors Eight



The Ohio Athletic Trainers' Association recently inducted the charter class into the OATA Hall of Fame in Athens, Ohio. The presentation was held at the Great Lakes Athletic Trainers' Association Banquet on March 8, 1990.

Pictured are the 1990 charter class inductees or their representatives. Left to right: **Leo Murphy**, Trainer Emeritus, Cleveland Browns Football Club; **Gale Newton**, Head Athletic Trainer, Miami University accepting for **E. Jay Colville**, (deceased) former Head Athletic Trainer, Miami University; **Jan Gamble**, daughter of **Allan Sawdy**, (deceased) Former Head Athletic Trainer, Bowling Green State University; **Dale Googins**, Head Athletic Trainer, Denison University; **Charles "Skip" Vosler**, Head Ath-

letic Trainer, Ohio State University; **Millie Biggs-Mummey** accepting for her late husband **Ernest R. "Ernie" Biggs**, former Head Athletic Trainer, Ohio State University; **Robert Livengood**, former Head Athletic Trainer, Bowling Green State University; and **Abby Hart** accepting for her late husband **Alan W. Hart**, former Head Athletic Trainer, Ohio University and the Ohio State University.

These individuals are recognized not only for their contributions to the athletic training profession in Ohio, but also for their dedicated efforts in the development, growth and advancement of the National Athletic Trainers' Association and the Great Lakes Athletic Trainers' Association.

## Unusual Program Offered For Student Athletic Trainers

A novel program in Santa Clara County, California provides on-campus athletic trainers for six high schools which are unable to afford to hire full-time certified trainers. Graduate students from San Jose State University who are NATA certified or have completed certification course work serve as trainers for the high school athletic programs. They are paid \$7,000 per school year and work 20 hours per week, for which they receive academic credit.

The program is one of only three west of the Mississippi and is modeled after a similar pro-

gram at the University of Arizona. Funding comes from donations, equipment allowances, athletic department fundraising, and school district sources.

The Santa Clara high school coaches are particularly enthusiastic about the program. They value the presence of someone who is trained to understand the mechanisms and severity of sports injuries. The coaches consider the graduate student trainers "a godsend" and "worth their weight in gold."

## Student Aptitude Test Held in New Jersey

On Saturday, May 12, 1990, the second Annual Student Trainer Aptitude Test was given to high school students who are interested in athletic training. The test was administered by its creator, **Phil Hossler**, ATC at East Brunswick High School in New Jersey.

According to Hossler, "The national percentage of high schools with athletic trainers is about 15%. Here in New Jersey, we are closer to 40%. Student trainers on the high school level perform many valuable services for their high school athletic teams."

The 275 question test involved both a written and practical portion and is the only one of its kind in the nation.

The test was offered to students across New Jersey who are studying and practicing athletic training skills. Each participant received a complimentary copy of a text written by Hossler, and an athletic injury video tape by Johnson & Johnson. A \$50 U.S. Savings Bond was given to the student who had the highest score.

Hossler, a longtime proponent of increased knowledge of athletic medicine on the high school level, says that, "there is a tremendous need to provide quality athletic health care in the high schools. A certified athletic trainer is in the best position to do this. By offering this test on a national level, we will introduce high school students to the profession and they will return to work in high schools after they graduate from college."

## Exercise Sciences & Sports Medicine Conference

The Tufts University and the University of Puerto Rico Schools of Medicine announce the 5th Annual Conference on Exercise Sciences and Sports Medicine: "Exercise in Childhood Adolescence" to be held March 7-9, 1991 at the Caribe Hilton Hotel, San Juan, Puerto Rico. For more information, write: Tufts University School of Medicine, Office of Continuing Education, 136 Harrison Avenue, Boston, MA 02111, (617) 956-6579.

## International Conference Planned

The International Conference on Sports Business, sponsored by the University of South Carolina's Department of Sport Administration will be held February 27 through March 2, 1991. For information, contact Guy Lewis, Director at (803) 777-4690 or FAX (803) 777-6427.



# Spotlight on a Member

## Babagian: First Female Certified Athletic Trainer



*Sherry Kosek Babagian*

In 1966, Sherry Kosek Babagian attended her first NATA meeting. Six years later, she was the only woman to take the first NATA certification examination. Babagian passed with flying colors, even though she had to test before a "galley of [male] trainers" who had never seen a female trainer in action. Co-ed training rooms were nonexistent then, so Babagian's taping skills were tested in the hallway. As the final athletic trainer to be tested, she recalls having to use the "ends of the rolls of tape" on a very hot, humid, and sticky day. But Babagian's skill under such pressure made NATA history and helped to pave the way for other women to enter the profession and the training room.

Babagian's interest in becoming an athletic trainer had little to do with feminism. As with many trainers, a personal experience with a sports injury was her motivation. As an undergraduate at the University of Southern Illinois in Carbondale, Babagian participated in synchronized swimming and gymnastics. While moving a trampoline, she injured her ankle and it "ballooned up." The women's athletic teams had no athletic trainer and women were not allowed to enter the training room, so the men's trainer administered "ice and elevation" in the hallway. Blood clots formed,

and Babagian was put in a cast for the next two weeks. "The doctor cleared me to return to sports, but I couldn't point my foot. There was no way I could do the trampoline or gymnastics, so I missed the whole season. No one told me what to do to strengthen it or make it better."

Babagian says that doctors' attitudes toward women's athletic injuries and the shortage of treatment options for women led her to pursue a career in athletic training. In college, she received special permission to become the first female to take a general athletic training course, which was mandatory for male physical education majors but was off-limits for female PE majors. To gain practical experience, Babagian began taping the men's baseball and women's gymnastic teams in the hallway. Her interest continued when she returned to her hometown near Chicago to teach high school gymnastics and swimming. "It was so frustrating," she recalls. "The only treatment doctors offered the female [athletes] for sprained ankles was to tell them to 'rest it for six weeks.'"

Believing that she could make a difference, Babagian left teaching to study physical therapy at the Mayo Clinic in Rochester, Minnesota. Although there were no sports medicine classes offered, Babagian did two inservices on sports medicine and accumulated as much practical experience as possible. She assisted the local high school football team, always working on the visitors' sidelines. She later found out that she was unable to remain on the home sidelines because of the possible stigma attached to having a woman trainer. Another reason offered was that she should be protected from the possibility of hearing "bad" language on the home sidelines.

As her graduation from Mayo neared, Babagian began to look for a job. She wrote to many athletic trainers she had met through NATA, but none of their schools would consider hiring a woman trainer. Babagian says she found, "closed doors everywhere. But I kept on, because I knew that women athletes needed care, just as the men did. The women who were injured either dropped out [of the sport] or played injured."

At an NATA meeting in Denver, Babagian met Dr. James Garrick, a teacher and orthopedist at the University of Washington in Seattle. He hired her to establish a women's training room. "It had been the dressing room for the men's basketball coach. The shower became the whirlpool. I had a lot to learn, since I had never been in an operational training room before," Babagian

says. "My experience was limited to the hallway."

Equipped with her physical therapy background and an athletic training textbook, Babagian created her first training room. One of her initial duties was to educate the football coaches about the importance of a qualified trainer, and to stress to them that athletic trainers did not want to replace coaches. Babagian's efforts were so successful that they "'mushroomed'; every sport wanted an athletic trainer."

In 1975, Babagian reached a milestone in her career: Washington created one of the first co-ed training rooms. "It was functional and operational. We had no problems. There were outside entrances for the men and the women athletes. Everyone kept asking, 'Why hadn't this happened years before?'"

Babagian then accepted a position at Stanford University as an assistant athletic trainer, where she worked until 1981. It was at Stanford while on the football field during two bowl games that Babagian feels she was "accepted totally." She says, "It was natural to be there. I was a trainer, not a 'woman trainer.'"

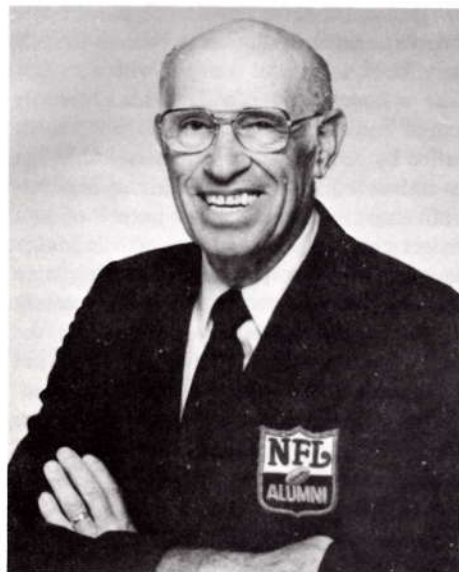
Being selected as a member of the 1980 Olympics medical team is a highlight of her training career. Although the U.S. boycotted the Games, Babagian worked with the athletes during training in Squaw Valley, Nevada. Other highlights include traveling with the Pan American women's basketball team to China, Japan, Hong Kong, and Korea in 1978. They were the first team to play in China when it was opened to foreigners. She was also the athletic trainer for the women's basketball team at the Pan Am Games in 1979.

Today, Babagian works as a physical therapist at the Kaweah Delta Outpatient Rehabilitation Services in Visalia, California, where she deals with "athletes of all ages." Although she does not anticipate returning to full-time athletic training, Babagian sees more opportunity for women athletic trainers today. Her advice for women and men is to get as many credentials and as much training as possible.

Throughout her career, Sherry Kosek Babagian says her goal has been to do the best job possible, "not to break barriers." She continues, "I treat every injury with the same attention and care. I am treating the whole person, not just an ankle or a knee, and that helps people to get better faster. After all, that's why we're here."



# In Memoriam



Joseph Doller, D.P.M.  
August 25, 1918 - January 19, 1990

Dr. Joseph Doller, a podiatrist and certified athletic trainer, passed away January 19, 1990. He was 71 years old.

A member of the National Athletic Trainers' Association since 1940, Doller earned a doctorate in 1951 from the Illinois College of Podiatric Medicine. He was a pioneer in combining podiatry with athletic training and in combining the two disciplines in a major professional setting. His work in the field led to the discovery of the condition known as "Turf Toe."

Doller was an athletic trainer with the Chicago Bears in 1942 and from 1946-1947. From 1951-57 he worked with Loyola University's basketball team and the Chicago NFL football program. He also served on the medical staff during the 1959 Pan American Games.

Doller frequently spoke at NATA national conventions and regional meetings. Several of his articles were published in the *Athletic Training JNATA*.

He moved from Chicago to Melbourne, Florida where he established his practice and served as a consultant for the Tampa Bay Buccaneers. Instrumental in the establishment of the Florida Institute of Technology Intercollegiate Athletic Program, Doller was elected to the F.I.T. Hall of Fame. He was also a retired member of NATA, a lifetime member of the American Academy of Podiatric Sports Medicine, and a member of the NFL alumni.

Dr. Joseph Doller will be missed by his

family, friends, and the athletes with whom he worked. He is survived by his wife, Dorothy, and a sister, Myrtle.

Lawrence David Emory, III  
September 23, 1962 - February 23, 1990



Lawrence David Emory, III, head athletic trainer at Delta State University in Mississippi, passed away February 23, 1990. He was 27 years old.

Emory attended high school at Knoxville Central High School in Knoxville, Tennessee. He graduated from East Tennessee State University and received a master's degree in athletic training from the University of Mississippi.

His interest in athletic training began in junior high school. Emory was involved in an auto accident which injured several vital organs. Doctors told him he could not participate in athletics again. Emory maintained a positive attitude and decided that if he could not contribute to athletics as an athlete, he could contribute to someone else's success in athletics as an athletic trainer.

Dave Emory will be missed by his family, friends, and fellow professionals. The "Little Dave Emory Student Athletic Trainer Scholarship Fund" has been established at Knoxville Central High School.

He is survived by his parents, Dave and Ellen, a sister, Cindi, grandmother, Mrs. J.C. Emory, and his fiancée, Mitzi.



Edward A. "Eddie" Sulkowski  
January 26, 1920 - September 3, 1989

Edward A. "Eddie" Sulkowski, former trainer for the United States Olympic Boxing Team for the 1972 Munich games and the 1976 Montreal games, passed away September 3, 1989. He was 69 years old.

Sulkowski joined the Athletic and Physical Education Department at Pennsylvania State University in 1949. During his 34 years at Penn State, he served as a football trainer, assistant and head boxing coach, wrestling coach, and an assistant professor of physical education. He retired from Penn State in 1983.

An Army veteran of WWII, Sulkowski received his Bachelor's degree and Master's of Science degree from Penn State.

Winner of the 1942 National AAU Featherweight Boxing Title, Sulkowski, who had a great love for boxing, contributed much of his own time officiating during boxing clinics in Japan and Korea. He also conducted athletic training clinics in Germany.

He was inducted into the NATA Hall of Fame in 1974. An Edward A. Sulkowski Scholarship fund has been established at Penn State University.

Sulkowski will be missed by his family, friends, athletes, and fellow professionals.

Eddie Sulkowski is survived by three children, Peggy, Kathy, and Thomas. His wife preceded him in death in 1984.



# Letters to the Editor

## Teaching Certificate

Regarding the January, 1990 article, *Secondary School Committee High on Having "Teaching" Certificate*, I feel that the recommendation by Hal Hilmer and the Secondary School Committee focuses on the large number of high school ATCs who hold degrees in the areas of Health and Physical Education only. The need to include other areas is more apparent than ever before! However, I hope individuals are not discouraged from entering the high school level. While the job of a teacher/athletic trainer is complex, it is rewarding. As school programs grow, I observe more high schools hiring full-time athletic trainers. While many believe it is not necessary to have a teaching certificate, I feel it only enhances one's ability to secure a position. The teaching background is important because we are always teaching our student athletes about care and prevention of their injuries, and because it allows students to see our profession in another light. On the professional, college, clinic, or high school level, we constantly teach our athletes. While we may not reach 30 students at once, I would be willing to bet that we instruct 30 individual athletes each day about an injury or about a tip to help them succeed in life.

I would encourage anyone who wants to become an athletic trainer to acquire a background in education. I especially encourage those considering a high school position to broaden their horizons with courses which enhance their ability to secure a position. The more marketable you are, the more eligible you become for many positions in the secondary schools.

**Roger A. Kalisiak, ATC, R, Athletic Trainer, Hoffman Estates High School, Hoffman Estates, IL**

## Campus Clinics

In response to the article *Will Campus Clinics Replace Traditional Training Rooms?*, Spring, 1990, I think the idea of transforming the traditional, non-revenue producing athletic training room into a profitable sports medicine clinic may indeed be the next evolutionary step in the field of athletic training in order to adequately treat the injured scholar athlete, and to keep in line with the mission of the university. However, it seems that universities which already have accepted this form of athletic training, most notably Ball State, Boise State, and San Diego State, completely disregard the needs of the student athletic trainer. That scares me. If schools are willing to short-change the students' "hands on" experience,

quoting Jerry Bell, "to meet the athletic health needs of faculty, staff, and recreational athletes as well as scholar athletes," then the NATA and the schools which implement revenue producing clinics, might as well forget about educating the student athletic trainer. The accountants will be too busy making a profit at the students' expense.

**Brian Jansen, University of North Carolina at Asheville, Asheville, NC**

The article that discussed the transformation of the traditional training room into an institutional profit center (*Will Campus Clinics Replace Traditional Training Rooms?*, Spring, 1990) unfortunately presented the arguments for this concept, which has existed for at least 10 years, from a positive perspective only. There are many practical and ethical dilemmas which our profession would face if these programs were to become widespread. Although athletic trainers certainly must bear some of the responsibility to be good stewards of budgeted dollars, to insist that they earn a profit for the athletic department at the expense of the injured student athlete or their insurance carrier stretches the concept of stewardship to the limits of believability. Most athletic trainers operate with far less money than actually needed to optimize the care of the injured athlete. Very few can be accused of milking the public budget. It seems absurd that schools and colleges might attempt to finance athletic programs on the backs of athletic trainers when there are so many other ways to reduce costs while simultaneously returning athletic programs to the educational fold where they once belonged.

Contrary to the opinion expressed in the article, insurance companies are not in the business of underwriting the basic sports medicine services offered to student athletes by schools and colleges. The rates they charge schools are premised, to a significant extent, on the fact that institutions have historically offered free basic medical care to injured athletes. Insurance companies will not allow themselves to become the financiers of interscholastic and intercollegiate athletics. An insurance executive remarked to me that schools and colleges which bill their secondary insurance carriers for in-house sports medicine services can expect to see premiums rise significantly as a result, and if this practice becomes widespread, insurance companies will simply exclude direct payments to schools and colleges which provide the services. In the long run, schools and colleges will not save money. The best they will be able to hope for is to break even and most probably will not even be able to do that.

Another argument against this proposal is

that a competent athletic administrator soon will figure out that if the training room is to become a profit center, athletic trainers are an expensive way to staff it. Because athletic trainers cannot bill for services in most states (and not at all according to the NATA Standards of Practice) schools will be forced to hire physical therapists to legitimately bill for sports medicine services. If cost reduction is allowed to become the primary focus, a physical therapist with a staff of aides or student trainers will provide a healthier bottom line than the traditional training room staffed by certified athletic trainers. Although the athletic trainers who have initiated these for-profit enterprises have the best interest of their student athletes as a first priority, athletic administrators who are responsible for staffing these "training rooms of the future" will be sorely tempted to write another athletic trainer out of the picture in a profit orientated market. This is not only bad for athletic trainers, but it has the potential to reverse the decades of work that our profession has invested in improving the health care of student athletes.

The for-profit training room presents ethical dilemmas as well. For years we have lobbied for state credentialing, based in part on the fact that athletic trainers in schools help reduce medical costs because we treat injured student athletes in-house. The for-profit training room is antithetical to this notion. We have misled the legislators and the members of the public who we worked so hard to recruit to our cause.

Also, who will receive the highest priority when decisions related to medical care are made? While it is true that we make these same types of decisions under the traditional system, the ability of the injured student athlete to pay is not presently a factor. I fear that programs which charge athletes for routine sports medicine services will have a difficult time fulfilling their moral and legal responsibilities to render aid to students injured in school sponsored athletic programs.

The campus based sports medicine clinic is a good idea for the recreational athlete or for the community. Billing the student athlete for sports medicine services that have historically been viewed as a right enjoyed by school and college athletes is bad business and ethically questionable. Although this concept may work well in a limited number of local settings, it would be a poor model for our profession to adopt as a nationwide standard for delivery of athletic training services. The NATA could service its members by working with the NCAA to identify educationally appropriate methods for reducing the high costs of college athletics and by developing position statements which address the appropriateness of this "new and improved" system of athletic health care delivery.

**Richard Ray, ATC, Head Athletic Trainer, Hope College, Holland, Michigan**



# Calendar of Events

## Dogwood Institute Programs

The Dogwood Institute, Inc. is presenting a series of educational workshops in the coming months. For information about any of these, contact:

Ronald G. Peyton  
The Dogwood Institute, Inc.  
P.O. Box 545  
Alpharetta, GA 30239-0545

### September 7-9 • Columbus, GA

*Effective Evaluation, Treatment, and Rehabilitation of Common Knee Problems*

### September 7-9 • Chicago, IL

*Shoulder Mechanics and Rehabilitation*

### September 7-9 • Albuquerque, NM

*Foot and Ankle: Biomechanics, Evaluation, Treatment, and Rehabilitation*

### September 10-11 • Cherry Hill, NJ

*Sports Physical Therapy Skills - Level I*

### September 14-15 • Philadelphia, PA

*How to Implement and Manage a Sports Medicine Program*

### September 20-22 • Annapolis, MD

*Sports Medicine Weekend in Annapolis*

### September 21-23 • Indianapolis, IN

*Evaluation and Management of the Temporomandibular Joint: Recognition of Cervical Spine Influences*

### September 21-23 • Detroit, MI

*Foot and Ankle: Biomechanics, Evaluation, Treatment, and Rehabilitation*

### September 24-28 • Dallas, TX

*Sports Physical Therapy Skills - Advanced Course*

### October 5-7 • Chicago, IL

*Evaluation and Management of the Temporomandibular Joint: Recognition of Cervical Spine Influences*

### October 5-7 • Portland, OR

*Effective Evaluation, Treatment, and Rehabilitation of Common Knee Problems*

### October 5-7 • Boston, MA

*Foot and Ankle: Biomechanics, Evaluation, Treatment, and Rehabilitation*

### October 5-7 • Las Vegas, NV

*Advanced Concepts in the Good Ankle and the Lower Kinetic Chain, Level II*

### October 15-19 • Houston, TX

*Sports Physical Therapy Skills - Level I*

### October 26-28 • Cincinnati, OH

*Shoulder Mechanics and Rehabilitation*

### October 26-28 • Little Rock, AR

*Foot and Ankle: Biomechanics, Evaluation, Treatment, and Rehabilitation*

### October 30-November 2 • Orlando, FL

*Shoulder Mechanics and Rehabilitation*

## Electrotherapy and Laser Update Seminar

The International Academy of Physiotherapists, Inc. is presenting the *Electrotherapy and Laser Update Seminar* at locations across the country on the dates listed below. For more information, contact: International Academy of Physiotherapists, 2797 S.W. Plass Avenue, Topeka, KS 66611, (913) 233-6072.

### September

15-16	Pittsburgh, PA
22-23	Richmond, VA
22-23	Milwaukee, WI

### October

6-7	Omaha, NE
6-7	Rochester, NY
13-14	Columbus, OH
13-14	Denver, CO

### November

3-4	Phoenix, AZ
3-4	Houston, TX
17-18	Los Angeles, CA

### December

1-2	Rochester, MI
1-2	Seattle, WA
8-9	San Diego, CA

## ...More Educational Programs

### September 17-20

*Fitness Institute I, Cedar Rapids, IA*  
Contact: Universal Gym Equipment, Inc.,  
P.O. Box 1270, Cedar Rapids, IA 52406

### October 1-3

*Fitness Institute II, Cedar Rapids, IA*  
Contact: Universal Gym Equipment, Inc.,  
P.O. Box 1270, Cedar Rapids, IA 52406

### October 13-14

*Advanced Isokinetics and Eccentric Exercise Course, Lacrosse, WI*  
Contact: GJD Advanced Educational Conferences, S&S Publishers, 1707 Jennifer Ct., Onalaska, WI 54650

### October 25

*Indiana Athletic Trainers' Association Annual Fall Meeting and Workshop, Indianapolis, IN*  
Contact: Vincent G. Stilger, Indiana State University, Physical Education Dept., Terre Haute, IN 47809

### November 1-4

*IVth Nice Symposium on Exercise and Sport Biology, Nice, France*  
Contact: Comité Regional D'Organisation Des Seminaires Et Colloques Medico-Sportifs, 181 Route de Grenoble, 06200 Nice BP 74, 066022 Nice cedex, France

### November 9-10

*Sports Medicine - Fall 1990, Lexington, KY*  
Contact: Mary Lloyd Ireland, M.D., Course Chairman, 1800 Nicholasville Rd., #101, Lexington, KY 40503

### November 25-30

*Radiological Society of North America Scientific Assembly and Annual Meeting, Chicago, IL*  
Educational programs and exhibits for radiologists, physicists, and allied health professionals.  
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# Medical Update

## Aspartame vs. High-Fructose Corn Syrup

In a study reported in the journal of the *American Society for Clinical Nutrition*, M.G. Tordoff and A.M. Alleva examined the artificial sweetener aspartame to determine if it aids in the control of long-term food intake and body weight. It is generally accepted that artificial sweeteners provide the benefits of desirable taste without providing calories (1). The long-term effects of artificial sweeteners on body weight are unclear. Foods and drinks containing these sweeteners usually are labeled "diet"; however, the possibility that consuming these foods and drinks instead of products containing sugars actually results in a reduction of body weight has not been thoroughly examined.

The Tordoff and Alleva experiment was conducted twice, first in the fall of 1987 and again in the spring of 1988. Each time, subjects were tested over a nine-week period. In three-week intervals, the subjects were given sodas sweetened with aspartame, sodas sweetened with high-fructose corn syrup, or no experimental drinks, respectively. In the two intervals during which the subjects drank sodas, they were instructed to drink four sodas each day. All subjects were

required to maintain a dietary record for each interval. At the start of the test period and at weekly intervals, each subject was weighed, dietary records were examined, and printed instructions for the following week were given.

The researchers observed that normal-weight, freely-feeding subjects who drank the aspartame sweetened sodas decreased their caloric intake by 7% and reduced their body weight slightly. During the high-fructose corn syrup sweetened soda period, a 13% increase in caloric intake and an increase in body weight occurred. Each type of soda produced an identical 33% decrease in dietary sugar intake, excluding the sugar amount in the syrup-sweetened soda. This increase could have resulted because the amount of liquid ingested daily reduced the desire to drink or eat anything else. Each type of soda had the same volume, water content, carbon dioxide content, and caffeine content. Any or all of these factors may have caused the decrease in the total sugar intake.

The 7% decrease in caloric intake offsets fears that the artificial sweetener aspartame may increase food intake and body weight gain (2).

The present findings suggest that the short-term changes in the motivation to eat do not result in a long-term increased caloric intake (3).

Tordoff and Alleva (3) stated that "the effectiveness of artificially sweetened drinks for the control of body weight rests heavily on their intended use. When covertly substituted for sugar, aspartame produces a dramatic reduction in caloric intake and a tendency to weight loss rather than weight gain in both free-living and hospitalized subjects."

It seems reasonable to infer that the substitution of aspartame for sugars can facilitate body weight control (4). This study suggests that the combination of adequate dietary information and education, good dietary practices, and aspartame-sweetened food and drinks over a long period of time may decrease total caloric intake and total body weight.

### References:

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4. Blackburn GL, Greenberg I, Kanders BS, Kowalchuk MB, Lavin PT, An Evaluation of the Effect of Aspartame on Weight Loss, *Appetite*:11 (suppl):73-84, 1988.

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