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Baseball Athletic Trainers Reaching Out to Touch More NATA Members

The 160 athletic trainers from major league and minor league baseball who comprise the Professional Baseball Athletic Trainers' Society (PBATS) are planning to provide more services and additional support to NATA and its 14,000 members in 1991 and beyond.

Current plans include increasing circulation of the *PBATS Newsletter* so that all certified members receive it twice per year. The newsletter features guest columnists and clinical advice by some of professional baseball's most accomplished physicians and medical specialists. According to newsletter editor Ned Bergert of the California Angels, PBATS' ultimate goal for the newsletter is to ex-

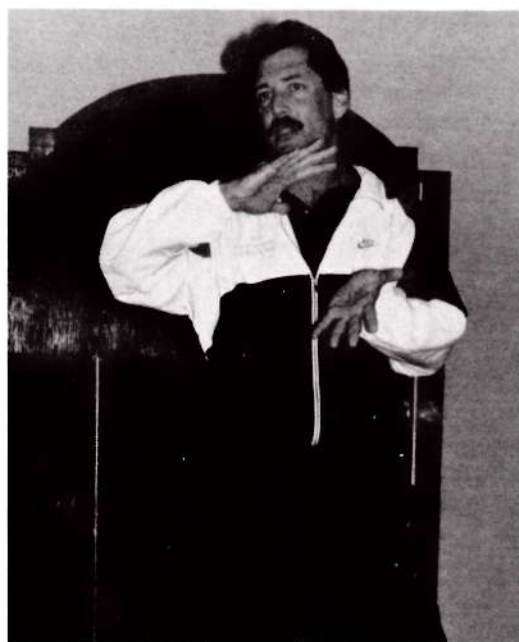
pand circulation to 18,000 so that NATA student members also would get the publication.

Aside from some new programs designed to keep minor league trainers apprised of current developments in sports medicine, PBATS officials said that they are interested in finding new ways this year to help NATA improve the image of athletic training and enhance public understanding of the profession.

To that end, the PBATS executive committee welcomed NATA President Mark Smaha and Executive Director Alan A. Smith, Jr. to their annual meeting in Chicago last December. During an address made to all major league baseball ATCs the following day, both Smaha and Smith formally welcomed PBATS' support, and pledged to maintain open lines of communication with the intention of forming joint ventures of mutual benefit.

OVERCOMING OBSTACLES

From the beginning, athletic trainers in professional baseball have been at a disadvantage compared to their counterparts in colleges, high schools, and other pro-



Milwaukee Brewers Head Athletic Trainer John Adams explains lower extremity injuries and their treatment during the 1990 minor league athletic trainer seminar in Mesa, AZ.

fessional sports. Of the 10 best clinical athletic training meetings held every year, nine occur during baseball season, making it impossible for baseball ATCs to attend.

When PBATS was formed in 1983, its mission was to bring all its members — especially minor league athletic trainers — in step with the rest of the profession. By every measure, PBATS seems to have accomplished that goal. And in

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Many Factors Contribute to NATA Membership Growth

Little did the founding fathers of the National Athletic Trainers' Association know that the membership of this organization would one day reach a total of over 14,000. This is quite an accomplishment for an association that started in 1950 with only 101 members.

son, both men and women are selecting athletic training as a career.

There is more than one factor that contributes to growth in the profession, which, in turn, leads to the growth in membership of NATA. One of these is the growth in the popularity of and involvement in athletics.

As the field of athletics has grown, the attention given to sports medicine has also grown.

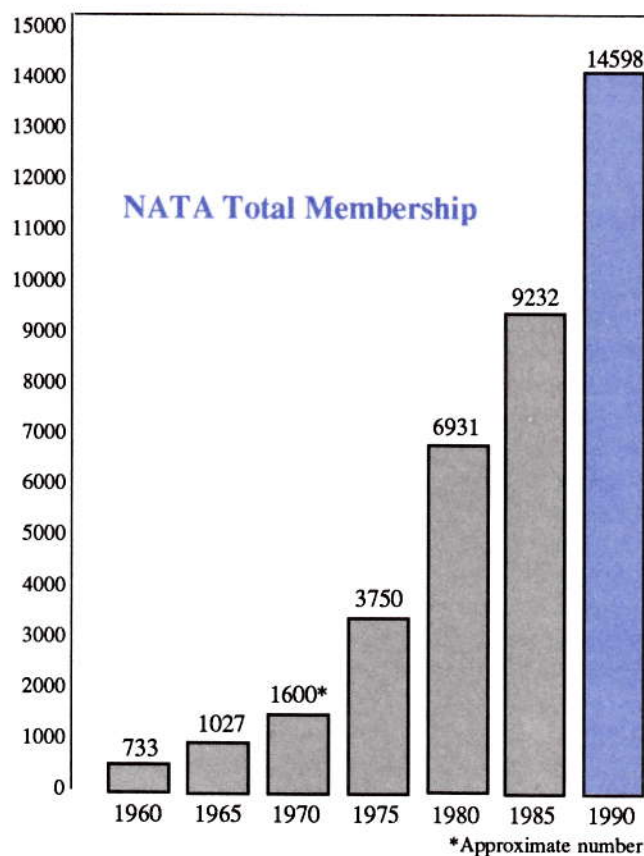
In addition, there has been an enhanced interest in the profession of athletic training, which is possibly a direct result of various NATA public relations campaigns to place more athletic trainers in the high school setting. Public relations efforts, together with the rising demand for health care, have played a vital role in the surge of membership.

NATA membership growth also could be linked to

the mid 1970s, the popularity of college athletics and the attention and resources given to women's athletics expanded, creating a demand for females in the profession. Because of the additional participants in women's athletics, the need for athletic trainers to cover this area has grown. In the next few years, women will be recognized for long-term achievements in this profession. By 1995, women will be recognized with the NATA 25 Year Award.

With this growth in membership comes changes, not only within the organization, but within the profession. Membership will continue to grow, professionalism will increase, and there will be an expansion in research and in other areas. The 1990s will be a decade for expanded awareness in the health care industry. This will effect our organization by increasing the need for improved quality services. NATA will strive to meet the demands of the changing health care profession and to recruit new members into the profession to keep up with the demand. The public relations efforts of NATA will continue to attract new members and the membership will continue to grow.

Special thanks to Mark Smaha, Donald Lowe, and Dr. Robert Behnke for their contributions to this article.

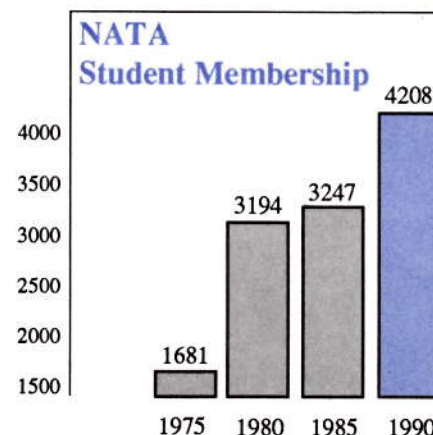


While there has been a gradual expansion in membership during NATA's 40 year history, much of this growth has occurred over the past five years. As the chart above indicates, the total membership in 1985 reached only 9,232 while the statistics for 1990 show a total membership of 14,598, representing a 58% increase in five years. In comparison, the five years spanning 1980 to 1985 show only a 33% gain in membership.

Now, the \$64,000.00 question — Why such growth? The hours are long, and the pay isn't great, but for some rea-

growth in the NATA student membership. Over the past five years, the student membership has grown from 3,247 to 4,208, representing a 29.5% gain. This rise in student membership can be attributed to the expansion of the number of approved curriculum schools, and to the fact that more universities and colleges are using student athletic trainers on their staffs.

The increased number of women athletic trainers has also played a role in membership growth. Today, 41% of certified athletic trainers are women. In



Ergogenic Aids: Myths Explored at All '91 District Meetings

"Ergogenic Aids," a one hour workshop designed to better acquaint athletic trainers with the most current findings relating to performance enhancement, is scheduled to be held at all nine NATA district meetings and at the NATA's Annual Meeting and Clinical Symposium this year.

The workshops, sponsored by The Gatorade Company, are presented by research scientists from the laboratories of the Quaker Oats Company, maker of Gatorade.

"Athletes are always looking for a competitive edge, and recent surveys reaffirm that they call upon athletic trainers for advice," said Mitchell Kanter, Ph.D., one of three research scientists representing Gatorade on the NATA lecture tour.

"The purpose of Gatorade's workshops is to present scientifically-based findings to help athletic trainers make sound recommendations on nutrition and ingestible aids that purportedly enhance athletic performance," Dr. Kanter said.

During his presentation at the EATA (District 1 and 2) meeting in Monticello, NY, Kanter dispelled numerous myths relating to ergogenic aids.

"The list of products that claim ergogenic properties is endless, and some of them are pretty outrageous," Kanter told EATA members. He cited as one example the performance enhancement claims made of royal jelly.

"Royal jelly is a milky white substance that is produced by worker bees and fed to the queen bee," Kanter explained. "Since the queen bee grows to twice the size of worker bees, and lives 40 times longer, some people drew the conclusion that royal jelly can increase strength and muscle size in humans. That is, of course, ludicrous."

"For example," Kanter continued, "for every study that showed caffeine enhances endurance, there were three that revealed no such findings."

Kanter said there is no scientific evidence supporting claims made on

behalf of "aids" such as wheat germ oil, brewer's yeast, or bee pollen. He also cited examples of how "marketers" sometimes creatively interpret legitimate research findings to suit their needs.

"Often-times, valid research findings are creatively interpreted," Kanter began. "There's the case of researchers who deprived rats of vitamin E. They found that without vitamin E, rats became impotent and lost their fur."

"An enterprising person turned these findings around in order to sell vitamin E. He cited the study and claimed vitamin E reverses impotency and prevents hair loss. He'd be right if you happened to be a vitamin E-deficient rat," Kanter said, "but it won't do you much good if you're a human who happens to be losing your hair."

Here are some of the main points made during Kanter's presentation at the EATA meeting:

- Athletes are prime targets for misinformation regarding nutrition. They'll often try products of questionable benefit in hopes of gaining an edge. "There may be something to be said for the 'placebo effect'," Kanter said, "but most vitamin and mineral supplements are of little or no benefit to athletes in America."

- Buyers Beware: Now that steroids have fallen into disfavor, the environment is ripe for products touting miracle-like benefits. Most are useless.

- Some vitamins and minerals help facili-

tate energy-producing reactions, but they alone do not produce energy. The body generates energy from three primary nutrients: carbohydrate, fat, and protein.

Athletes should strive to increase their carbohydrate intake.

- Protein is essential for tissue-building within the body. But protein supplements are of virtually no benefit to Americans, almost all of whom consume more than their daily requirement of protein.

- Although it sounds boring, Kanter said, a well-balanced diet — one high in carbohydrates and low in fat — is still the best thing athletes can do for themselves. Until sound evidence to the contrary exists, Kanter recom-

mends that eating a well-balanced diet remains the best advice for athletes.

Here is a list of specific dates and times for the "Ergogenic Aids" workshop at upcoming NATA meetings.

District 4: Thursday, March 14 at 2:00 pm, Holiday Inn O'Hare, Rosemont, IL

District 5: Saturday, March 16 at 11 am, Rankota Inn, Sioux Falls, SD

District 7: Saturday, March 16 at 4:15 pm, Fountain Suites, Phoenix, AZ

District 10: Saturday, March 16 at 11 am, Red Lion Inn, Bellevue, WA

District 3: Saturday, May 18 at 10 am, Cavalier Hotel, Virginia Beach, VA

NATA Symposium: Date and Time TBA, New Orleans, LA

District 8: Sunday, June 30 at 9:15 am, Fairmont Hotel, San Jose, CA

District 9: Monday, July 1 at 2:30 pm, Marriott Sawgrass, Jacksonville, FL

District 6: Friday, July 26 at 2:30 pm, Arlington Convention Center, Arlington, TX



Mitchell Kanter, Ph.D., led the "Ergogenic Aids" workshop at the Eastern Athletic Trainers' Association meeting on January 7.

District News

Greater Houston Workshop Spotlights High School Student Athletic Trainers

The 1991 Greater Houston Student Athletic Trainer Workshop was conducted January 5, 1991, at Langham Creek High School in Houston, Texas. Over 500 students, professionals, college representatives, and exhibitors were in attendance.

This annual workshop was started in 1988 and is a joint undertaking between

the requirements for professional preparation, and career opportunities in athletic training. A variety of instructional methods were used, including lecture, group laboratories, and videotape demonstration, which provided both cognitive and hands-on experience for participants.

Specific topics for this workshop included fundamental principles of extremity splinting/bandaging, physiological considerations in athletic injury management, role expectations of the student athletic trainer, and responsibilities in the pre-event preparation. Ray Melchiorre of the Houston Rockets provided an excellent overview of athletic health care in the NBA. Laboratory sessions provided the students with the opportunity to improve their skills in proprioceptive neuromuscular facilitation (PNF), stretching, therapeutic exercise, splinting/ban-

daging, and taping.

Student athletic trainers from several college and university athletic training programs formed a panel to address questions from the high school audience. Lively panel discussions were generated which served to reinforce the information received by the students at the college presentation booths.

A vital component in this workshop has been a student poster contest. Participants are encouraged to research a topic in athletic health care and construct a poster graphically representing this topic. Both the quantity and the quality of the entries have been outstanding, with almost 50 posters submitted for this year's contest.

Students were given a chance to demonstrate their taping skills in an ankle taping contest sponsored by Johnson & Johnson. Each school nominated one student to compete, and performances were graded on speed and quality.

Friendly competition and an opportunity to learn new skills made this workshop rewarding for all participants.



Students compete in a speed taping contest sponsored by Johnson & Johnson.

the Texas Sports Medicine Center, the Cypress-Fairbanks Independent School District, and the Greater Houston Athletic Trainers' Society. The workshop is offered free of charge to students.

The program is designed to address the needs of the high school student athletic trainer by emphasizing basic injury management skills, the role of the student athletic trainer in the sports medicine team,



Program Committee, L to R: Tom Woods, Langham Creek High School; Arnold Thomas, Cypress-Fairbanks High School; Mike Pace, Texas Sports Medicine Center; Amanda Culbertson, NATA; Dwight Adsit, Texas Sports Medicine Center; Ray Gray, Langham Creek High School; David Griffin, Jersey Village High School

Honors & Awards

California ATA Elects President



Andy Paulin

term began in January when he succeeded Brian Barry, ATC, of San Diego State.

A graduate of California State Uni-

versity at Fullerton, Andy became certified in 1980, and has been at Mt. San Antonio since 1983. Active in Athletic Trainers' Association programs, Andy has administered the NATA certification exam and has served on the District 8 CATA placement committee. He also was Region 3 District Director for the CATA. Andy currently coordinates medical services for the annual MSAC Relays Track and Field Meet, which hosts nearly 4,000 athletes.

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District 9 SEATA Elects President

The Southeast Athletic Trainers' Association has elected Jim Gallaspy, ATC as its new president. Jim is an associate professor in the School of Human Performance and Recreation, and directs the NATA-approved undergraduate athletic training curriculum at the University of Southern Mississippi. He has served as the chairman of the NATA Continuing Education Committee for the past eight years and is currently the President of the Mississippi Athletic Trainers' Association. In addition, Jim has numerous publications and presentations to his credit.

NATA News

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February 1991 • Volume 3, No. 1

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New Procedure for 25 Year Award

The NATA 25 Year Award was established to recognize those athletic trainers who have demonstrated long-term dedication and support of the NATA by virtue of continuous membership for 25 years or more. Recipients of this award will receive a certificate recognizing this distinction and be will listed in the Awards Luncheon Program and the NATA News.

Recently, the Board of Directors decided to eliminate the application re-

quirement. It had been anticipated that for determining the 1991 award recipients, the NATA national office would use computer records and grant awards to all eligible individuals. Because some records in the computer are not yet complete, this procedure will not be used for 1991. Consequently, all persons who have been continuous members for 25 years or more should contact Phyllis Glenn at the NATA office, (800) TRY-NATA, before March 31.



Phone Facts

The goal of the NATA national office is to service our members' needs as quickly and efficiently as possible. We are extremely busy at this time of year because of the many requests for CEU information, the annual membership renewal, and the upcoming Annual Meeting.

Our office is receiving hundreds of calls daily, and we are responding to you as quickly as possible. However, there are times when we are unable to respond on the same day that the message is taken. We appreciate your patience and understanding during this very busy period.

There are now several toll-free numbers available to our membership.

Members should call:

• (800) 800-NATA

for answers to questions regarding NATA News, Athletic Training, JNATA, or exhibit booth sales for the Annual Meeting and Clinical Symposium.

• (800) 662-0227

for certification testing information.

• (800) TRY-NATA

for job placement information, brochure requests, and answers to questions about administration, membership, certification, annual meeting information, and Continuing Education Units.

New Orleans is the place to be this summer for "hot" new techniques and ideas in the athletic training profession. The National Athletic Trainers' Association's 1991 Annual Meeting will be held June 8-12 in the "Big Easy." Your hours will be filled with educational programs, workshops, and seminars, presented by some of the most knowledgeable members of the athletic and health care fields.

CLINICAL SESSIONS

NATA Approval - CAHEA Accreditation: The Transition
Shoulder Injuries in Athletes
The Athlete and Vision in Athletics
Stress Management
Risk Management
Steroids: An Update
Manual Therapy Techniques in the Training Room
Management of the Sports Medicine Clinic
Tendon: Function, Anatomy, Injury, Management, and Rehabilitation
Myofascial Release Techniques
Legal Aspects of Catastrophic Injury
Low Back Pain in Athletics
Dealing With Catastrophic Injury or Death to Your Athlete
Updating Ankle Injuries
Case Studies: Heart Contusion/Ruptured Intestine/Hip Dislocation
Elbow Injuries: Mechanics, Evaluation, and Rehabilitation
Athletes at Risk
Evaluation and Treatment of the Sacro-Iliac Joint
Brachial Plexus Injuries
Psychology of the Injured Athlete

MINI COURSES

- Organizational Procedures -
How to Stay Out of the Courtroom
- Water Rehab: How To Use Your Swimming
Pool to Facilitate Rehabilitation
- A Non-Surgical Approach to Isolated PCL Tears
- Implementing a High School Outreach Program
- Rehabilitation of the Knee
- Dispelling the Myths in Your Training Room
- Computers: Don't Let Them Take a Byte Out of You
- An Update of Contemporary Drugs in the Athlete
- Evaluation and Treatment of Lower
Extremity Movement Dysfunction
- Organization and Funding of the
High School Training Room

SPEAKERS

Jerome P. Rosenthal, PhD; Charles Brown, MD; Carol Courtney, ATC, RPT; Ron Peyton, RPT; Troy Prevot, ATC, PAC; Fabian Roussell, ATC, RPT; J. Kenneth Saer, MD; Diane Vermaelen, ATC, LAT; Rick Lane, LPT; Bobby Barton, ATC; Andy Clawson, ATC; Ronnie Barnos, ATC; Dawes Cook, Esq.; Tom Bernard, MD; Tom Boers, PT, MT; Barney Poole, ATC; Tab Blackburn, ATC, RPT; Leroy Mullins, ATC; Chris Gillespie, ATC; Larry Harrington, ATC, PhD; Andy Clawson, ATC; Jim Gallaspy, ATC; Mike Brunet, MD; Scott Anderson, ATC; Craig Overmeyer, ATC; David Giardina, ATC; Edwin Harris, MD, ATC; Stephen Beam, MD; Doug Rouse, MD; Jimmy Andrews, MD; Bill Clancey, MD; Billy Drake, ATC; Beth Lundy; Tom Boers, PT, MT; Ricky Mestayer, ATC, LAT; Jim Dorotics, LAT; John Purdy, ATC; Chris Patrick, ATC; DeAnne Caylor, ATC; John Norwig, ATC; Earl Anderson, ATC; Sue Stanley, ATC; Phil Horton, ATC; Mike Rollo, ATC; Jay Shoop, ATC; Ed Mulligan, PT, ATC; Sharon Schoelkopf, ATC

Early registration begins as soon as you receive your registration packets, which will be mailed to you in March. In order to enable you to begin budgeting for the Annual Meeting, below is a table containing the registration fees, as well as the cost for some of the programs that will be available to you while attending the Annual Meeting.

Rooms have been blocked off at eight hotels throughout the city. Most of these hotels are within walking distance of the Rivergate Convention Center, and room rates will range from \$57 to \$105. A housing form to be used for room reservations will be included in the March registration packet. You are encouraged to make use of the housing bureau.

Member Registration Fee:	\$160.00
Student Registration Fee:	\$ 50.00
Mini Course Fee:	\$ 5.00
PEC Educators' Workshop Fee:	\$ 10.00

WHAT'S GOING ON WHEN?

SATURDAY June 8	SUNDAY June 9	MONDAY June 10	TUESDAY June 11	WEDNESDAY June 12
8:00 a.m. Golf Tournament NACDA Seminar	7:30 a.m. Fun Run	7:00 a.m. Mini Courses	7:00 a.m. Mini Courses	8:30 a.m. Clinical Sessions Begin
1:00 p.m. PEC Educators' Workshop	9:00 a.m. AOSSM Seminar PFATS Seminar	8:00 a.m. Keynote Presentation Annual Business Meeting	8:30 a.m. Clinical Sessions Begin	11:30 a.m. Annual Meeting Concludes
2:30 p.m. Tennis Tournament	2:00 p.m. Schering Symposium	9:30 a.m. Exhibit Hall Opens Clinical Sessions Begin	10:00 a.m. Exhibit Hall Opens	
7:30 p.m. Gatorade Party	4:30 p.m. Exhibit Hall Opens	Noon Awards Luncheon	5:00 p.m. Exhibit Hall Closes	
	6:30 p.m. Student Trainer Banquet	4:30 p.m. District Meetings		
	7:00 p.m. PBATS Seminar Women's Conference			

*NATA's 42nd Annual Meeting &
Clinical Symposium
New Orleans, Louisiana
June 8 - 12, 1991*

NATA's 1991 Annual Meeting will contain some educational opportunities that you cannot afford to miss. NATA's Travel Department will be raffling off two roundtrip airline tickets to anywhere in the continental United States. Look for details regarding the raffle, other benefits of NATA's Travel Department, and further information about the Annual Meeting in the brochure you'll receive in early February. Should any questions arise, please contact NATA's offices at 1(800) 879-6282, or write to 2952 Stemmons Fwy, Dallas, TX 75247.

Calendar of Events

1991 Educational Programs.....

February 15-17

Denver, CO

NATA's Professional Preparation Conference, "Manual Therapy in Athletic Rehabilitation"
Contact: NATA, 2952 Stemmons Freeway, Dallas, TX 75247, (800) TRY-NATA

February 16

Parkridge, IL

Assessment and Management of Shoulder and Neck Injuries
Contact: Andrea Horst, Continuing Education, Northern Illinois University, DeKalb, IL 60115, (815) 753-2401

February 23

Carol Stream, IL

The "Neutral Spine" and Sports Injuries of the Back
Contact: Andrea Horst, Continuing Education, Northern Illinois University, DeKalb, IL 60115, (815) 753-2401

February 25-27

Cedar Rapids, IA

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

March 7-9

San Juan, PR

5th Annual Conference on Exercise Sciences and Sports Medicine
Contact: Tufts University School of Medicine, Office of Continuing Education, 136 Harrison Avenue, Boston, MA 02111

March 17-24

Hong Kong

Inaugural Scientific Congress of the Asian Federation of Sports Medicine
Contact: Secretariat, FIMS - 1992 - Hong Kong, Hong Kong Sports Institute, Shatin, New Territories, Hong Kong, (852) 694-4134, Telex: 41224 JSCEN HX

March 21-23

Daytona Beach, FL

Lower Extremity Symposium on Ankle and Knee Pathologies and Orthotic Fabrications
Contact: Jack Halbach, MS, PT, ATC, International College of Medical Congresses, 505 King Street, Suite 103, La Crosse, WI 54601, (608) 784-6363

March 21-23

Coconut Grove, FL

3rd Annual Miami Sports Medicine Seminar
Contact: Joseph J. Vegso, Miami Rehabilitation Institute, Coral Gables, FL 33134

March 21-23

Baltimore, MD

13th National Trauma Symposium
Contact: Office of International Development, MIEMSS, 11 South Poca Street, Suite 303, Baltimore, MD 21201-1595, (301) 328-2399, FAX (301) 328-8514

March 23

Ridgewood, NJ

The Valley Sports Institute Sports Medicine Symposium
Contact: Neil Curtis, ATC, or Michael Dandorff, ATC, The Valley Hospital Sports Institute, Ridgewood, NJ 07450, (201) 447-8131

March 23-28

Orlando, FL

Team Physician Course - Part III
Contact: American College of Sports Medicine National Center, P.O. Box 1440, Indianapolis, IN 46206-1440

April 3-7

San Francisco, CA

"Commitment of Excellence: A Shared Responsibility," 1991 AAHPERD National Convention & Exposition
Contact: AAHPERD, P.O. Box 10375, Alexandria, VA 22310

April 5-7

McLean, VA

Tenth Annual Cherry Blossom Seminar on Arthroscopic Surgery of the Wrist, Elbow, Shoulder, Knee, and Ankle
Contact: M. Malek, MD or Karen Knable, 6196 Oxen Hill Road, #210, Oxen Hill, MD 20745

April 12-13

Boston, MA

New Techniques for the Management of Retro-patella Pain and Chondromalacia Patella
Contact: Division of Continuing Education, University of Massachusetts, Harbor Campus, Boston, MA 02125, (617) 287-7900

April 13-17

Boston, MA

Sports Medicine Clinical Conference
Contact: Jerald Collins, American Osteopathic Academy of Sports Medicine, 7611 Elmwood Avenue, Middleton, WI 53562

April 16-20

Vancouver, BC

International Congress and Exposition on Sports Medicine and Human Performance
Contact: 1991 International Congress and Exposition on Sports Medicine, Suite 200, 1190 Melville Street, Vancouver, BC, Canada V6E 3W1

April 19-20

Houston, TX

Colloquia on Applied Science in Sports Medicine
Contact: Jeffrey A. Russell, MS, ATC, Coordinator of Research and Education, Joe W. King Orthopedic Institute, 6560 Fanin, Suite 2100, Houston, TX 77030

June 8-12

New Orleans, LA

NATA Annual Meeting & Clinical Symposium
Contact: NATA, 2952 Stemmons Freeway, Dallas, TX 75247, (800) TRY-NATA

The NATA News will list events of interest to persons involved in sports medicine if the information is received by March 1, 1991 for the April publication. Please enclose all pertinent details including the name and address of the person to contact for further information. Send the notification to: Dr. Jeff Fair, Head Athletic Trainer, Athletic Department, Oklahoma State University, Stillwater, OK 74078, or to NATA News, 3312 West Cary Street, Richmond, VA 23221, (800) 800-NATA, FAX (804) 358-9951.

Olympic Sports Medicine Seminar Features the Knee

As part of their ongoing commitment to sports medicine education, the US Olympic Committee and HealthSouth Rehabilitation Corporation are co-sponsoring a series of Olympic Sports Medicine Seminars. The 1991 program, which covers the prevention, recognition, treatment, and rehabilitation of knee injuries, will be presented February 9-10 in Phoenix, AZ; March 16-17 in Atlanta, GA; and April 20-21 in St. Louis, MO.

Speakers and faculty for the seminar are leading sports medicine figures including clinicians, team physicians, educators, and researchers. Future courses in the series include: The Shoulder and Elbow, 1992; The Foot and Ankle, 1993; and The Back, 1994.

The cost of the weekend program is \$175 for athletic trainers and physical therapists, and \$250 for physicians. Proceeds from the program will benefit the

1992 US Olympic Team effort. Attendance is on a first come, first served basis, and pre-registration is required. The NATA Board of Certification has approved 1.2 Continuing Education Units for the program.

For more information, contact Ann-Marie Bond, HealthSouth, 406 10th Avenue South, Birmingham, AL 35205, (205) 324-4500.

Water Rehabilitation Course Offered

AquaStyle, Inc. of Metuchen, NJ, is sponsoring a one-day seminar on Active Aquatic Rehabilitation.

The course, which is scheduled for various locations around the country, concentrates on an active approach to water rehabilitation.

Upon completion, participants will understand the basic mechanics and physics of in-water resistive exercise and how to apply these principles to rehabilitation of patients with orthopedic injuries. The program includes hands-on application, program development, reimbursement, and on-site equipment. NATA has approved .6 Continuing Education Units for the course.

For more information, contact Mark Williams at (800) 776-1617.

Puget Sound Institute for Industry & Sports Plans Conference

While advancing technologies provide the practitioner with an ever greater array of devices with which to treat injury, manufacturers lack the research and theoretical experience to provide practitioners with fundamental answers to their questions regarding the use of these devices. Therefore, the Puget Sound Institute for Industry and Sports is presenting "The Molecular Basis for Interactive Devices in Sports Medicine" August 9-10, 1991, in Seattle, WA.

The seminar is designed to provide: (1) a fundamental understanding of electric and electromagnetic interactions with living systems, (2) a molecular understanding of where these devices are used, and (3) clinicians and scientists with a common format to discuss the under-

standing of these devices.

Some of the topics that will be covered include "Laser Use in the USSR," "Molecular Changes in Sports Trauma," "The Future of Phototherapy Research Development," "Evolution of Interactive Theory and Devices," and "Principles of Electric and Magnetic Interactions." Tuition is \$200 and all conference proceeds are dedicated to medical research.

Those wishing to participate should contact Paul Claus, ATC, Puget Sound Institute for Industry and Sports, 502 54th Avenue East, Tacoma, WA 98424, (206) 922-6466. Because registration is limited, you are encouraged to respond early. The NATA Board of Certification has approved 1.3 Continuing Education Units for this course.

Last Chance to Register for NATA's Professional Preparation Conference

NATA's Professional Preparation Conference, "Manual Therapy in Athletic Rehabilitation," is a program designed to encourage practicing athletic trainers to appropriately integrate manual therapy techniques into a comprehensive athletic rehabilitation program. The

seminar will be held February 15-17, 1991, in cooperation with the Colorado Athletic Trainers' Association, at the Hyatt Tech Center in Denver. There are only fifteen spaces left for registrants, so contact NATA immediately, (800) TRY-NATA, if you wish to attend.

Work Continues with the Education & Research Foundation

Since June 1990, when the Education & Research Foundation Task Force was formed, members have met with health care and legal consultants to get advice and answers to questions about the operation of the foundation. The formation of a foundation is a new venture for NATA, and task force members, Bobby Barton, PhD, Bob Behnke, HSD, John Powell, PhD, Alan A. Smith, Jr., and Jack Weakley of Johnson & Johnson, are very enthusiastic about its development.

The NATA has retained Jennings, Hood and Associates to help design and implement the fund raising strategy. The task force met with representatives of this group in January in Richmond, VA. It was concluded that it should take NATA 18 months to two years to raise the necessary endowment to fund the operation of

the foundation.

The task force has met many times to discuss the ramifications, operations, by-laws, and constitution of the foundation. A full report will be presented at the

Board of Directors meeting in mid-February in Denver, CO. It is anticipated that the Foundation will be incorporated in early Spring, and fund raising efforts will begin shortly thereafter.



Left to right: Alan A. Smith, Jr., John Powell, Jack Weakley, Bobby Barton, and Bob Behnke.

1991 National & District Meetings

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

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

District 3
May 17-19
Cavalier Hotel • Virginia Beach, VA

District 7
March 15-17
Fountain Suites • Phoenix, AZ

District 4
March 14-16
Holiday Inn Kennedy O'Hare • Rosemont, IL

District 8
June 28-30
Fairmont Hotel • San Jose, CA

District 5
March 15-17
Rankota Inn • Sioux Falls, SD

District 9
July 1-3
Marriott Sawgrass • Jacksonville, FL

District 6
July 25-27
Arlington Convention Cntr. • Arlington, TX

District 10
March 15-17
Red Lion Inn • Bellevue, WA

Sports Injuries in Youth Conference at NIH

The National Advisory Board for Arthritis and Musculoskeletal and Skin Diseases, the National Institute of Arthritis and Musculoskeletal and Skin Diseases, and the Centers for Disease Control are cosponsoring *Sports Injuries in Youth: Surveillance Strategies*, April 8-9, 1991 on the campus of the National Institutes of Health, in Bethesda, Maryland.

The conference's aim is to develop guidelines for surveillance programs to monitor the morbidity and costs associated with youth sports injuries. A national surveillance program for sports injuries could be a useful tool for health professionals to define the risks of sports injury and to prevent the injuries sustained by young people each year.

For more information and a registration brochure, call Connie Herndon, conference coordinator, at (301) 496-6045.

Look to the Minor Leagues for Summertime Employment

by Brian J. Costello, ATC

For athletic trainers and student athletic trainers searching for summertime employment, the answer may be found in professional baseball's minor league system. Each year, baseball organizations hire athletic trainers to work for their Class A and Rookie League teams. These positions offer an excellent chance to gain a wealth of experience and knowledge.

The minor league season in most Class A Leagues lasts from early or middle April until late August. Most Rookie leagues begin in late June, and end in early September. Salaries are based on experience, education, and a season rate. Less money is offered for the shorter Rookie league season. The major league affiliate provides transportation to the team's location prior to the season, and back home at the conclusion of the season. A meal allowance of 15 to 25 dollars per day is provided on travel days. Some organizations give their employees a housing allowance. Additional income may be generated by performing the duties of the clubhouse manager.

The responsibilities of the minor league athletic trainers at the Class A and Rookie league levels include the care, prevention, treatment, and rehabilitation of baseball related injuries. In addition, they keep updated and accurate records of injuries, make medical appointments, schedule rehabilitation, and maintain an informative and prudent level of communication with minor league executives and with the coaches and manager. Most teams consist of 24 to 28 players, ranging in age from 18 to 24 years. Teams are accompanied by a staff of one or two coaches and a manager.

This job provides an independent work experience and valuable insight into professional baseball athletic training. It also provides an opportunity to gain knowledge, leadership, and managerial experience while working in a profes-

sional baseball setting. Successful completion of the season may culminate in the opportunity to work at a higher level in the organization the following season. However, the initial experience serves as an excellent starting place for an aspiring professional baseball athletic trainer.

The list below provides information necessary to contact the farm directors of each major league organization. Additional information may be obtained by purchasing the *Baseball America's Directory*. Call (800) 845-2726 to order one.

AMERICAN LEAGUE

<i>Baltimore Orioles</i> Doug Melvin Memorial Stadium Baltimore, MD 21218	<i>Milwaukee Brewers</i> Bruce Manno County Stadium 201 South 46th Street Milwaukee, WI 53214
<i>Boston Red Sox</i> Ed Kennedy Fenway Park, 4 Yawkey Way Boston, MA 02215	<i>Minnesota Twins</i> Jim Rantz 501 Chicago Avenue Minneapolis, MN 55415
<i>California Angels</i> Bill Bavasi Anaheim Stadium P.O. Box 2000 Anaheim, CA 92803	<i>New York Yankees</i> Mitch Lukevics Yankee Stadium Bronx, NY 10451
<i>Chicago White Sox</i> Al Goldis Comiskey Park 324 West 35th Street Chicago, IL 60616	<i>Oakland Athletics</i> Walt Jocketty Oakland-Alameda County Coliseum Oakland, CA 94621
<i>Cleveland Indians</i> Dan O'Dowd Cleveland Stadium Cleveland, OH 44114	<i>Seattle Mariners</i> Jim Beattie 411 1st Avenue South Seattle, WA 98014
<i>Detroit Tigers</i> Joe McDonald Tiger Stadium Detroit, MI 48216	<i>Texas Rangers</i> Marty Scott Arlington Stadium Arlington, TX 76010
<i>Kansas City Royals</i> Joe Klein One Royal Way KS City, MO 64129	<i>Toronto Blue Jays</i> Mel Queen Box 3200 Toronto, Ontario M5U3B3



NATIONAL LEAGUE

<i>Atlanta Braves</i> Bobby Dews 521 Capital Avenue Atlanta, GA 30312	<i>New York Mets</i> Jerry Hunsicker Shea Stadium 126th Street and Roosevelt Avenue Flushing, NY 11368
<i>Chicago Cubs</i> Bill Harford Wrigley Field 1060 West Addison Street Chicago, IL 60613	<i>Philadelphia Phillies</i> Del Unser Veteran's Stadium Philadelphia, PA 19198
<i>Cincinnati Reds</i> Howie Bedell 100 Riverfront Stadium Cincinnati, OH 45202	<i>Pittsburgh Pirates</i> Chuck Lamar 600 Stadium Circle Pittsburgh, PA 15212
<i>Houston Astros</i> Fred Nelson 8400 Kirby Drive Houston, TX 77054	<i>St. Louis Cardinals</i> Ted Simmons 250 Stadium Plaza St. Louis, MO 63102
<i>Los Angeles Dodgers</i> Charlie Blaney Dodger Stadium 1000 Elysian Park Los Angeles, CA 90012	<i>San Diego Padres</i> Tom Romanesko Jack Murphy Stadium 9449 Friars Road San Diego, CA 92018
<i>Montreal Expos</i> Dan Duquette 4545 De Coubertin Montreal, Quebec Canada H1V3P2	<i>San Francisco Giants</i> Tony Siegel Candlestick Park San Francisco, CA 94124

REFERENCE

1. Archibald, PS: Summertime Employment for the Athletic Trainer. *Athletic Training, JNATA*, 14 (1):32-33, 1979.

Baseball Athletic Trainers Reaching Out to Members

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recent years, they've been working to do more.

Last summer, for example, Pittsburgh Pirates head athletic trainer, Kent Biggerstaff, lectured on "Elbow Injuries in Baseball" at the NATA Clinical Symposium in Indianapolis. Jack Faila was the seventh PBATS speaker to lecture on baseball-specific injuries since 1984. PBATS leaders say it is essential that they stay actively involved in important NATA functions like the annual clinical symposium.

PBATS also awards three \$1,500 scholarships each year to students of athletic training, one of which is given in memory of Ralph Salvon, the former Baltimore Orioles athletic trainer of 23 years who passed away in 1988.

Last year's Ralph Salvon Memorial Scholarship recipient was Jean A. Miles, a graduate assistant athletic trainer at the University of Rhode Island. PBATS undergraduate scholarship recipient was Troy R. Lindley, a student at Michigan State University. And the PBATS curriculum scholarship was received by Philip A. Keith, a graduate student at Central Michigan University.

EDUCATIONAL COMMITMENT

Although PBATS is expanding its horizons, the organization will remain dedicated to serving the continuing education needs of its membership. PBATS President Jeff Cooper, head athletic trainer for the Philadelphia Phillies, said continuing education programs are not only essential for ATCs, they're good for baseball.

"We're very proud of our minor league training seminars, which are held during spring training in Florida and Arizona," said Cooper, now in his 16th season with the Phillies. "We supplement the seminar with a comprehensive video tape library and a sports medicine notebook program, both of which we've developed in the past few years."

The continuing education seminars,

which are underwritten by the Gatorade Company, give minor league ATCs the chance to learn from professional baseball's top team physicians. In addition, major league baseball athletic trainers conduct hands-on clinics on taping, rehabilitation, and injury prevention techniques. Specialists from a variety of sports medicine disciplines lend their expertise.

TEAM ATHLETIC TRAINER CONFERENCE

Several PBATS members also play an integral part in planning and presenting seminars at the annual conference for baseball athletic trainers, which was held for the fifth year last January in Seattle. Titled "Injury Prevention Techniques for the Baseball Team Trainer," last year's program was sponsored by the Centinela Hospital in Los Angeles and the Seattle Mariners. PBATS and the Major League Baseball Physician Association were strong supporters.

Seattle Mariners Head Athletic Trainer Rick Griffin, Baltimore Orioles Assistant Athletic Trainer Jamie Reed, and Angels Head Athletic Trainer Ned Bergert all played pivotal roles in the 1990 program.

HELPING THEIR OWN

In addition to awarding student scholarships, PBATS encourages continuing education within its ranks by providing scholarships annually to any PBATS member pursuing an educational endeavor. The 1990 Scholarship Award recipients were: Michael Gaddie of the St. Louis Cardinals' Rookie League affiliate, the Johnson City Cardinals; Rich Walker of the Philadelphia Phillies' Class A affiliate, the Batavia Clippers; Dave Werner of the Baltimore Orioles' Class A-Rookie affiliate, the Bluefield Orioles; and Terry Smith of the Detroit Tigers' Class A affiliate, the Lakeland Tigers.

PBATS is one of four satellite organizations of NATA; the other three

represent athletic trainers in professional football, basketball, and hockey. PBATS President Cooper said he agrees with NATA leadership, which is asking all satellites to make a renewed effort to plan for the future together.

"We've always been, and we remain staunchly supportive of NATA goals for a better athletic training profession," Cooper said. "We look forward to working more closely with NATA leadership to that end."

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