



eNEWS

The Indiana Athletic Trainers Association is committed to providing quality healthcare for Hoosiers and strives to advance the athletic training profession.

WWW.IATA-USA.ORG

President's Message

To the IATA Membership,
I hope this newsletter finds each of you doing well. March is a time of transition, especially here in the Indiana Athletic Trainers Association. Paul Plummer transitions from President to his new role as Past-President with Ned Shannon leaving the Executive Council after six years of dedicated service. In addition, Stephanie Weaver has completed her term as Treasurer and Joanne Klossner completed her second term as Secretary. It has been a pleasure serving with these four individuals over the last two years and I appreciate their willingness to volunteer as well as their dedication to the IATA and its members. In addition, I appreciate the guidance, support and mentoring they have provided me as I prepare to lead this association into the future as your President. Through their leadership these four have laid a solid foundation from which this association can continue to grow and improve and for that I thank them very much.



Craig Voll, LAT, ATC

Joining me this year are three new members to leadership positions within the IATA: John Locke as President-Elect, Justin Miller as Treasurer, and Jessica Emlich as Secretary. In the short time I have known them, I have come away impressed with their energy, enthusiasm, and commitment to you, the members of the IATA. I look forward to collaborating with these three as well as the other returning members of the Executive Council. I am very appreciative of their willingness to serve and am excited about the future.



Hit the Hill Day 2008 in Senator Lugar's Office: From Left Bob Shriner (IATA HS Committee), Craig Voll (IATA President), Katie Grove (GLATA Past President), Sue Finkam (IATA Governmental Affairs Chair), Sam Zuege (IATA Student Representative)

Chris Shaff and Scott Gull, after many years as Fall Meeting and Summer Meeting Coordinators respectively, have decided to step down from their positions. In addition, Becky Clifton has stepped down as Memorial Resolutions Chair. I would be remiss if I did not take some time to personally thank these three members whose service many times went unnoticed by the membership, but not by myself or the rest of the Executive Council. Thank you for your service and good luck in the future!

On February 25th an Indiana delegation consisting of Craig Voll (IATA President), Sue

continued.....

Indiana Athletic Trainers Association

www.IATA-USA.ORG

The IATA is recognized by the Indiana State Medical Association Commission on Sports Medicine and the Governor's Council for Physical Fitness and Sports Medicine.

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Upcoming Issues

| Content Due | Newsletter Out |
|--------------|----------------|
| May 15 | June 1 |
| July 15 | August 1 |
| September 15 | October 1 |
| November 15 | December 1 |

Date Subject to Change

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eNEWS

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Memorials

Please forward all notices of memorials to:

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The Hit the Hill Day 2008 in front of the Supreme Court.

Finkam (IATA Governmental Affairs Chair), Sam Zuege (IATA Student Rep), Katie Grove (GLATA President), and Bob Shriner (IATA High School Committee) traveled to Washington, DC to attend the NATA Capitol Hill Day. This year's group came from 42 states, plus the District of Columbia, and conducted over 225 appointments! The purpose of this year's event was to educate members of Congress about the NATA's legislative agenda, especially H.R. 1846 The Access to Physical Medicine and Rehabilitation Improvement Act. Contacts were made with staff members in the following offices: Senator Lugar, Senator Bayh, Rep. Ellsworth, Rep. Buyer, Rep. Burton, and

Rep. Donnelly. The NATA will soon announce that one Senator or Representative has agreed to help support us as a result of the 2008 Capitol Hill Day activities. To enhance our activities in February, I ask that each IATA member send a brief email followed by a phone call to your Senator and Representative asking for their support of HR 1846.

As part of our National Athletic Training Month campaign, Proclamations were secured from Governor Daniels, as well as the cities of West Lafayette, Lafayette, Muncie, Fishers, Carmel, Westfield, Bloomington, Terre Haute, Lawrence, Indianapolis and Greencastle all proclaiming March as Indiana Athletic Training Month. This initiative was undertaken by the Communications Committee as a way of urging citizens throughout the state to learn about the importance of athletic training and the role athletic trainers play in improving the health and wellness of Hoosiers statewide.

I remind all members that our Annual Golf Outing and Summer Symposium will be held July 11-13. I encourage everyone to mark those dates now on your calendar. The Annual Summer Golf Outing held at Wood Wind Golf Club (formerly Bent Tree) in Westfield, IN will be on Friday, July 11th. Last year we had 80 golfers and this year we would like to surpass 100 golfers. On Saturday, July 12th and Sunday, July 13th the Education Committee is excited about the opportunity to bring a two day hands on interactive symposium entitled "The Hesch Method: Treating Sacroiliac Joint Dysfunction" by Chris Gregor-Maxwell to the members. More information regarding the summer golf outing and symposium will be coming in the near future.

As I mentioned in an earlier message to you regarding volunteerism, I refuse to believe that the best days of the Indiana Athletic Trainers Association are behind us. Our organization has a history of cultivating several outstanding and dedicated leaders who have gone on to do great things at the state, district and national levels. We still have the potential to progress Indiana forward as one of the preeminent state organizations in the nation, but we can only do that if we continue to cultivate and nurture strong leadership committed to seeing that goal become a reality. It is time to pass the torch to the youth of the IATA—the next generation of leaders with the determination and initiative to progress Indiana forward. This initiative of involving more members within the association, especially younger members, will be the hallmark of my presidency.

In conclusion, I want you to know that the Executive Council values your opinion and wants to hear how we can better serve you. As always, if you have any questions, ideas, or would like to become more involved please email me at cavoll@purdue.edu.

Yours in good health,

Craig Voll

President Indiana Athletic Trainers Association

Newell-Combs Scholarships

Senior Athletic Training Education students Allie Boll, Michelle Jones and Laura Reid, and junior Athletic Training Education students Kent Bultemeier, Ryan Dotson, and Sam Zuege were recently awarded the 2007 Newell-Combs Scholarships.

The Newell-Combs Scholarships are awarded to junior/senior level Athletic Training Education students at Purdue University. The recipients shall possess the ideals of scholarship, dedication, professionalism, sincerity, loyalty and citizenship; the ideals William E. "Pinky" Newell and Dr. L.W. Combs held to be most worthy of an athletic trainer.

Scholarship recipients must have distinguished him/herself academically with a minimum cumulative grade point average of 3.0 based on a minimum of 60 semester hours of college course credit at



Larry Leverenz – Program Director, Michelle Jones - Senior, Allie Boll - Senior, Laura Reid - Senior, Sam Zuege - Junior, Kent Bultemeier - Junior, Ryan Dotson - Junior, Dennis Miller – Director of Sports Medicine.

Purdue. Recipients must have performed with distinction in the Purdue Athletic Training Education program, and declared their intention to complete undergraduate athletic training studies at Purdue University. In addition, the students shall have conducted him/herself both in and out of the training room setting and the classroom in such a manner so as to be a credit to athletic training, intercollegiate athletics, and Purdue University.

The 2007 Newell-Combs scholarship winners were announced at a scholarship recognition dinner at Bruno's which was attended by the Purdue Athletic Training faculty, staff and athletic training students. Congratulations to the scholarship winners!



2008 IATA AD of the Year

This year's Athletic Director of the Year, Mark Peterson, has 14 years of experience as an AD in Indiana and currently serves in that capacity at Lake Central High School. Mark was nominated by IATA member Chris Hall who had these wonderful things to say about Mark:

"Mark has been a great advocate of athletic trainers and the profession of athletic training. The best example of his dedication to athletic trainers and the field of athletic training was the creation of a brand new training room. This new facility quadrupled the previous facility and is much more suitable for the school's 500+ athletes. He encouraged our athletic booster club to assist the athletic department in furnishing the new training room with brand new equipment. Without his support the athletic training program at Lake Central HS would not be as successful as it has become.

Mark encouraged having the Duneland Conference athletic trainers meet and discuss topics related to athletic training and how we can provide better care for our student athletes. He's also encouraged the development of a student trainer assistant program at the high school. He is in constant contact with the athletic trainer and is always making sure that the student athletes are taken care of medically. He has always supported the decisions of the sports medicine staff and provided assistance whenever he can."

Congratulations Mark on your award! The IATA and its members thank you for your support of our profession.

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IATA Corporate Sponsors

Click on Sponsor Logo to link to their web site.

Elite Level



Shelbourne Knee Center

at Methodist Hospital
www.FixKnee.com



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Bronze

Henry Feuer, MD



Indiana Athletic Trainers Month



The Mayoral Proclamation-Muncie: From Left to Right representing Ball State University: Kirk Armstrong (Doctoral Assistant, Athletic Training Education Program), Dr. Tom Weidner (Director, Athletic Training Education Program), Muncie Mayor Sharon McShurley, and Neal Hazen (Head Athletic Trainer).

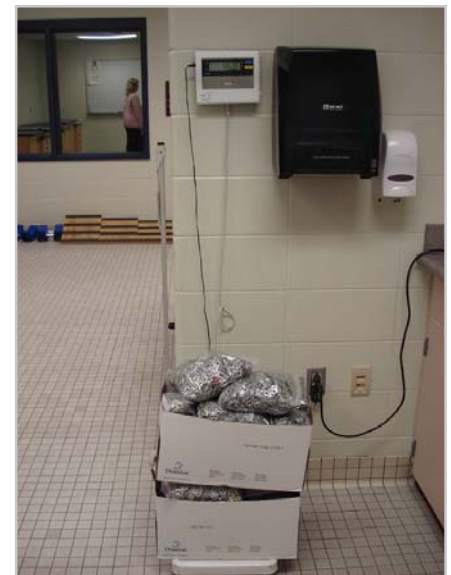
March was a busy and successful month! Several cities followed in the steps of the Governor of Indiana in proclaiming March as Indiana Athletic Trainers Month. Cities where we received proclamations included: West Lafayette, Lafayette, Muncie, Fishers, Carmel, Westfield, and Greencastle. Once again we had advertisements on the NCAA Tournament bracket pages in the Indianapolis Star, the Evansville Courier and Press, the Terre Haute Tribune Star, and the Northwest Indiana Times. Indiana also had an advertisement in the Training and Conditioning magazine which is a national publication. All certified and student members received post it notes with the IATA logo and there was a drawing to win a baseball hat among the members.

Save the Dates

The 16th Annual Golf Outing and 12th Annual Summer Symposium are quickly approaching! Join us at Wood Wind Golf Club (formerly Bent Tree) in Westfield, IN on Friday, July 11th then stay in Indy and attend the Summer Meeting Saturday, July 12th and Sunday, July 13th at Conseco Fieldhouse. This year's interactive program is entitled "The Hesch Method: Treating Sacroiliac Joint Dysfunction" by Chris Gregor-Maxwell.

IATA Helps Ronald MacDonald House

Throughout the month of March Athletic Training Education Programs across the state of Indiana were challenged to collect the most pop tabs to celebrate Athletic Training Month. A grand total of 120.6 lbs of pop tabs were collected and donated to the Ronald McDonald of Indiana. Congratulations to Indiana Wesleyan University for collecting 47 lbs of pop tabs. IWU will receive a free "Education Partnership" to the 2009 Fall Symposium allowing any of its students to attend free of charge. The other schools that participated include Franklin College (43 lbs), Indiana State University (15.4 lbs), and Purdue University (15.2 lbs). Thank you to everyone who participated in this challenge!



Less Than Half of U.S. High Schools Have Athletic Trainers

State Representative Peggy Welch gets one-on-one work out to learn more about the profession

Only 42 percent of public, U.S. high schools have access to athletic trainers, according to the National Athletic Training Association. With more than seven million kids suiting up to represent their schools on the playing field, this means that four million high school athletes do not have the opportunity to work with someone who is professionally trained in the prevention, assessment, treatment and rehabilitation of injuries.

Fortunately, for Edgewood High School's Mustangs, this is not the case. Graduate students in Indiana University's athletic training program, along with dually-credentialed physical therapists/athletic trainers from Bloomington Hospital's Rebound, provide care to Edgewood's athletes.

"Our athletic trainers serve as mentors to the graduate students from IU to enhance their learning experience in the high school setting," says Marie Bertrand, MS, LAT, ATC, CSCS, certified athletic trainer at Rebound. "IU's athletic training program provides a variety of hands on experiences both on and off campus for its students. We're glad to be a part of it."

To help raise awareness about the profession of athletic training and in celebration of National Athletic Training Month, Bertrand invited state Representative Peggy Welch for a one-on-one workout at the Monroe County YMCA on March 7.

With snow flurries coming down and the wind howling outside, Welch and Bertrand began their workout in the Y's Wellness Center on the elliptical machines.

"Peggy wanted to try something 'different,' low impact that she could use as training for hiking," Bertrand says. "The elliptical machines at the Y were a perfect fit for this purpose."

After a warming up on the elliptical machines, Bertrand and Welch moved over to the strength training area of the Center. Following work on the quads, hamstrings and hips, Bertrand demonstrated exercises on the exercise ball.

"The ball is a very versatile, yet inexpensive, piece of equipment. It really helps engage the nervous system to help improve core strength and stability," Bertrand explains.

The two ended the session with mild stretches and a five-minute cool down, walking at an easy pace on the Y's wooden indoor track.

"It's been fun to come out and do this," says Welch, following the work out. "Athletic trainers are often misunderstood,

underrated and underutilized. Many people don't understand the extensive schooling and training each athletic trainer completes. I'm very supportive of the athletic trainers in our community."

Much as Bertrand did with Welch during this session, athletic trainers work with physically active individuals in the prevention, assessment, treatment and rehabilitation of injuries. Athletic trainers' extensive training allows them to work with individuals one-on-one or in a more traditional sense with schools and athletic teams.

"Athletic trainers should not be confused with personal trainers. As athletic trainers, we work in a variety of settings, and in each setting, exercise plays a large role," Bertrand explains. "We use exercise for injury prevention and rehabilitation for athletes, workers, 'weekend warriors,' and physically active individuals."

Athletic training is medically-based and guided by sports medicine principles. An additional aspect of athletic training that makes it different from personal and other forms of training is emergency training.

"Emergency training is unique to athletic training, and it allows us to respond directly to injuries on the sidelines," says Bertrand. "The title of 'athletic trainer' confuses everyone, but it's our education and background that makes all the difference. In order to practice athletic training in Indiana, a bachelor's degree, national certification, a state license and continuing education are required."

Athletic trainers are a key component of the athletic health care team.

"We strive to provide expert advice, treatment and rehab to our area's young athletes, and are proud to work with our local athletes," Bertrand says.

For more information about Rebound and athletic training, please visit bloomingtonhospital.org or call 812.353.9378.

Mitchell... Fortunately, for Mitchell High School's Bluejackets, this is not the case – a certified athletic trainer from Bloomington Hospital's Rebound provides athletic training services throughout the school year. The school's dedicated certified athletic trainer performs weekly injury checks, and provides game coverage for football, wrestling, boys' and girls' basketball, and cross country or track meets.

"Rebound's athletic trainers serve as experts to the high school, its athletic department, and its young athletes for the prevention, assessment, treatment and rehabilitation of their injuries," says Marie Bertrand, MS, LAT, ATC, CSCS, certified athletic trainer at Rebound.

Brown County... a certified athletic trainer from Bloomington Hospital's Rebound provides athletic training services throughout the school year. The school's dedicated certified athletic trainer performs weekly injury checks, and provides game coverage for football, wrestling, boys' and girls' basketball, and cross country or track meets.

"Rebound's athletic trainers serve as experts to the high school, its athletic department, and its young athletes for the prevention, assessment, treatment and rehabilitation of their injuries," says Marie Bertrand, MS, LAT, ATC, CSCS, certified athletic trainer at Rebound.

Bloomington... This March, State Representative Peggy Welch took time out for a one-on-one workout session with Athletic Trainer Marie Bertrand, MS, LAT, ATC, CSCS, from Bloomington Hospital's Rebound, in celebration of National Athletic Training Month. With just 42 percent of U.S. high schools having access to athletic trainers, both Bloomington High School North and Bloomington High School South benefit from the expertise of graduate students from Indiana University's athletic training program as well as dually-credentialed physical therapists/athletic trainers from Rebound, who serve as mentors to the grad students.



Here's a Thank You to Sports' Unseen Heroes

March 24, 2008

By Brian Hedger *Post-Tribune* staff writer

We see the dunks. And the touchdowns. And the home runs. We see the shutouts thrown. And the goals scored. And the gravity-defying catches snagged. It's easy to see the best highlights in sports, because all we have to do is flip on the tube or head out to the nearest game.

But there is another part of sports that we don't give enough attention or thanks. It's the world of the training room, where brave souls called certified athletic trainers spend countless hours on the job with professional, college and high school teams. March is the National Athletic Trainers Association's Athletic Training Month.

And this year, the motto is one that should strike home with parents: "Who's taking care of your kids?"

It's a pertinent question, considering how important sports has become to our society.

Who is taking care of your kids?

If you're lucky, it's somebody who knows the athletic training trade inside and out. If you're lucky, it's somebody who cares more about your child's well-being than the team's.

Those of you who read this column regularly know that late last year, I blew my knee out playing basketball.

While that experience put me on an operating table and still sends pain shooting through my knee, it also allowed me to meet some very skilled, caring athletic trainers during my rehab — the same people who take care of your kids.

Personally, I've been working with the folks from Doherty Therapeutics and Sports Medicine in Munster, where they have certified athletic trainers who work with a number of local athletes (and others like me, who fancy ourselves as athletes).

For the past three months, I've been going there to rehab my knee. And each time I go, I see people of all ages and backgrounds getting the same kind of attention your kids get at school before, during or after practices.

I've met soccer players. Football players. Firemen. Ultimate fighters. And, of course, people just like me — who simply want to heal enough to live without pain. The trainers help us all equally, and trust me, we all appreciate it — even if we might curse a little while doing certain maneuvers.

And this is just at one local clinic. Look around the region, and you'll find plenty of other athletic trainers applying their craft. The job done by whomever worked with Chesterton's Austin Bower comes to mind, after watching Bower play basketball roughly four months after blowing his knee out in football.

Coming from a guy with a similar injury, that was both impressive and inspiring. And there are stories like that every year that often go overlooked because we simply presume a return to health for injured athletes.

It's not that simple, though. Athletes don't just go away to some magical land of healing and then return. It takes a ton of work, often from the operating table straight to the rehab table.

So, who's taking care of your kids? Certified athletic trainers, that's who.

And it shouldn't take an injury for us to realize how much they do. Thank you to all the athletic trainers here in the region. This month is yours, and you deserve it.

Wilderness Responder Certification

Certification Provider

Wilderness Medical Associates

Sponsor

Indiana State University

Location

ISU Field Campus, Brazil, Indiana

When

August 4-11th, 2008

Content: The course addresses the special problems associated with prolonged patient care such as; extended emergency care management, extreme environments, isolated settings, and limited equipment. This will enhance an athletic trainer's emergency skills while encouraging them to be resourceful in a non-traditional environment. The certification will be valuable to athletic trainers wanting to challenge themselves and those looking to work in wilderness situations such as adventure races or ultramarathons. This course and certification can also be applied to the clinical setting within other realms under the sports medicine umbrella.

Register By: June 30th, 2008

For more information, contact: Susan Yeargin, PhD, ATC, syeargin@indstate.edu, 812-237-3962



Indiana State University Summer Seminar for High School Students

Indiana State University will host a Summer Honors Program July 20-26, 2008. One of the seminars will be Athletic Training. This seminar will cover everything from physicals to wound care and from forearm casting to emergency planning - all in relation to the world of sports injuries. Through hands-on laboratory activities, participants will investigate the areas of sport epidemiology, injury prevention, and emergency management.

High school students (class of 2009, 2010, and 2011) are eligible if one of the following requirements is satisfied:

- Ranked in upper 25 percent of their class; or
- Maintained at least a "B" average; or
- Recommended by a teacher, counselor, or principal

The following link will direct you to the Summer Honors Program introductory video:

<http://media.indstate.edu/opa/video/2008/summer-honors.mp4>

For more information on eligibility — and scholarship opportunities — point your browser to <http://www.indstate.edu/experience>

Please share this information with high school students, teachers or counselors who may be interested.

Winners of the Nike Hats

- Elizabeth Stracener
- Mark Colston
- Amber Kivett
- Eric Fledderman
- Dave Jessup
- Jennifer Priser
- Adam Thompson
- Nathan Twedt
- Mark Lahr
- Becky Clifton
- Jan Clifton
- Holly Kohrman
- Megan Lengacher
- Kristen Hughes
- Rachel Henry
- Kara Kessans
- Amy Silverthorn
- Kent Bultemeier
- Shane Cullina
- Jared Gogel
- Amy Reinhart
- Megan Rogers
- Wes Keller
- Kitty Newsham
- Autumn Whitson
- Robert Black

Congratulations!

Wear with IATA Pride.





The Annual Football Symposium



When: Wednesday, July 16, 2008
Where: NCAA Headquarters, Indianapolis
Time: 5:00 - 9:30 PM, Dinner is included

NEW!! CPR recertification will be available dependent upon the level of interest. Call 317.817.1227 for details or email us at phunker@methodistsports.com!

Save the Date!

