



# 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](http://WWW.IATA-USA.ORG)

## President's Message

Time seems to have flown by. This is my last letter to you as President of IATA. My tenure will come to an end in March. I want to make sure you know how much I appreciate the opportunity you gave me to serve you. It has been a challenging and rewarding experience that I am thankful to have experienced. Thank you for that opportunity and for being involved in your profession.



*Paul Plummer, MA, LAT, ATC*

The results from the recent IATA election are in and I want to welcome our new Executive Council members; John Locke as President Elect, Justin Miller as Treasurer, and Jessica Emlich as Secretary. I am looking forward to their leadership in these positions. Craig Voll will assume the reins as President. For those of you that don't know Craig yet, you are in great hands. He is an outstanding leader and has good insight into the direction of this Association.

I want to personally thank Ned Shannon for his mentoring during my tenure. Ned thanks for all you have done for me and the Profession! Joanne Klossner (Secretary) and Stephanie Weaver (Treasurer) are leaving the Executive Council after years of service. Thanks for your dedication and good work in these leadership roles.

As I look back over the last two years, there has been a lot of work done by the many members and several positive outcomes. Two things stand out to me. One is that the public has become more aware of who you are and what you do. We still have more to do but this is because of the quality work you do everyday. The day to day interactions you have and the positive perception you give to everyone you come in contact. So many times we take for granted our roles and the influence we carry within our professional circles. Keep up the great work you have done. The second thing that stands out to me is the growing involvement of the certified and student members. The last several years has seen a steady growth in attendance and excitement. It is my hope that this only continues.

The 116th Session of the Indiana General Assembly is in session. Although we are not submitting any legislative bills for consideration at this time, many other groups are. I encourage all of you to be familiar with your representatives and know their positions on many important issues. I understand that it is easy to feel intimidated in this environment but you play a great role in this process. The following link, [www.in.gov/apps/sos/legislator/search/](http://www.in.gov/apps/sos/legislator/search/) will help you find your representative. For more information

*continued.....*

## Indiana Athletic Trainers Association

[www.IATA-USA.ORG](http://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.

### INSIDE THIS ISSUE

(Click On Link)

- [NAT Month Preparations](#)
- [Save the Dates!](#)
- [IATA Elections](#)
- [Student Corner](#)
- [Jack Cramer Scholarship](#)
- [NSCA Annual Clinic](#)

### Upcoming Issues

Content Due	Newsletter Out
January 15	February 1
March 15	April 1
May 15	June 1
July 15	August 1
September 15	October 1
November 15	December 1

*Date Subject to Change*

on the current session this link will be of assistance, [www.in.gov/legislative/legislators/](http://www.in.gov/legislative/legislators/).

Finally, don't forget about the upcoming GLATA Winter Meeting in Toledo, OH in March. I hope you will make plans to attend our District Meeting. I know the local organizing committee has been working very hard to make this meeting meaningful for you.

You all continue to represent yourselves and this profession well. We continue to get the message out about the great things members of our profession have to offer not only in our words but also in our actions. You should all be proud to be apart of such a profession. Thank you for all you do.

*Paul Plummer, MA, LAT, ATC*

## IATA Executive Council

### President

Paul Plummer, MA, LAT, ATC  
[pplummer1@isugw.indstate.edu](mailto:pplummer1@isugw.indstate.edu)

### President Elect

Craig Voll, LAT, ATC  
[cavoll@purdue.edu](mailto:cavoll@purdue.edu)

### Past President

Ned Shannon, MS, LAT, ATC  
[nshannon@uindy.edu](mailto:nshannon@uindy.edu)

### Secretary

Joanne Klossner, LAT, ATC  
[jklossne@indiana.edu](mailto:jklossne@indiana.edu)

### Treasurer

Stephanie Weaver, LAT, ATC  
[sweaverATC@hotmail.com](mailto:sweaverATC@hotmail.com)

## eNEWS

For information covered in this electronic newsletter or to submit articles or ideas, please contact the IATA Communications Co-Chair:

Betsy Halwes  
[bhalwes@orthoindy.com](mailto:bhalwes@orthoindy.com)

### Memorials

Please forward all notices of memorials to:

Becky Clifton, LAT, ATC  
[bclifton@nafcf.k12.in.us](mailto:bclifton@nafcf.k12.in.us)



## National Athletic Training Month Preparations

Part of the preparations the Communications Committee is making for NATM is to get Mayoral Proclamations from across the state. These proclamations would announce that particular city recognizing March as Indiana Athletic Training Month. We have some cities covered, but need help from the membership in getting others. If you are willing and able to attempt to get a proclamation from your city, please contact Communications Co-Chair, [Betsy Halwes](#). There is a template that you can use to submit to your local government.

## Save the Dates

### 2008 GLATA Winter Meeting

40th Anniversary Celebration  
Thursday, March 6th - Saturday, March 8th  
Park Inn Toledo  
Seagate Convention Center  
Toledo, OH

### 2008 IATA Golf Outing

Friday, July 11<sup>th</sup>  
Proceeds to benefit LAT-PAC

### 2008 IATA Summer Symposium

Saturday, July 12<sup>th</sup> - Sunday, July 13<sup>th</sup>  
Conseco Fieldhouse  
Indianapolis, IN

## IATA Elections

Executive Council elections have ended and in a very good turn out of 17.2% of eligible voters casting a ballot, new officers have been elected for 2008-2010. Those elected were: President-elect, John Locke; Treasurer, Justin Miller; and Secretary, Jessica Emlich. These individuals will take office at the GLATA meeting in March.



John Locke



Justin Miller



Jessica Emlich



## Student Corner

With National Athletic Trainers' Month just around the corner, the IATA student representatives have been busy putting together a community service project that will challenge all ATEP's while benefiting the entire state of Indiana. Starting February 1<sup>st</sup> the IATA is challenging all school programs to begin collecting pop tabs for the Ronald McDonald House of Indiana. The school that collects the most pop tabs by March 31<sup>st</sup> will be awarded a free Educational Partnership for the 2008 IATA Fall Meeting. This allows all members of that school's ATEP to attend the Fall Meeting for free. More information will be sent to each ATEP institution in the state. With your help we can help continue the mission of the Ronald McDonald House of easing the burden on families while their children are being treated at the Riley Hospital for Children.



## Do You Want a Free Nike Hat Sporting the IATA Logo?

Simply send an email to the IATA Communications Committee at [iatacc@hotmail.com](mailto:iatacc@hotmail.com). Include the following information:

- Full Name**
- Mailing Address**

If you win, wear with pride! That's it, no strings attached. Deadline for entry is Friday, February 15<sup>th</sup>. A list of winners will be printed in the next newsletter. Please allow 6-8 weeks for shipping.

## IATA Committees

### Education

David Craig

[dcraig@pacers.com](mailto:dcraig@pacers.com)

### Finance

Scott Lawrance

[slawrance@aclmd.com](mailto:slawrance@aclmd.com)

### Governmental Affairs

OPEN

### Revenue

Jamey Gordon

[jamey@fortwaynephysicaltherapy.com](mailto:jamey@fortwaynephysicaltherapy.com)

### Membership

Barb Caton

[bhcaton@evsc.k12.in.us](mailto:bhcaton@evsc.k12.in.us)

### Diversity

Marissa Simon

[marissasimon13@yahoo.com](mailto:marissasimon13@yahoo.com)

### Honors & Awards

Joharv

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

### Memorial Resolutions

Becky Clifton

[bcclifton@nafef.k12.in.us](mailto:bcclifton@nafef.k12.in.us)

### Placement

Sara Myers

[slmyers@butler.edu](mailto:slmyers@butler.edu)

### All Stars

Jan Clifton

[JMClifto@stvincent.org](mailto:JMClifto@stvincent.org)

### High School

Dean Behrmann

[dbehrmann@msdpt.k12.in.us](mailto:dbehrmann@msdpt.k12.in.us)

### College/University

Jennifer Popp

[jenpopp@anderson.edu](mailto:jenpopp@anderson.edu)

### Professional

Hunter Smith

[smithh@colts.nfl.com](mailto:smithh@colts.nfl.com)

### Clinical/Industrial/Corporate

Jill Quigley

[jill.quigley@nar-international.com](mailto:jill.quigley@nar-international.com)

### Communications

Jason Simala

[jjsimala@hotmail.com](mailto:jjsimala@hotmail.com)

### Student Representatives

Peter Dewar

[pdewar@purdue.edu](mailto:pdewar@purdue.edu)

Sam Zuege

[szuege@purdue.edu](mailto:szuege@purdue.edu)

# IATA Corporate Sponsors

Click on Sponsor Logo to link to their web site.

## Elite Level



Shelbourne Knee Center  
at Methodist Hospital  
www.FixKnee.com



## Platinum Level



## Gold Level

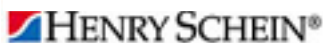


## Silver Level



## Bronze

Henry Feuer, MD



# Jack Cramer Scholarship

The NATA announces that the application for the 2008 Jack Cramer Scholarship has been posted online. This scholarship is for high school seniors who plan a career in Athletic Training in the secondary school setting. If you know of any interested high school students, send them this link: [www.nata.org/cramerscholarship/index.htm](http://www.nata.org/cramerscholarship/index.htm).



# Mitchell Report



The National Athletic Trainers' Association (NATA) has followed news of the Mitchell Report with great concern and interest, especially since some media have incorrectly reported that Brian McNamee is an athletic trainer.

Mr. McNamee is not, nor has ever been an athletic trainer, as confirmed by NATA and Board of Certification (BOC) records and the New York Yankees. He is in fact a **PERSONAL TRAINER. You should be aware that the term "athletic trainer" is a title-protected term by statute in 43 states.** In your coverage of this very timely sports and health issue, we appreciate any references to McNamee to be accurate. The Mitchell report correctly identifies McNamee as a personal trainer, and we hope media will continue to refer to him by his correction profession - PERSONAL training. An accurate description of McNamee is vitally important to the reputation and credibility of the 35,000 athletic trainers working with sports medicine patients and clients.

As you may know, athletic trainers are medical professionals who specialize in the prevention, assessment, treatment and rehabilitation of injuries; personal trainers are not medically based and focus solely on fitness and conditioning.

If you are working on any related stories, NATA has issued an official statement ([www.nata.org/statements/official/steroidstatement.pdf](http://www.nata.org/statements/official/steroidstatement.pdf)) on steroids and performance enhancing substances. Our biggest concern is the health and safety of athletes, which NATA considers compromised by use of such substances. We support the ban on steroids in sports and consider this one of the most important issues facing the sports world today. Our members focus on the health and well being of the athlete and the patients our members serve. This is especially true, but not limited to, Major League Baseball given the high visibility of the Mitchell report being issued last week.

Athletic trainers (who should never be referred to as "trainers") also have higher educational and certification standards than personal trainers; they maintain certification through the Board of Certification, an organization independent of NATA. They have a minimum of a bachelor's degree, with 70% having a master's or higher. Personal trainers have no formal certification or educational requirements.

Brian McNamee is a PERSONAL trainer.

Thank you for helping us to maintain the integrity of our profession. Please let us know if we can offer comment to current or future stories to reinforce these critical health messages. We remain committed to the safety of the athlete and the elimination of steroids and performing enhancement drugs in sports and will do anything we can to communicate that message.

For further information please contact NATA Public Relations Manager Ellen Satlof at [ellen@nata.org](mailto:ellen@nata.org).



# Indiana NSCA Annual Clinic

Saturday, March 1, 2008

### GENERAL INFORMATION

Location	Clinic Contact	CEUs
Velocity Sports Performance 1402 Chase Ct. Carmel, IN 46032	Thomas Nesser +1 812-237-2901 tnesser@indstate.edu	0.6 NSCA 6.0 NATA

#### NSCA Mission Statement

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

TIME	TOPIC	SPEAKER
8:00-9:00am	Onsite Registration and Check-in	
9:00-10:00am	The Biomechanics of Lifting and the Spine Under Load	Shawn Pala, DC, CSCS
10:00-11:00am	Shoulder Stabilization and Injury Prevention	Kellie Huxel, PhD, ATC
11:00-12:00pm	Case Examples of the Use of Gray Cook's Selective Functional Movement Screen™	Sheri Walters, MS, ATC, CSCS
12:00-1:00pm	Lunch - Provided	
1:00-2:00pm	Exercise for the Diabetic Client	Jamey Gordon, DPT, ATC, CSCS
2:00-3:00pm	Common Olympic Lifting Errors and Injuries	Chris Powell, MS, CSCS
3:00-4:00pm	Recovery Nutrition	Thomas Nesser, PhD, PT, ATC, CSCS

*Additional Clinic Details: Please call 800-815-6826 if you require special accommodations. Topics and speakers subject to change without prior notification. This clinic may have hands on sessions. Participants are asked to dress comfortably and only participate within their physical limitations.*

#### HOTEL ACCOMMODATIONS

Hilton Garden Inn - Indianapolis/Carmel  
13090 Pennsylvania St. Carmel, IN 46032  
+1 317-581-9400 or [www.indianapoliscarmel.gardeninn.com](http://www.indianapoliscarmel.gardeninn.com)

Thank you to Velocity Sports Performance - Carmel for being this year's host site!

State Chapters sponsored in part by



DIRECTIONS: [www.velocitysp.com/carmel/contact.html](http://www.velocitysp.com/carmel/contact.html)

### REGISTRATION FORM ♦ INDIANA NSCA ANNUAL CLINIC ♦ MARCH 1, 2008 ♦ CLINIC CODE 23017

Mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906  
Fax to: +1 719-632-6367 - Or register online at: <http://www.nasca-lift.org/stateclinics/searchclinic.asp>

**Refund Policy:** On or before Feb. 2nd - 50%  
After Feb. 2nd - No refund

Name \_\_\_\_\_  
Member ID \_\_\_\_\_ Student ID \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone # \_\_\_\_\_  
Email \_\_\_\_\_  
Emergency contact and phone # \_\_\_\_\_

#### Primary Job Responsibility (only check one)

- Physical Therapist     Educator  
 Athletic Trainer     S&C Coach  
 Personal Trainer     Student  
 Sport Coach—specify sport \_\_\_\_\_  
 Other \_\_\_\_\_

#### Number of state/provincial clinics previously attended

- 1st     2-3     4-6     7+

Clinic Fees (check one)	Now thru Feb. 16	Onsite	Payment Method
NSCA Member	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45	<input type="checkbox"/> Check (payable to the NSCA) <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> AmEx
Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30	Account# _____
Non-member	<input type="checkbox"/> \$45	<input type="checkbox"/> \$55	Signature _____

T-shirt Size:  Medium     Large     X-Large    Total Enclosed \$ \_\_\_\_\_    Receipt:  Mail     Email