

PATS *news*



A Publication by The Pennsylvania Athletic Trainers' Society Spring 2002

National Athletic Trainers' Association

Secondary School Athletic Trainers' Committee

At the request of the Secondary Schools Athletic Trainers' Committee, the NATA has established a task force that will study appropriate medical care/coverage for secondary school athletes. The task force will be made up of representatives from over 25 professional medical, athletic and scholastic professional organizations as well as Certified Athletic Trainers from around the nation.

The task force will review current literature regarding athletic health needs and recent trends in care provided.

Our goal is to develop a consensus statement that offers direction and guidance for providing appropriate medical care to participants in middle and high school sports.

The time line for the task force will be approximately three years, allowing adequate time for any necessary research projects. The first meeting of the task force is scheduled for spring of 2002.

"The task force will include a unique group of professionals representing varying aspects of the secondary school athlete's health. I am optimistic that, as a group, we can agree on common goals regarding the delivery of health care to these student athletes," according to Jon Almquist, ATC, Chair, NATA Task Force for the Appropriate Medical Care/Coverage for Secondary School Athletes (703) 246-4598

Pennsylvania Connection to Rose Bowl

Derek Clark, ATC, Assistant Athletic Trainer for the University of Nebraska Cornhuskers, and a graduate of Edinboro University, on the left, and Scott Bruce, ATC, Assistant Athletic Trainer for the University of Miami Hurricanes and the former Head Athletic Trainer at Slippery Rock University, on the right, are pictured on the field at the Rose Bowl just prior to the BCS National Championship football game.



Lightning Safety

In anticipation of the warm spring weather, many of us begin imagining getting outside more often enjoying our favorite physical activities – golf, softball, trekking our favorite paths, or gardening. To enjoy those activities safely and prevent unnecessary injury, there are many common-sense approaches that we, as Certified Athletic Trainers, recommend. In celebration of National Athletic Training Month, the Certified Athletic Trainers at Duquesne University would like to share our expertise in one of those areas, **(Prevention) Lightning Safety**. Prevention of injury and illness is just one aspect of the scope of practice of a Certified Athletic Trainer. The other domains, or job responsibilities, of a Certified Athletic Trainer include assessment, treatment, rehabilitation, and education of the conditions that affect the physically active.

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Editor's Note:

Dear Friends,

As winter tries to keep its grip on the cold weather, it is reassuring that the warm weather is slowly trying to creep up on us. Many exciting changes are occurring within PATS, from the turnover in leadership, the increase in membership, and the newsletter being published online. In the next couple of weeks, you will be receiving a postcard that will provide you an opportunity to request a hard copy of the newsletter. If you wish to get such a copy, please return the card to Ron Trenney. His address will be listed on the post card.

Please remember that anyone wishing to send contributions to the newsletter, please play close attention to the deadlines. When submitting articles, the best formats to use are Microsoft Word on a disk, a direct e-mail, or an e-mail attachment in Microsoft Word or text format. Pictures should be submitted in JPEG format. Our address is:

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adfst17@pitt.edu

Good luck as you prepare for the spring sports season and scheduling around the unpredictable weather patterns. Please provide us with feedback on the new format of the newsletter. We look forward to seeing all of you in Harrisburg in June.

Sincerely,

Beth and Alan

Newsletter Submission Dates

Spring: February 16th
Summer: June 15th
Fall: August 25th
Winter: November 1st

The President's Message

By Joseph B. Hazzard, Jr., MS, ATC, Bloomsburg University

I submit this message while realizing that this will be my last submission as President of this Society. It feels like not so long ago that I wrote my first President's Message. Many events and transitions have taken place in the past two years. Most of the time during my Presidency was spent on our continued political efforts in Harrisburg. I feel fortunate that the efforts of so many Presidents before me paid dividends in realizing a new and modern law for Certified Athletic Trainers in Pennsylvania.

We are rapidly approaching our Society's Annual Meeting in Harrisburg. I encourage your attendance, as we will again offer an excellent education program, and present information concerning our new law. The leadership has already begun to work on Rules and Regulations that will govern the practice of athletic training in the Commonwealth. We will provide the most updated information in June at the Hilton Towers. It will be time to welcome new members of the leadership, and of course, thank those who have served tirelessly. I will be passing the gavel to our new President, Gary Hanna. We are fortunate to have Gary and I look forward to continuing to work with him.

I would be remiss not to take the opportunity to thank several people at this point. First, I would like to thank the past Presidents who have served as reliable resources throughout my Presidency. Second, the Board of Directors who have dedicated themselves to my leadership over the past two years, and specifically past-President Heckler for his continued commitment to this Society along with former Board member, Barry McGlumphy. Lastly, I extend a thank you to all Committee Chairs and Committee members. Without their volunteerism, the Society would not continue to conduct business.

I look forward to seeing all of you in Harrisburg again this year. Have a great spring season!

On Campus



Dan Evans, ATC
College/University Committee Chairperson
Haverford College

Spring is here! Spring is here! Spring is my favorite time on the campus of Haverford College, but I am not sure if it is the fact that the flowers are blooming or the fact that summer is coming.

I would like to extend my many thanks to the PATS members that contacted me over the past months about the construction of their new Sports Medicine facilities. The knowledge that I have gained will be very helpful in the design of our new building.

I would like to echo the message that Sandy Bush, ATC, of Messiah College, brought forward in the winter newsletter. Sandy challenged the membership of the south central region to think of who they would like to see nominated for the open positions of the PATS board of directors. I would also like to ask the college/university trainers to strongly consider themselves and their peers as potential leaders in our organization. If you have any questions regarding the offices available for election in June please feel free to contact Mike Ludwikowski, ATC chairman of the Nominations/Elections Committee or me.

Please remember that the annual PATS Symposium is scheduled for June 1 - 3, 2002 at the Harrisburg Hilton Towers, and it promises to be another strong educational program. The College/University Committee will once again be sponsoring a breakout session and more information will be following in the upcoming registration information.

Weather often dictates the physical activities of spring, and it is important to be prepared for all that weather brings. Lightning has been one of the top three causes of weather-related deaths in this country. It is a potentially serious danger due, in part, to the prevalence of thunderstorms in the early evenings in the late spring and summer, when people are most active. In 1997, the National Lightning Detection Network recorded nearly 27,000,000 cloud-to-ground lightning strikes in the United States. Many of these strikes caused fires, power outages, property damage, loss of life and disabling injuries. While reports of these incidents are common, many people are unsure about what to do and where to go to improve their safety during thunderstorms. Here are some helpful tips to protect you and your family this spring.

Lightning Safety: Making your Family Safer

1. Have a designated plan and identify a chain of command that identifies who will “make the call” to stop activity and move participants to a safer area.
2. Designate a “weather watcher” – a person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous.
3. Develop a means of monitoring local weather forecasts and warnings.
4. Determine specific “**Safe Locations**”, on each field or site, from lightning hazards.
5. Use specific criteria for suspension and resumption of activities (“**Flash-to-Bang**” count)
6. Use the recommended lightning-safety strategies.

A **Safe Location** is any substantial, frequently inhabited building. Buildings are safer than remaining outdoors during thunderstorms. Electric and telephone wiring and plumbing pathways aid in grounding a building. A secondary choice is a fully enclosed vehicle with a metal roof and windows closed. Convertible cars and golf carts do not provide protection from lightning danger. It is important not to touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.

Seeking a safe location at the first sign of lightning or thunder activity is highly recommended. By the time the **Flash-to-Bang count** approaches 30 seconds (or less), all individuals already should be inside or should immediately seek a safe location. To use the Flash-to-Bang method, the observer should begin counting when a lightning flash is sighted. Counting is stopped when the associated bang (thunder) is heard. This count is divided by 5 to determine the distance (in miles) to the lightning flash. A “safe distance” away from a storm is at least 6 miles; this would equate to a Flash-to-Bang count of a minimum of 30 seconds (30 seconds divided by 5).

Activities should be postponed or suspended if a thunderstorm appears imminent until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity. Once activities have been suspended, activities should not resume or individuals should not return outdoors until at least 30 minutes after the last sound of thunder or lightning flash. All individuals should have the right to leave an athletic site or activity, without fear of repercussion or penalty, to seek a safe structure or location if they feel they are in danger from impending lightning activity.

While moving to a safe location, individuals should avoid being in contact with, or in proximity to, the highest point of an open field or on the open water. Seeking shelter under or near trees, flagpoles, or light poles is not recommended. Taking showers or using plumbing facilities (including indoor and outdoor pools) or using landline telephones during thunderstorm activity also is not recommended. Cordless or cellular phones are safer to use when emergency help is needed. If anyone feels their hair “stand on end” or skin tingle or hear crackling noises, that person should assume the **Lighting-Safe Position**. The Lightning Safe Position is with the individual crouched on the ground, weight of the body should be on the balls of the feet, with the feet together, head lowered, and ears covered. Individuals should never lie flat on the ground.

Attention...Certified & Student Athletic Trainers:

SPECIAL OLYMPICS PENNSYLVANIA (SOPA) is searching for volunteer athletic trainers (certified, student, retired...) for the SOPA Summer Games.

Please complete the Volunteer Form to provide medical coverage for the 2002 Special Olympics Pennsylvania Summer Games to be held **June 6 – 8, 2002** at the Pennsylvania State University. Athletic trainers are needed to provide medical coverage for the following sports: Aquatics, Basketball, Bowling, Equestrian, Gymnastics, Outdoor Track, Softball, and Tennis.

The Athletic Training Volunteer Staff will support Penn State's Emergency Medical Staff in providing routine and emergency medical assistance during all athletic events at the 2002 Summer Games. Please complete the attached form if you are interested in helping. Your support is critical to providing a safe environment for the conduct of the games. I believe you will also find the experience both personally and professionally gratifying.

Room and board will be provided, if needed.

Please return the completed application by **Monday, May 6, 2002**. If you have any questions, please call me at (814) 695-4416 during the day or at (814) 942-0533 in the evening. Upon receiving your application, I will place you on our volunteer list and on the schedule of medical coverage. Further information regarding location and time of assignments will be sent to you or I will be contacting you during the first week of June.

Thank you for your consideration in supporting this event. Please copy this letter and application form and pass it on to your colleagues in order to assist in spreading the word about this very *SPECIAL* volunteer opportunity.

Sue Barkman, MS, ATC
Coordinator of Athletic Trainers
Special Olympics, PA
RR #5, Box 973B
Altoona, PA 16601

High School Corner

By Brian Mesich, ATC
High School Committee Chair
Norwin High School



I would first like to thank Barry E. McGlumphy and everyone else responsible for getting our athletic training bills passed into law. Thank you for your time, effort, and hard work. It paid off and is a tribute to your dedication to the profession of athletic training in the Commonwealth of Pennsylvania. Bigger and better things are yet to come for our profession.

The AED program for the Commonwealth of Pennsylvania has been approved. Each school district is eligible to receive one or two free AED units with additional units available for purchase at a reduced rate. Hopefully, your school district has received their units. If you have not received your units, contact your school administrators to see if and when they will be received. Your district may have already received them and you may not have been notified. Sometimes the athletic trainer is the last one to be informed. AED training is available at your local American Red Cross. You can also check the PA Department of Education website at www.pde.psu.edu.com under **WHAT'S NEW**.

I would also like to address a topic that the high school committee has been working on for a long time which is: reimbursement for covering state play-offs. This past winter members of PATS, and a few of the liaisons to the PIAA, met and discussed the current reimbursement policies. Unfortunately, our original proposals were not received favorably. We discussed possible solutions and hopefully a positive movement in the right direction will take place. We also discussed what possible impact this would have on the district or preliminary rounds of state playoff tournaments. The PIAA is only responsible for the state championship games. They do not oversee any district or state playoff tournaments and games. So to make a long story short, we have to direct our attentions to each individual district or conference. If there is anyone out there who currently has a good working relationship with his/her section or conference that may be a possible model to use, please contact me.

March is athletic training month both in our state and at the national level. Please try to be a proactive Certified Athletic Trainer in your school district and community. Be creative in letting everyone know just what you do and how important athletic training is to the community.

Have a nice spring. Hope to see you in Harrisburg.

Northwestern Representative Message

by Kay Mitchell Emigh, Grove City College

Although our winter teams are still playing, one realizes that spring is around the corner as the baseball, softball, track & field, tennis; golf ...teams have started practicing for their seasons. April showers may bring May flowers, but spring sports bring summer vacation and the PATS Annual Meeting and Clinical Symposium. This year the meeting will be held at the Harrisburg Hilton and Towers from June 1-3, 2002. The fact that all dues-paying NATA certified athletic trainers in the Commonwealth are PATS members, attendance should be record breaking. Please mark your calendars because Tom West and the Convention Committee have been working hard and will present an outstanding program. More information relative to Act 92 and Act 93 will also be provided at this time.

Speaking of Act 92 and Act 93, please contact the members of PATS who have worked so hard for so long to make the legislation reality to say thank you and that you appreciate their time and effort. I, myself, do not know all the people who were so instrumental throughout the years but you can start by thanking members of the Board of Directors (myself not included because I came on the Board in the last year and readily admit that I had no impact regarding the legislation). Please give credit where credit is due! In the near future I hope to compile a list of those who were so instrumental.

Northcentral Representative Message

By Craig Sechler, Joyner/NovaCare

Time sure is flying as spring is already upon us. With the word spreading of the passage of our new practice act, I've been fielding numerous phone calls, as people are asking themselves how does this new law affect me? I've had collegiate athletic trainers expressing their concern of becoming tape jockeys and losing their rehabilitation to clinical based athletic trainers on campus that would in turn bill for services. As well I have received calls from clinical athletic trainers asking how he or she will fit into their current operating model with the law change. In addition, I have spoken with many physical therapists and physicians in a variety of settings that have both shown support for our new practice act. I would be remised if I also did not tell you that I've had a few physical therapist who have expressed concern, mostly from the angle of employment stability, my reply: a little competition will never hurt anyone!

The passage of our new practice act is however the first step in many yet to come. We as a profession need to do several things. First, we have to meticulously write the rules and regulations that will govern our practice act. Secondly, we have to do a tremendous amount of physician marketing, informing them of the benefits of athletic training and that athletic trainers are a viable referral source. The sports medicine physicians that I work with already know about the change, this was the easiest of the marketing. The physicians we need to market to are the physicians who currently know little of athletic training. Third, we need to educate our third party payers to recognize the certified athletic trainer as a respected health care provider that is worth paying for. As you can see we have our work cut out for us.

Our clinical / industrial committee is currently forming a reimbursement advisory group. Both will help guide the future of athletic training in Pennsylvania. I hope you all plan to attend our clinical symposium in Harrisburg, as much more on our new practice act will be discussed. Hope to see you there. If any questions or concerns in the meantime, please do not hesitate to contact me.

Southwestern Representative Message

by Larry Cooper, Penn-Trafford High School

Greetings from Western Pennsylvania, the site of the NCAA Basketball Tournament, hosted by Duquesne University.

It is hard to believe that the winter season is almost over despite of the fact that the great prognosticator Punxsutawney Phil predicts that we will have six more weeks of winter weather. With the possibility of staying inside during the first few weeks of spring, take this time to evaluate your personal and professional goals for this year. Run for a PATS office, volunteer on a committee, act as a liaison, promote our profession, get involved by hosting a regional meeting, get on a radio talk show as a special guest, write a short column for your local newspaper, visit some local doctors offices or just promote your job, department or profession on the campus you work. This is a great chance to get the recognition our great profession so deserves.

Tom West and the Convention Committee have been working very hard to continue the string of great PATS Annual Meetings. They have put together a tremendous program sure to stimulate interest in our members. Costs have been kept in check and the entertainment and extras (golf, baseball game, Hershey Park, etc) continue to grow without losing their focus on quality. See you in Harrisburg!

A big THANKS to Barry McGlumphy, Joe Hazzard, Steve Heckler, Joe Iezzi, Paula Turocy, and everyone else who has worked long and hard and patiently to make Act 92 & Act 93 a reality. This is landmark legislation for all of us who practice in the Commonwealth. Take time to read and understand these bills—your job depends on it. Copies were distributed in the last PATS Newsletter and are available on the PATS Website@ www.gopats.org.

Congratulations to University of Pittsburgh student Heather Anne Worthy, recipient of the 8th Annual Tim Kerin Memorial Scholarship Award. She truly emulates all that Tim stood for in his professional and personal life.

Best of Luck for a successful and safe spring season.

Northeastern Representative Message

by Keith A. Vanic, East Stroudsburg University of PA

Greetings from the north eastern region ...mark your calendars because June plans to be another exciting conference for our PATS membership. Dr. Tom West and his Convention Committee have planned another remarkable event for the PATS membership. For all you golfers out there, the PATS Golf Tournament is always a great time to have some fun and catch up with friends and colleagues on the links. If you don't have a four-some, we'll set you up with a team. Everyone can enjoy the fun and festivities! Don't forget about our prize selection and the spectacular player gift!

At this time, I would like to recognize Professor John R. Thatcher, East Stroudsburg University Athletic Training Education Program Director. Professor Thatcher has been selected as the 2002 National Athletic Trainers' Association Sayers "Bud" Miller Distinguished Educator Award. This is a very prestigious award and extremely well deserved. Please join me in extending congratulations to Thatch!

I wanted to thank everyone involved in the planning for our 3rd Annual PATS Student Conference at East Stroudsburg University in February (see related article on page 8). In the upcoming months, we will be organizing next year's event, so if you have any suggestions on lecture topics, geographic location etc., or if I can be of other assistance, please feel free to contact me 570-422-3314 or kvanic@po-box.esu.edu

Congratulations — President and Mrs. Hazzard on the birth of their healthy baby boy.

Southeastern Representative Message

Chris Peduzzi, Philadelphia Eagles

I hope everyone had a safe and relatively uneventful winter sports season. Now that the modern athletic training legislation has unanimously been passed into law, I would like to thank all of the many people who have worked so very hard over the years to make this happen. Kudos to everyone's hard work!! If you have any questions concerning the new legislation and how it affects you, please contact me at your leisure.

As your southeastern representative, I would gladly relay any comments or concerns at the upcoming PATS Board of Directors' meeting on May 30th. I feel that this is a great opportunity for athletic trainers in our region to have an opportunity to have their voice heard. Comments or concerns can be forwarded to me via e-mail (peduzzi@eagles.nfl.com) or by phone at (215) 339-6727.

Hope all is going well with everyone in the southeastern region. A friendly reminder to urge all of you to attend the PATS 22nd Annual Meeting and Symposium on June 1 - 3 at the Harrisburg Hilton and Towers. The program seems to be shaping up, and it gives everyone an opportunity to earn quality CEUs. I hope everyone has a healthy spring season and is planning on getting some time away this summer.

Southcentral Representative Message

By Sandy Bush, Messiah College

Spring's sprung, fall's fell, winter's here and it's not as cold as usual! Except for Gary Hanna up in Edinboro, most of us have cranked down the wood stoves and are anxiously awaiting spring activities (baseball games, track meets, the smell of cramergesic and the squish, squish of lacrosse cleats on the training room floor).

What's new you say? Many people are running for positions on the PATS Board! It certainly is nice to see. Good 'ole "command & control Steve Heckler" finally got through to our membership and stirred up those volunteering passions. When the slips come out, don't forget to vote for your favorite candidate(s).

Valentine's day is gone and is a reminder to start saving those hard to come by athletic Trainer dollars for the upcoming annual meeting and clinical symposium. Dr. West promises a really big show, at the Harrisburg Hilton for this last C.E.U. reporting year. Personally, I'm very excited to celebrate the passing of our legislative bills in Harrisburg, with the many who worked so hard and for so long to get them passed.

Kudos to Dr. Keith Vanic and his crew for completing another successful PATS student clinical symposium up at East Stroudsburg University. Our compliments to all who were involved in putting on that conference. Our membership can be proud of all the activities that are now planned for their benefit.

As we approach the spring and the end of another "school year", don't forget to thank the off-going PATS Board members, committee chairs and committee members for their good work and extra hours. I personally have to thank Mr. Heckler for an invitation to serve on the PATS Board five years ago. He offered me a better chance to influence legislation for ATCs in PA.

Thanks again Steve for a golden opportunity to serve our great Society.

As I close, one more "Did ya' Know"? Charley Steiner reported after the '97 Tyson-Holyfield fight, "Evander Holyfield and a portion of his right ear arrived at Valley Hospital tonight. In separate cars. Athletic Trainers, keep those ear parts together." We'll see you all in Harrisburg for round number 22.

PATS On The Back

-  Congratulations to Joe Hazzard and his wife on the birth of their son.
-  Congratulations to Cheryl Ferris, University of Pittsburgh, and her husband, Joe, on the birth of their new baby boy, Richard Alex Ferris.
-  Congratulations to Shelly Fetchen, University of Pittsburgh, on her recent engagement to Dan DiCessaro.
-  A 'PAT on the Back' to Gary Hanna for his wonderful work as 'interim treasurer'.

Student Athletic Training Annual Symposium

On February 1-2, 2002, East Stroudsburg University hosted the Pennsylvania Athletic Trainers' Society and National Athletic Trainers' Association District II Annual Student Athletic Trainer Symposium. On behalf of the PATS Board of Directors, I would like to take this opportunity to thank everyone for their hard work, dedication and generosity in making this year's Student Symposium a successful event.

On Friday, February 1st, the evening cadaver workshop was highly attended with approximately 90 registrants. Both undergraduate and graduate students from Pennsylvania, New York, and New Jersey were in attendance. The local medical community participated in the cadaver dissection laboratory. Without Dr. George, this event could not have been possible. Once again, on behalf of our Pennsylvania Athletic Trainers' Society, I would like express my sincere appreciation and gratitude to this year's contributors:

Primiano, East Stroudsburg University Team Physician and Dr. Maurizio Cibischino, Mountain Valley Orthopedics, performed a skillful dissection of the upper and lower extremities. Later in the evening, everyone convened to the ESU Student Union for a social hour of food and refreshments donated by Mr. Dan Pahls (ESU Alumni) from Synergy Orthopedics. We were able to raffle off numerous prizes and gifts that were donated by the ESU Bookstore and other community contributors.

On Saturday, February 2nd, we were extremely fortunate to have had the caliber of speakers from our ESU and local medical communities for our lecture series. The topics varied from internal injury, respiratory auscultation to emergency medicine in athletic training. Also, Roberta Polizzotto, MEd, ATC and three skillful colleagues from Orthopedic Associates of Allentown conducted an orthopedic casting and splinting lab. Our athletic training students were able to apply a single arm or leg scotch cast (courtesy of ROYCE Medical). In addition, we had athletic training students from East Stroudsburg University and Messiah College present case reports on SLAP lesions; scaphoid fracture in an intercollegiate football player, and; transient quadriplegia in a high school football player.

If it were not for the many volunteers and generous donations, the overall success.

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Special thanks must be expressed to the ESU Athletic Training Staff and Faculty, Graduate Assistants and undergraduate athletic training students; however, particular appreciation is extended to:

Mr. Jonathan A. Swart, MS, ATC
Ms. Colleen Shotwell, MS, ATC

Future Conventions	PATS Annual Convention & Symposium				Future Conventions
	June 1 - 3, 2002		Harrisburg (Hilton & Towers)		
	EATA Convention		NATA National Convention		
	January 5 - 7, 2003	Boston, MA	June 14 - 18, 2002	Dallas, TX	
	January 10 - 12, 2004	Philadelphia, PA	June 24 - 28, 2003	St. Louis, MO	
	January 8 - 10, 2005	Boston, MA	June 15 - 19, 2004	Baltimore, MD	
January 8 - 10, 2006	Philadelphia, PA	June 14 - 18, 2005	Indianapolis, IN		
January 6 - 8, 2007	Boston, MA	June 27 - July 1, 2006	New Orleans, LA		

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Certified & Student Athletic Trainers:



SPECIAL OLYMPICS PENNSYLVANIA (SOPA) is searching for volunteer athletic trainers (certified, student, retired...) for the SOPA Summer Games.

Please complete the Volunteer Form to provide medical coverage for the 2002 Special Olympics Pennsylvania Summer Games to be held **June 6 – 8, 2002** at the Pennsylvania State University. Athletic trainers are needed to provide medical coverage for the following sports:

Aquatics, Basketball, Bowling, Equestrian, Gymnastics,
Outdoor Track, Softball, and Tennis

The Athletic Training Volunteer Staff will support Penn State's Emergency Medical Staff in providing routine and emergency medical assistance during all athletic events at the 2002 Summer Games. Please complete the form ON PAGE 11 if you are interested in helping. Your support is critical to providing a safe environment for the conduct of the games. I believe you will also find the experience both personally and professionally gratifying.

Room and board will be provided, if needed.

Please return the completed application by **Monday, May 6, 2002**. If you have any questions, please call me at (814) 695-4416 during the day or at (814) 942-0533 in the evening. Upon receiving your application, I will place you on our volunteer list and on the schedule of medical coverage. Further information regarding location and time of assignments will be sent to you or I will be contacting you during the first week of June.

Thank you for your consideration in supporting this event. Please print out a copy of this letter and application form and pass it on to your colleagues in order to assist in spreading the word about this very *SPECIAL* volunteer opportunity.

Sincerely,
Sue Barkman, MS, ATC, Coordinator of Athletic Trainers
Special Olympics, PA
RR #5, Box 973B
Altoona, PA 16601

2610B CLYDE AVENUE, STATE COLLEGE, PENNSYLVANIA 16801
PHONE (814) 234-8750 FAX (814) 234-7905 TOLL FREE 1-800-865-3600
WEBSITE: <http://www.paso.org>

Created by The Joseph P. Kennedy, Jr. Foundation
Authorized and Accredited by Special Olympics Inc. for the Benefit of persons with Mental Retardation



Athletic Trainer Volunteer Form '02

Name _____

Status: Please check appropriate title. () Certified* () Student () Other

*If certified, please send a copy of your certification with this form.

Permanent home address _____

City _____ State _____ Zip _____

Home phone # () _____

Home email _____

We will give assignments to all those who complete and return a form. Further information regarding details of assignments will be mailed to you during the end of May and the first week of June. Please provide the following contact information where you prefer this information to be sent during those times.

Address _____

City _____ State _____ Zip _____

Phone # () _____

Email _____

Students, please provide the name of your college/university _____

What year will you have completed by June 2002? Fr __ So __ Jr __ Sr __

Other level? _____

AVAILABILITY: Please check dates and sessions when you are able to volunteer:

	Morning	Afternoon	Evening
Thursday, June 6	no events	_____	_____
Friday, June 7	_____	_____	_____
Saturday, June 8	_____	_____	_____

ROOM & BOARD: ROOM AND BOARD FOR ATHLETIC TRAINER VOLUNTEERS WILL BE PROVIDED AT THE PENN STATE UNIVERSITY. PLEASE CHECK THE NIGHTS THAT YOU WILL NEED A ROOM.

THURSDAY, JUNE 6 _____ PLEASE SPECIFY ROOMMATE REQUESTS OR SPECIFIC LODGING & ASSIGNMENT REQUESTS IF NECESSARY:

FRIDAY, JUNE 7 _____

SATURDAY, JUNE 8 _____

PLEASE RETURN APPLICATION BY MAY 6, 2002 TO:

**SUE BARKMAN, ATC, ATHLETIC TRAINING COORDINATOR
RR #5, Box 973B
ALTOONA, PA 16601**

The Sport Psychologist:

A Multi-faceted Adjunct to the Certified Athletic Trainer

Steven Russo, PhD, University of Pittsburgh

Imagine that you have just discovered one of your “star” athletes has suffered a complete ACL tear. What thoughts run through your mind? I am sure the physical recovery issues come to mind, but do you also notice the potential emotional ramifications of that injury or the motivation difficulties that this athlete may face in the next 6 months (or more)? These issues may be of little concern with for most athletes, but for others, their mindset and emotional status may have a dramatic impact on their recovery rate or the likelihood of an extended slump after they return to the field. As a psychologist specializing in sports, these are just some of the thoughts that enter my mind when I hear about major injuries. And, yet this is just one area where team sport psychologists have a positive influence. When available, a sport psychologist can help an organization in a variety of ways. They might assist coaches in developing better communication with their players or help athletes control their emotions on and off the field. They could also work to bolster an athlete’s ability to cope with the stress of competition; develop (or maintain) a more positive team approach; or help players sustain a high level of concentration or confidence throughout the season. For the athlete in the example above, a sport psychologist might help that player retain the precision and “feel” of their athletic skills while promoting optimal recovery and continued team interaction.

With the expansion of sport psychology as a field, it is important for those already working with athletes and teams to become aware of its strengths and its utility. The following article is specifically designed to educate athletic trainers about sport psychology as a discipline and help them become more conscious of the functions and activities of an appropriately trained professional. In particular, training and credentialing processes for sport psychology will be discussed, as will the ways sport psychologists can be a resource to a team. How to determine the appropriateness of a referral and the limitations of the field are also addressed.

Although the majority of athletic trainers have a good understanding of how to address the physical needs of an athlete, few have training (more than a course or two) in psychology and counseling. However, this does not prevent athletes from sharing their personal lives with their athletic trainers! Especially when there are close bonds between athletes and the athletic training staff, a team athletic trainer may be placed in an unenviable position of being an athlete’s priest/therapist/confidant. The majority of these interactions are benign, but some interactions may reveal significant emotional distress on the part of an athlete or raise serious concerns for an ATC. Athletic trainers should recognize that functioning as a mentor may not be in their, or the player’s, best interest. As mentioned earlier, emotional distress and the mental aspects of performance are not generally part of an athletic trainer’s education. Thus, the athletic trainer should not be spending a significant proportion of their time attempting to decipher pre-competitive anxiety reactions or mood difficulties, nor should they be spending their valuable time smoothing out player-coach interactions. Athletic trainers have enough to worry about just maintaining the physical health of a team. Developing a confusing, diffuse relationship with an athlete only makes providing this care more difficult. So, it is imperative that athletic trainers develop appropriate referral sources in order to save their and their athletes’ peace of mind.

An observant athletic trainer is in a unique position to notice the many areas where a sport psychologist can provide assistance. Whereas a coach may only notice performance on the field, through the course of their normal duties, athletic trainers see which players get “tight” before games, which one’s lack confidence or who’s outside pressures/activities are having a negative impact on their play. But, where do these athletic trainers go when they have determined that an athlete’s situation is compromising their approach to their sport, their performance, or even their outside life? A qualified sport psychology consultant is more appropriately trained to handle the aforementioned issues and can be a tremendous benefit to the functioning of an athletic organization.

Athletic trainers and teams, in general, can benefit from finding a qualified sport psychologist to serve as a support staff member. Although it is helpful for your psychology consultant to have an understanding of sport, athletics, and performance, even “regular” psychologists can provide assistance to you and your athletes in times of need. Obviously, treatment strategies will be different for every athlete, but general guidelines for determining the need for psychological intervention include: significant subjective distress on the part of the athlete; changes in an individual’s personality, work ethic, or team interactions; repeated complaints of physical ailment without objective findings; and inconsistent practice or competitive performances. Extreme emotional responses such as protracted depression or social isolation following injury are also signs that psychological intervention is warranted. In global terms, a psychologist may assist an athlete or team any time athletic, social, occupational functioning is impaired.

But, simply having an athlete walk into your office does confer the title “sport psychologist.” Like other professional degrees, a specialization in sports requires specific training. True sport psychologists receive didactic and/or on-the-job training in two general areas: sport sciences and psychology. Depending on their graduate program, sport psychology consultants (SPCs) have different levels of training in these areas. Some programs may train students extensively in performance-related issues, but provide little training in terms of abnormal psychology or clinical intervention. Moreover, some sport psychology programs do not provide the necessary training for student’s to acquire a license to practice psychology. Conversely, having a doctoral degree in Clinical or Counseling Psychology and a license to practice does not mean that you have adequate knowledge or experience to work with athletes. For psychologists with extensive training in the clinical domain, additional training in exercise physiology, sports medicine, and perhaps even, supervised experience with athletes may be needed.

Currently, there are several professional organization devoted to the practice of sport psychology (e.g., Division 47 of the American Psychological Association; North American Society for the Psychology of Sport and Physical Activity; NASPSPA) and one, the Association for the Advancement of Applied Sport Psychology (AAASP) that provides certification in the field. Just like you would want a certified athletic trainer working with your team, ideally you would like your SPC to be a certified sport psychologist. While there are many effective SPCs who do not hold AAASP certification, at the very least, you would hope that a person promoting them self as a sport psychologist would be an active member in one or more of these professional organizations. Professional sport psychology organizations generally have web sites and membership directories that can also help you find a sport psychologist in your area. College athletic departments and your local sport medicine center can also help in this regard. Although the licensing and certification issues may seem confusing, it is important to understand that having a license to practice psychology is essential for one to use the title “psychologist.” Promoting yourself as a “sport psychologist, not only assumes that you have such a license, yet also implies that you have had specific training in athletics. Any true sport psychologist is aware of these distinctions and would be happy to discuss their training, licensure status, or experience in the field.

Since athletic functioning is a combination of physical and mental abilities, sport psychologists can help improve the performances of athletes and teams in a variety of ways. An effective sport psychologist cannot only help promote faster recovery in injured athletes, but they can also be an ongoing connection to the team after the initial outpouring of help subsides. And, these are just a few of the mental techniques that can help athletes reach their full potential. SPCs can teach athletes ways to reduce pre-competitive anxiety, control emotions and volatility on the field, learn effective uses of visualization, and develop mental game plans or routines for their sport. Also, SPCs have a solid understanding of: communication and reinforcement schedules; appropriate goal setting techniques; effective use of self-talk and concentration cues; and issues related to group structure and team dynamics. For clinically trained sport psychologists, they can also be helpful when athletes have “off-field” issues that influence their performance. They understand how to change behavior and can teach specific skills to help athlete’s overcome behaviors that occur in the context of competition.

An effective team SPCs can influence team functioning behind the scenes as well. Some SPCs specialize in player selection and psychological assessment, while others help coaches and athletic trainers by acting as a “sounding board” or an objective opinion. Issues relating to coaching, motivational techniques, dramatic and/or unexplained changes in athletic performance, and treatment planning are all within the realm of a sport psychology professional. In addition, SPCs can be key figures in preventing burnout in the coaching and athletic training staffs.

A final word of caution – beware of the “drive-by” sport psychologist, who shows up once every blue moon to deliver a pep talk to the troops. Usually, these professionals are part televangelist, part motivational speaker. While glamorous and charismatic, these “professionals” tend to rely on canned approaches when dealing with athletes and rarely stick around to see if their interventions make a difference. For sport psychologists to be truly effective, they must individualize their intervention strategies and be open to the feedback of athletes, coaches, physicians, and other team personnel. And when a sport psychologist comes to talk about team dynamics, it would be useful if they actually attended practice to see the group interaction in person.

Remember, sport psychology is not “hocus pocus” and it is not a cure-all, cookie-cutter intervention. It will not turn mediocre athletes into elite-level performers and it cannot guarantee success. Although its helpful for your sport psychologist to know the about sport strategy, they should not be drawing-up your defense or making recommendations about personnel – unless they were specifically hired to do so. Ideally, sport psychology intervention or assessment is a systematic approach, using clinically and/or scientifically proven methods to rate/improve the performance and emotional functioning in athletes.

Pennsylvania Athletic Trainers' Society General Membership Meeting
Marriott Copley, Boston, MA January 6, 2002

I. Call to order: President-elect Gary Hanna at 5:10.

II. General Announcements

- A. Mr. Hanna recognized our DII officers who were present: Secretary Jim Thornton, Treasurer Barry McGlumphy, and Director Joe Iezzi.
- B. Mr. Hanna announced that Scott Bruce had resigned as PATS Treasurer due to his relocation to Florida. Mr. Hanna has been serving as Treasurer in the interim and will continue to do so until the next election.
- C. PATS and DII will be sponsoring the Student Athletic Trainers Symposium, February 1-2, 2002 at East Stroudsburg University. Contact Keith Vanic or John Hauth for details. They have put together an excellent program and we hope you will encourage your students to attend.

III. Secretary's Report

- A. Minutes of the General Membership Meeting in Harrisburg, PA, June 3, 2001, as printed in the Summer 2001 PATS Newsletter were approved without correction.

III. Treasurer's Report

- A. A motion to accept the Treasurer's report as stated in the handout provided at the meeting was made and seconded. Discussion followed. Mr. Hanna reported:
 - 1. The Society has been functioning for approximately six months without dues money. The funds from the NATA should begin coming in February. During the time we have been operating with a close eye on finances and have been able to keep expenses close to \$11,000.00 more than income. This reflects a significant decrease in spending.
 - 2. PATS was awarded \$14,861.00 from the NATA in the form of Legislative Grants. These funds were used to defray the costs of our legislative effort.
- B. The report was accepted without correction.

IV. Selected Committee Reports

A. Ad Hoc Legislative

Mr. Hanna announced that SB 370 and 371 had passed the House and had been signed into law by the Governor on December 10, 2001. He expressed gratitude to Mr. Joe Hazzard, PATS President, and Past Presidents Steve Heckler, Paula Turocy, John Hauth and Joe Iezzi for their tireless efforts over the years. Mr. Hanna, on behalf of the Board of Directors, thanked all the members who contacted legislators for support. Dr. Turocy also thanked Barry McGlumphy for all his work. Mr. McGlumphy made a short presentation on where we go from here. The Newsletter will contain a copy of the Act and an explanation.

B. Convention Committee

The 2002 PATS Convention will be May 31- June 2, 2002 at the Harrisburg Hilton. The Hilton will offer the \$99.00 per night room fee as they did last year. We have increased the block of room available but register early. Contact Convention Committee Chair Dr. Tom West if you have questions or need information.

C. Nominations and Elections

Deadline for nominations is January 31, 2002. Offices open this year include President-Elect, Treasurer, North East Regional Representative, and South Central Regional Representative. Nominations must be made in writing to Mike Ludwikowski, Susquehanna Health Systems. There were no nominations from the floor.

D. Honors and Awards

Nominations are being solicited for the PATS Distinguished Merit Award, Team Physician Award, and Student Scholarships. Please contact Honors and Awards Chairperson Roberta Polizzotto for information. AJ Duffy is also seeking recommendations for the Hall of Fame.

E. Research

Neil Curtis reported that they are accepting proposals for the PATS Research Award. Contact him for applications

V. Old Business

Mr. Hanna reported that the PATS Newsletter is now online and available on the PATS Website. (www.gopats.org)

VI. New Business

In honor and celebration of the efforts of the PATS membership in our legislative endeavors the Board of Directors will host a reception for all members after the meeting.

VII. Adjournment.

Mr. Hanna adjourned the meeting at 5:40 pm