



Spring 2004

About the VATA

The purpose of the VATA is to meet the following objectives:

- To advance, encourage, and improve of the athletic training profession, in all its phases.
- To encourage better working relationships among all persons interested in the health and well-being of athletes.
- To encourage the continued professional development of each of its members.
- To serve the common interest of its members by providing a free exchange of ideas within the profession.
- To promote athletic training programs throughout Virginia.

Address or Email Change?

To those members who have moved, we need your help. Your corrected contact information is requested. Please go to the NATA website "Members Only" section www.nata.org/members1/members.cfm to update. Please be assured your information will not be given away. It will only be used for NATA membership communication.

In addition, please send your updated contact information to the VATA Membership Chair, Debbie Bradney, at bradney@lynchburg.edu.

Thank you, VATA Executive Council

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VIRGINIA ATC Chronicle

www.vata.us

The Official Newsletter of the Virginia Athletic Trainers' Association



Tim Laurent, ATC
VATA President

VATA President's Message

VATA Members,

I hope spring is going well.

The 2004 Annual Meeting and Symposium: As the Executive Council reflected on our winter meeting we made a list of the things that went well and those that we could adjust to make better. We were pleased with the concurrent sessions but realize that we need to do something about the acoustics so that one presentation cannot be heard in the second room.

We liked the location of the vendors but realize that we may soon have too many vendors for the space available. There were other pluses and minuses but overall we were very pleased. Mark your calendars for next year's Annual Meeting and Symposium which will be **January 14 – 15, 2005**. The Executive Council also discussed moving the meeting to a different location. A conference Committee is being formed to investigate this possibility. Anyone interested in serving on this committee should contact Renee Cork at (racork@wm.edu).

Item of unfinished business: There is one item of unfinished business from this past Annual Meeting and Symposium. The membership asked the Nominations Committee to revisit the President Elect election that took place in May 2003 during the VATA business meeting in Virginia Beach in order to determine its validity. The problem was that the winner of that election was not state-certified at the time of the election. This situation highlighted two problems. The first problem was that the prerequisite qualifications of the officers were not specified in the bylaws. This problem was solved during our January 2004 business meeting when we voted to accept a bylaws change that requires all VATA officers to be NATA members, NATABOC-certified and state-certified. The second problem that was highlighted during this situation was that we need more nominees for the VATA offices. This is not a problem that can be dealt with by a constitutional change. The only way to address this problem is by having the membership be more involved with running the organization. This is not a voting issue. This is an action issue.

What has happened to date? The Executive Council met in March to address the directive from the membership of revisiting the President Elect election. After much debate we decided to re-run the election for President Elect. The membership needs to know that the vote was very close and the Executive Council was anguished over the decision. One reason to re-do the election is that the nominee for President Elect was not state-certified at the time of the election. The concern from the membership was that if the nominee was not state-certified at the time of election she should not be considered to be in *good standing* with the VATA. (This has nothing to do

VATA

Executive Council

President

Tim Laurent, ATC
Lynchburg College
1501 Lakeside Drive
Lynchburg, VA 24501
(434) 544-8726
laurent@lynchburg.edu

President Elect Vacant

Seeking Nominations

Secretary

Meg Frederick, MS, ATC
Longwood University
Dept. of HRK
Lancer 111
(434) 395-2839
mfrederi@longwood.edu

Treasurer

Cheryl Willey, ATC
Roanoke College
Bast Gymnasium
Salem, VA 24153
(540) 375-2033
willey@roanoke.edu

State Representatives

Region 1

Scott Davies, ATC
(703) 488-6413
scott.davies@feps.edu

Region 2

Mark Brandenburger, ATC
(804) 677-1993
powerspeedagility@yahoo.com

Region 3

Ian Rogol, ATC
(434) 977-5531
irogol@aol.com

Region 4

Renee Cork, ATC
(757) 221-3347
racork@wm.edu

Region 5

Jorena Simpkins
(434) 332-5171
jsimpkins@campbell.k12.va.us

Region 6

Angela Mickle
(540) 831-5330
ammickle@radford.edu

with standing within the NATA or NATABOC. The president elect nominee at the time of the election was and remains in good standing with the NATA and the NATABOC.) *Good standing* was part of the VATA constitution at the time but was not defined in terms of state certification and was not included as a criterion for holding office. A second reason to re-run the election is that the attending membership was in strong favor of reexamining the situation. The Executive Council felt uneasy about accepting the original election results when it appeared that the attending membership was concerned with the original election. Reasons to accept the May 2003 President Elect election results were: 1) the Constitution and Bylaws phrase of *good standing* was not defined to include state-certified, 2) there were no objections at the time of election, and 3) no other VATA member volunteered to serve the organization as President Elect.

Status of VATA President Elect Position: Currently the VATA has no President Elect. The person who was elected in May 2003 has decided to withdraw from the President Elect position and has also decided not to run as a candidate in the re-election.

What needs to happen now? Now the membership must be involved with two tasks. First the membership must nominate members who are willing to run for President Elect. Second, the membership must vote so we can have a President Elect. It is important that we have this issue resolved by early June. Therefore, we will accept nominations from now until the end of our state meeting at the MAATA meeting in May. At that time nominations will be closed and an email ballot will be sent to the membership.

Please be active either as a candidate or as a voting member in this re-election. We should have extensive involvement since this was a very sensitive issue for all.

Keep your patients healthy with the right physical treatment. Keep yourself healthy with appropriate stress relieving activities.



Call for President Elect Nominations

Position: President Elect for 2004 – 2006

The successful candidate will assume the role of President Elect immediately after the election and will then assume the role of President in January 2006. He/she will serve as President until January 2008.

Qualifications: NATABOC-certified, NATA member, Virginia Board of Health Professions-Certified

Procedures: Submit your name to Tim Laurent, Laurent@lynchburg.edu. This can be done directly or through one of the Executive Council members.

Voting process: An electronic mail vote will be taken shortly after the May, District meeting. The winner will be announced to the membership via electronic communication from the President.

Important points: 1) We need nominations for President Elect. Please consider running. 2) We need to know what information the membership would like from the candidates. Do you want to know their vision for the VATA, their background that prepares them to lead the VATA, etc? 3) We also must have a certain number of votes for the election to be considered valid. Please vote when you have the opportunity.

VATA Travel Reimbursement

As of January 2004, individuals representing the VATA or speaking at the Annual Meeting and Symposium may be reimbursed for mileage, and/or expenses in some cases. The following are categories for reimbursement.

- A. VATA Executive Committee members and Committee chairs
Travel to spring and fall meetings at \$0.35 per mile
- B. VATA Annual Symposium Speakers
 - 1. VATA Members Registration fee waived
 - 2. Non-Members Hotel fee waived and \$50 per Diem
- C. VATA members traveling to represent the VATA or conduct VATA business
Mileage reimbursement at \$0.35 per mile
To be eligible for reimbursement in this category, business must be approved by the EC in advance and the member must not be receiving reimbursement from another organization as well.

The mileage reimbursement form will eventually be able to be accessed via the new VATA webpage. Until then members may email Cheryl Willey at willey@roanoke.edu or call 540-375-2033 for a copy of the form.

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Secondary Schools Committee

by Paul Rupp

The Wrestling Weight Control Program was successful. To find out how well, we are conducting random testing at the state meets. Additional ATCs are needed to become Certified Measurers and Regional Master Testers. With the turnover we get at the High School Setting and the varied numbers of wrestlers, more help is still needed.

Ian Rogol, Brandi S. Anderson, Gail Brownin, Paul Peterson, Jill McCormack, Robert Hatcher, John Reynolds, and James Meunier have volunteered to be part of the Secondary School Committee. These 7 volunteers account for only 4 regions. Two additional people are needed from each region to be represented. If anyone working in the Secondary School setting would like to be active please contact me.

The Appropriate Medical Care for the Secondary School Age Athlete has been posted on the NATA web site at the following link:

www.nata.org/members1/committees/ssatc/ssatc.htm

We should all take a look at this and use it as a tool to evaluate our programs, and best serve our athletes.

The VIAAA meeting is April 22 and 23. In the past, the VATA has a booth to help High School AD's better understand what we do and who we are. The VIAAA meeting will be held in Falls Church, VA (Northern VA).

Please contact me with questions or concerns:

(WK) 703/319-2833 (CELL) 703/932-1949 (FAX) 703/319-2713
prupp@fcps.edu

VATA Committee Chairs

Legislative

Dave Pawlowski
(804) 346-5544
dpawlowski@specialolympicsva.org

Public Relations

Chase Hale
(540) 828-5763
chale@bridgewater.edu

Secondary Schools

Paul Rupp, ATC
(703) 319-2844
(703) 932-1949
Paul.Rupp@fcps.edu

Membership

Debbie Bradney, ATC
(434) 544-8522
bradney@lynchburg.edu

Scholarship

Terry Zablocki
(757) 628-9189
tzablocki@nps.k12.va.us

Nominations

Tim Laurent, ATC
(434) 544-8726
laurent@lynchburg.edu

Constitution and Bylaws

Ian Rogol, ATC
(434) 977-5531
irogol@aol.com

Ethics

Ethan Saliba
(434) 982-5450
ens@virginia.edu

Did You Know?

The VATA has a new web address? Visit us online at www.vata.us.

2004 VATA Annual Meeting & Symposium

Our 2004 Annual Meeting and Symposium held this past January was a great success. The meeting and symposium posted a record setting 155 attendees. On the first evening of the event, Rose Schmieg, ATC, PT and Michael Augustine, ATC, PT, delivered a two-hour presentation titled *Scapular Dyskinesia and the Throwing Athlete*.

The program consisted of 15 presentations over the course of the two days. The program also included a Heartsaver AED recertification course and a roundtable discussion on current legal issues and concerns in the profession. Some of the presentations included the following:

- **Obstacles to Motivation in Rehab** - Bob Reese, MA, ATC (College of Health Sciences)
- **History of the VATA** - Pat Aronson, MEd, ATC, PTA (University of Virginia, Lynchburg College)
- **Post Arthroscopic Acetabular Labrum Repair** - Chad Taylor, MSPT, ATC, CSCS (Sports and Occupational Rehab Center)
- **Balance Training to Improve Stability** - Scott E. Ross, PhD, ATC (Virginia Commonwealth University)
- **Sacroiliac Dysfunction in the High School Athlete** - Angela T. Caparso, ATC, PT (Patriot Sportsmedicine, Fairfax County Public Schools)

Also held, as part of the meeting and symposium was the college student program in which 18 students participated in 12 presentations. The schools that were represented in the student program were Bridgewater College, James Madison University, Jefferson College of Health Sciences, Longwood University, Lynchburg College, Radford University, and Roanoke College. Some of the presentations included:

- **Water Wise: Aquatic Rehabilitation at James Madison University** – Lindsay Borst & Lauren Hartzler (James Madison University)
- **Charcot-Marie-Tooth Disease** – Robert Matthews Phillips (Lynchburg College)
- **The Role of Hydration Levels on Complex Cognitive Skills Utilizing the Standardized Assessment of Concussion** – Heather Nicole Farr (Bridgewater College)
- **Rhabdomyolysis in a Collegiate Soccer Player** – Ann Porada (Longwood University)
- **Countertransference** – Brandon Davis, Robert Welch, & Jacob Pack (Roanoke College)
- **Crew Injuries: Causes and Management Strategies** – Sean Burton & Patrick Carow (Radford University)
- **Sports Psychology: Injuries and Coping** – Heather Morris (Jefferson College of Health Sciences)

In addition, we had a great showing of exhibitors in attendance this year. The exhibitors in attendance included: ACO Med Supply/Donjoy, Aircast, Alan G. Day Corporation, The Apothecary, Cardiovascular Diagnostic LLC, FastTech, Medco Supply Company Inc., Mueller Sports Medicine, Seneca Medical, and TheraQuip.



VATA Presenter

Pat Aronson, MEd, ATC, PTA
(University of Virginia, Lynchburg College) presenting *History of the VATA*



VATA Student Presenters

Students in the front row (R-L) are: Carrie Cheeley (Radford University), Erin Duff (Radford University), Lindsay Borst (JMU), Kristie Brown (Longwood University), Danielle Hess (Longwood University)

Students in the second row (R-L) are: Heather Farr (Bridgewater College), Isaac Colbert (Bridgewater College), Sean Burton (Radford University), Lauren Hartzler (JMU), Kathleen Mitchell (Bridgewater College), Matt Phillips (Lynchburg College), *Not Pictured:* Heather Morris (College of Health Sciences)

VATA: Constitution and Bylaws Committee

Executive Council Report ~ March 2, 2004

At the January business meeting, the following changes to the Constitution and Bylaws were passed by a majority vote.

1) VATA Officer Nominations: Previously, the criteria for holding a VATA office were to be a member in good standing. The phrase "in good standing" is now defined as NATABOC-certified, Virginia Board of Health Professions-certified, and in good standing with the NATA.

- a. Committee chairs do not have to be certified by the Virginia Board of Health Professions.
- b. Regional representatives do have to be certified by the Virginia Board of Health Professions.

2) VATA Voting Privileges: Previously, all members in good standing had voting power. Now voting members are those who are NATABOC-certified and in good standing with the NATA and NATABOC, employed in or reside in Virginia.

3) VATA Regions: Regional boundaries have been redefined in order to facilitate better communication between the members and the regional representatives.

4) VATA Elections: The Executive Council is currently considering the effects of moving the annual business meeting from May, at the District III meeting, to January, at the VATA Annual Meeting and Symposium. Officers up for re-election in 2005 include the treasurer and secretary. Secretary and treasurer may serve concurrent terms. Elections will need to be held in January. However, the Executive Council is sensitive to the need to stagger elections such that there is adequate continued participation by experienced officers so as not to hamper the functioning of the Executive Council.

If you have any questions or concerns, please contact Ian Rogol via email irogol@aol.com.

VATA Announcements

- VATA website is being redesigned. Re-design should be complete by May 1st. Suggestions, comments should be forwarded to Meg Frederick mfrederi@longwood.edu.
- Mid-Atlantic Athletic Trainers' Association Clinical Symposium
May 21- 23, 2004 at The Cavalier Hotel, Virginia Beach, Va. Registration deadline **April 30, 2004**
Registration forms available at www.maata.org
- NATA Annual Clinical Symposium
June 15- 19, 2004 Baltimore MD. Registration information available at www.nata.org
- VATA Informational Meeting at MAATA Annual Symposium May 21st at 8:30. Location will be posted in Lobby of Cavalier Hotel.
- The 2004 NATA Annual Symposium Host Committee, chaired by Dr. Beverly Westerman, is seeking volunteers to work at the symposium June 14-19 in Baltimore. If you are interested in helping out, please email Dr. Westerman (bev@gwu.edu). ATCs who volunteer (if they work enough hours) may have part or all of the registration fee reimbursed. The Committee would like to have a strong District 3 representation. So please volunteer!

Report Activities for National Athletic Training Month

Please report all activities that you have conducted to promote the profession of athletic training during March's National Athletic Training Month to chale@bridgewater.edu by April 15th. These activities will be compiled and reported at both the district and national levels. If you are interested in submitting your National Athletic Training Month activity into the NATA Public Relations Contest, you can find an entry form and additional information in the March 2004 issue of the NATA News (page 54). Entries for the PR Contest must be postmarked by April 20, 2004.

NATA Research and Education Foundation

by: Jan Rogol, State Representative

The growth of our profession has come a long way during the past 50 years; none more than in the fields of research and education. The Research and Education Foundation has helped to fuel this growth in our profession and in the healthcare of those physically active. The Foundation has further goals to:

1. Advance the knowledge base of the athletic training profession.
2. Encourage research among athletic trainers who can contribute to this knowledge base.
3. Provide forums for the exchange of ideas pertaining to the athletic training knowledge base.
4. Facilitate the presentation of programs and the production of materials providing learning opportunities about athletic training topics.
5. Provide scholarships for undergraduate and graduate students in athletic training.
6. Plan and implement an on-going development program that establishes endowment funds, as well as restricted and unrestricted funds, that will support the research and education goals of the Foundation.

It is for these reasons that I strongly believe we must support the Research and Education Foundation. As your state representative, I ask you to pledge your support to and become involved, in the efforts of the Research and Education Foundation.

VATA Bronze Patrons

The VATA would like to thank the following companies for their continued support of our organization.

Atlantic Sales & Service, Inc.
Medical Supplies & Equipment
Sports Medicine

Christine Dotson
1-800-715-1286



Randy Bryant
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If you have questions regarding
this publication, please contact
the VIRGINIA ATC*hronicle*
Editor and VATA Secretary:

Meg Frederick, ATC
mfrederi@longwood.edu

Please visit the VATA
web site at www.vata.us

Production and design by:
Sharri H. Jackson
sjackson@indy.rr.com