

FWATA News

Fall 2003

District 8: California, Nevada, Hawaii, Guam

www.fwata.org

Hawaii July 2004

Just us at the next FWATA District Convention in Honolulu, Hawaii!

For more information contact:
Hazel Ando 714.937.2157
hazelando@aol.com

Call for Abstracts

The Research and Grants Committee would like to announce a Call for Abstract for the FWATA Convention. All abstracts are due by December 1, 2003 for poster presentations. Please see the FWATA web page for details.

Thank You,
Leamor Kahanov EdD, ATC
Chair, District 8 Research and
Grants Committee

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A MESSAGE FROM THE DISTRICT 8 DIRECTOR



Andy Paulin, ATC
District 8 Director

For those of you getting into the swing of things, welcome to the fall. For those of you laboring year round, I hope you are getting a little break in the near future. As usual, I bring my "To Do" list to share with all of you. Perhaps you may be able to take a moment and see what can "plug into" your professional life.

■ **Start planning for the Hawaii Convention.** Contact your employer/ supervisor and see what expenses will be covered. If you are planning to attend the NATA Convention in Baltimore, you may have twice the planning to do.

■ **NATA Month in MARCH 2004.** What is your business or institution planning for March NATA month in 2004? Take a moment and evaluate what is feasible at your setting.

■ **State & Committee Business:** If there are issues that interest you and may be a source of involvement, contact your NATA, FWATA and state committee chairs to see where those issues are at this time.

■ **Heat Illness Statement.** Continue publicizing the Heat Illness Consensus statement wherever your work setting takes you. Some of us are going to experience warm conditions all the way into November.

■ **NATA Presidential Election.** Please VOTE as soon as you receive your ballot.

■ **Membership Renewal.** Plan on getting your membership dues paid on time by January 1, 2004. What is also very important is to make sure your email address is correct. That is how the NATA and FWATA are communicating with the membership in the most efficient manner.

■ **Terminology.** Please continue to publicize yourself and your profession by simply stating Athletic Trainer, ATC and Certified Athletic Trainer. This will eliminate a lot of confusion with other professions using some of the same language.

Please contact me if I may be of service to you.

-Andy Paulin, ATC

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“Hawaii 2004”

FWATA Annual Convention

Start planning now for a trip to Honolulu and attend next year’s convention at the Waikiki Beach Marriott. The dates are from July 8th - 11th! The rates for a regular room will be \$125.00/night and a room with an ocean view is \$150.00/night. This rate is locked in for the FWATA attendees 3 nights prior and after the convention dates. You can make reservations by calling the Marriott at 800.367.5370 and ask for “FAR WEST”.

A tentative education program will be available in November. The registration will be on-line and available starting late November.

Please pass on this special opportunity to get CEU’s while in Hawaii. Remember anyone from any district can attend this meeting!!

For further information you can contact:

Dan DeLaCruz, Convention Chair
800.638.7621 x95973 dan.delacruz@medtronic.com

David Ramirez, Education Program
310.338.7816 daramirez@lmu.edu

Bill Chambers, Exhibits
760.360.5301 jocdok@webtv.net

Kristal Slover, Registration
805.756.6065 kemig@calpoly.edu

Love and ALOHA!!
Hazel Ando
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714.937.2157 hazelando@aol.com

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Committee on Reimbursement

On the 18th of August the FWATA managing Board officially created the new District 8 Committee on Reimbursement. Any Certified Member who is interested in being on this committee should contact Steven V. Winter for further information. Individuals who are interested in applying for the Chair position should submit a letter of intent and a current vitae to Steven. The receipt deadline for the Chair application is October 31st. Once the chair is approved by the FWATA Managing Board the new chair will contact interested ATC members about their involvement on this committee.

Steven V. Winter Ed.D., ATC
FWATA Parliamentarian
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California Athletic Trainers' Association Update

Submitted By Steven V. Winter - CATA President
steven.winter@sonoma.edu (707) 664-2188

California Assembly Bill 614 the "Athletic Trainer Act" sponsored by Assembly Member Alan Lowenthal is still sitting on hold in the Arts, Entertainment, Sports, Tourism and Internet Media Committee (AESTIM) awaiting the production of a "Occupational Analysis Study" on the profession of Athletic Training by the Department of Consumer Affairs (DCA). As indicated in the last FWATA Newsletter the DCA has agreed to utilize the 5th NATA Board of Certification (BOC) Role Delineation Study as the major component for meeting the California analysis. Until the Role Delineation Study is approved by the BOC this fall, and the DCA can produce its Occupational Analysis Study the Chair of the AESTIM Committee does not want to act on our bill. The CATA is ready when we get the green light to aggressively pursue the bill through the legislative process.

As a member of the CATA you can help by asking employers / schools / clinics to write letters of support. The letters should indicate the effect Athletic Training has on protecting the public from physical harm and financial loss due to the prevention, as well as, the appropriate evaluation & treatment of injuries & illness sustained by physically active individuals. In addition, the letters should address the need for BOC Certified Athletic Trainers and Licensure in the State of California to protect the public from any individual who claims to have the knowledge and skills of an Athletic Trainer.

The letters can be sent to:

Alan Lowenthal Assembly Member
State Capitol P.O. Box 94249
Sacramento, CA 94249-0054



Profile: FWATA Webmaster

His name is Steve Cernohous, MA, ATC and he has been the acting webmaster for District 8 since 2001. Steve was an undergraduate at California State University, Chico and credits his experience there as being eye-opening. He completed his Bachelors degree and became certified as an athletic trainer in 1997. Steve states, "Scott Barker is really the person most responsible for my athletic training and technology background and education. He was always enthusiastic about sharing his computer and web knowledge with those of us that were interested. Scott certainly provided me with the skills to work in technology, a reason I am working as the District 8 webmaster today. Scott is just one of those individuals that we all strive to be, both professionally and personally." Most recently, the governing body of FWATA voted to establish the webmaster-web site (www.fwata.org) as an official District 8 committee. Previous to this movement the webmaster resided under the educational multimedia committee.

About the District 8 web site....Steve notes the presence of the FWATA web site is really a reflection of the membership and the organization, a compilation of suggestions and input. Steve notes "keeping the web site current and informative is at times challenging, but worth all the effort. I would like to think that our web site sets the bar for the remaining districts." All members are encouraged to send comments or questions regarding the material on the FWATA web site (see contact information below).

Steve is not only the webmaster for District 8, in addition serves as the FWATA representative for the NATA's Webmasters' Advisory Committee (WAG- www.maata.net/wag/frameset2.html) and is the WAG liaison to the NATA Educational Council's Graduate Education Committee (<http://www.cewl.com/>). Steve is currently completing his Doctorate in Education at the University of the Pacific in Stockton, California. He can be reached at scernohous@yahoo.com.

Please note your state webmaster:

California: Craig Kobayashi- ckobayashi@cata-usa.org
Hawaii: wnakasone@hhl.biz Keith Burgess khstrainer@yahoo.com
Nevada: Tedd Girouard webmaster@nev-ata.com

Nevada Athletic Trainers' Association Update

To all interested parties. We are in the processes of gathering names of interested, qualified individuals to be submitted to serve on the Licensure Board. Please contact Steve McCauley at athletichealthcareinc@hotmail.com or steveymac@cox.net or (702) 218-9837.

Please continue to check our webpage www.nev-ata.com for any new information.



REPORT FROM HONORS AND AWARDS

Congratulations to all the members of the Far West Athletic Trainers' Association who were presented with awards at the Annual Meeting in Las Vegas. The following were honored at the Hall of Fame Luncheon on March 21, 2003:

ALL DISTRICT 8 TEAM

Secondary Schools setting

Eli Hallak

Junior/Community College setting

Alison Aubert

College/University setting

Ed Ferreira

Clinic/Industrial/Corporate

Dave Denham

Special Service Award California

Jim Elton, Scott Sailor and Beverly Sweet

Special Service Award Hawaii

Michael Caraang

Special Service Award Nevada

The Athletic Training Licensure Committee Members:

Jerry Koloskie, Keith Kleven, Tony Marek, Paula Sheehan, Steve McCauley

Special Recognition from California

Jackie Lowe, Jeff Martinez, and Rory Natividad

Special Recognition from Nevada

Alfredo Alonzo

A highlight of the awards luncheon was the presentation of a **Special Recognition Award** on behalf of the Far West Athletic Trainers' Association to **Jack Weakley** of *Johnson and Johnson*. **Bill Chambers** who in honoring him spoke of his years of support of the district and district activities such as the golf tournament, scholarships, and educational programs for both students and certified athletic trainers presented the award.

There are several award categories that were not presented this year including our highest honors the Most Distinguished and Hall of Fame. A goal of the Honors and Awards Committee is to increase the awareness of award categories and increase nominations. To do this the committee has created a flyer that was distributed at the Annual Meeting and a table nomination card so that those present could make suggestions for nominations as the awards were described. All of the information regarding the awards and nomination process will be posted on the FWATA website. If there are any questions or for nomination information please contact Cindy Clivio at 808.842.8503, or email cyclivio@ksbe.edu.

Secondary School Committee Summary

The National Secondary School Committee has been involved with three main projects over the last year. First, the task force for the Appropriate Medical Care of the Secondary School Aged Athlete is beginning to wind down. The writing team will meet once again at the National Meeting to coordinate their efforts and determine the significance of the research being done. A final document from the task force should be available sometime next year.

The Secondary School Position Improvement Guide, designed to assist high school ATC in making positive changes at their workplace, is in the final rewrite stages and will be available sometime in September. Contact the NATA office for more up to date information.

The National Federation of State High School Associations is changing the weight rules in wrestling to a minimum 7% body fat for all wrestlers beginning in 2005-2006. The Secondary School Committee has put a body fat calculator on the NATA website to assist members in calculating their athletes' body fat percentage. California is developing a plan to implement the new standards and will have a working model this winter. As it is looking right now, athletic trainers will be relied upon heavily to do the body fat measurements and urine specific gravity testing where available. They are looking into a standard fee to be paid to ATC's for doing this testing outside of their school site. Details are still quite preliminary at this time. As information becomes available I will keep you posted.

The State budget crisis in California has forced every school district to look for ways to cut spending to make ends meet. Athletic Trainers are often times considered luxury items to many district administrators with the power to cut spending. ATC's in the high schools should be proactive in their efforts to keep their positions from being cut. Provide your superiors reports of your daily and yearly activities. Injury and treatment statistics presented in the right way can be a powerful way to demonstrate the need to have Athletic Trainers on site for student care. These reports should be given to the athletic director and principal with the possibility of them trickling up the ladder if necessary. Administrators most often do not see the job ATC's do behind closed doors for their athletes. Inform them by giving them a statistical picture of your activities. This can go a long way in changing the perceptions that ATC's are luxury positions to the fact that we are a necessity and should not be looked at as an option to cut.

Heads up to all athletic trainers working with secondary school athletes in California. There are some new weight control guidelines for Wrestling going into effect in 2005 - 2006. The CIF is looking into how to implement a 7% body fat minimum standard for all the high schools. As it is looking right now, athletic trainers will be relied upon heavily to do the body fat measurements and urine specific gravity testing where available. They are looking into a standard fee to be paid to ATC's for doing this testing outside of their school site. Details are still quite preliminary at this time. As information becomes available I will keep you posted.

Mike West, D8 Secondary Schools Chair
mike_west@chino.k12.ca.us

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FWATA Scholarships

Golf Tournament:

The golf tournament will take place July 8, 2004. Check the web site after October 1 for details on cost and location.

Scholarship:

The updated scholarship information and application will be posted on the web site after November 1.

Reminders:

- Must be member of the NATA. They should apply to the NATA by November 1 to allow for processing time.
- New deadline for application February 10, 2004.



Public Relations Report

Future Goals:

1. Public Relations Presentation to the Memberships at FWATA, 2004

The presentation would benefit the membership in learning about the various issues related to public relations; this will help assist them in their future efforts. Time line: March 2004

2. Public Relations Photographer

It would be more cost effective if FWATA had a member who could serve as the Public Relations Photographer, in order to take pictures not only during the venter social and awards luncheon; but also through out the entire convention. Time line: March 2004

3. FWATA Public Relations Contest

FWATA could hold a smaller contest during NAT month, and come up with a prize to the winner. Then the FWATA PR chair could submit the winner to the NATA contest. Maybe FWATA PR committee could ask one of our venders to donate some prizes for this. Time line: March 2004.

Annual National Committee Report:

National Committee Activities:

1. NATA ads as posters or fillers for publications

Ads will be posted on the web site for the members to download. However, arrangements will need to be made to protect the ad from inappropriate alterations. Several topics of ads will be developed for work settings; specific sports, etc. could be developed and posted on the web for members to utilize.

2. Quarterly Newsletter

The developing of a quarterly E-news letter from the PR Committee was discussed and the first E-blast was sent out at the beginning of March.

3. Athletic Training Information Guide

To take select portions of the media guide and develop an athletic training informational brochure on the profession to be utilized to promote the profession. This would not be a free handout.

4. Clearinghouse

A clearinghouse will be developed for the membership to access as to different types of informational materials that have been developed by specific committees, state organizations, the NATA national office, etc.

5. District Meeting Presentations

There should be a presentation done at District meetings periodically regarding public relations. The topics for the next four years should include the following: (1) How to Answer Questions to the Media, (2) How to Hook the Media on a Story, (3) Internal Marketing to Your Own Work Setting, (4) Developing Public Relations Projects in Grass Roots Marketing

6. Power Point Presentation on the Athletic Training Profession

The current NATA PowerPoint presentation will be updated on Athletic Training

7. NATA Strategic External Marketing Plan

★Because athletic trainers are multiple-skilled educated individuals, they are well positioned to be able to make big changes in the ever changing health care market.

★Critical mass has been reached in terms of total membership numbers.

★Further studies will need to be conducted to determine saturation rate on secondary schools employment for ATCs.

★Awareness of ATCs from insurance companies is very low. Getting this changed will be our greatest challenge.

★A shortened version of this plan will be put together to give to the membership to help guide the state associations in their public relations efforts to coincide with national efforts.

Mock Practical in Vegas



We would like to thank all those who participated in our recent mock practical at the FWATA District Meeting in Las Vegas. The turnout was frankly more than we could handle and 3 rooms still was not enough. We will continue to expand to meet your needs. We would like to thank the more than 35 students who participated. We hope you have already received your video tape and study material and found them to be beneficial. We also send our sincere thanks to the many examiners who volunteered their time to make the event successful. We will also be posting some new pictures from the convention on the web site. If you have suggestions on things we could do to make it better, please let us know.



At the FWATA meeting next year, in Hawaii, we will again host the mock practical. We hope that many of you will participate. Sign-ups will be posted closer to convention and all requests will be accommodated. We are also planning on a mock interview session. This will allow you to feel what it is like to be interviewed for a graduate assistant position or a full-time job. We are going to try to film these as well.

Resumes and cover letters will be reviewed throughout the year. Please send them to a member of the committee and we will comment on your material and send it back to you. Please take advantage of this service.

We are looking for some student members of the committee. We are particularly interested in having a representative from Nevada and Hawaii. Please submit your desire to serve electronically and we will get in touch with you.



If you have additional activities or areas of focus that are especially noteworthy and would like us to do, please let us know. Our purpose is to serve you.

Chris Pond, MS, ATC
cpond@uop.edu

***Good luck in the classroom
and in the
athletic training room!***



Athletic Training Olympics

The Athletic Training Olympics was started as a collaborative effort between the Certified Athletic Trainers at Pasadena City College, El Camino City College, Long Beach City College, and Long Beach State University. The First Annual Athletic Training Olympics (ATO) was held in April of 2002 and the Second Annual was held in March of 2003, both of which were hosted in the athletic training room and surrounding areas on the Long Beach State campus. Our goal is to consistently hold the future Olympic competitions in March so that it is in conjunction with National Athletic Training Month. For the March 2003 Olympics, 35 schools were invited that ranged from community colleges to Division 1 Universities. Seven schools participated with a total of 45 athletic training students. The schools that participated included Cerritos College, El Camino College, Long Beach City College, Long Beach State University, Pasadena City College, Chaffey College, and California State University, Northridge.

The idea behind the creation of the Athletic Training Olympics was multifaceted. One goal was to encourage students from various programs to come together and exchange information and share stories about their programs, backgrounds, and experiences. The event could also provide them with the opportunity to observe other students' techniques. We wanted to provide a forum for athletic training students to interact socially and have some fun together. The Olympics also would allow for athletic training students to interact and network with supervising certified athletic trainers from other programs. For the first two ATO's we strived to have a good athletic training student turn out and smooth running Olympic events with standard criteria for competition.

These goals were met this year so we are now in a good position to incorporate our last goal of the creation of the ATO, which is publicity. Media coverage is a must for us to fully achieve our purpose of the event. We want publicity of not only the event itself, but also National Athletic Training Month and the profession of athletic training. Local media was notified after the last ATO so there could at least be a write-up about it in the paper. Next year, we plan on having some local media actually at the event to promote the profession as well as prompt questions about the profession. Each year we hope to achieve more media attention and see an increase in the number of athletic training students and schools participating.

The Olympic events include a Tape Core Toss, 3-Point Crutch Relay, Ice Bag Stack, Timed Ankle Taping, Cloth Wrap Roll Race, Exam Stool Race, Water Cup Relay, and an Obstacle Course using a 65cm Swiss ball. These events were chosen because they represent some of the skills an athletic trainer must possess while keeping it lighthearted and fun. There are set criteria for each event and the Certified Athletic Trainers act as judges. All of the athletic training students have an opportunity to sign-up for as many events as they would like to compete in. We ask that each school have matching jerseys or team t-shirts and that they bring most of their own equipment for the events. Awards for each event and overall competition are presented to the athletic training students during the closing ceremonies at a local pizza parlor where they are encouraged to continue networking and having fun!

Deborah Williams MS, ATC
Assistant Athletic Trainer, CSULB
562-985-5222 debowill@aol.com



Update Your Information

If you are a District 8 member and not receiving this newsletter electronically,..... **we need your help.** We have taken great strides in the development of our District's Electronic Newsletter. It saves money and time and provides valuable information. Please go to the NATA website "Members Only" section (www.nata.org/members1/members.cfm) and update your email address. *Please be assured your information will not be released. It will be used for District 8/NATA membership communication only.*

Thank you, FWATA Leadership Team

National Athletic Training Month Members Getting Involved!

San Diego State

Advisors Carolyn Peters, MA, ATC, CSCS and Sara Weinberg, MS, ATC

Student athletic training club known as FATS (Future Athletic Trainers Society), held a workshop with about 50 local high school and junior college students. Here are some things that they did in the workshop.

- 50 Year NATA anniversary video
- Head ATC and Professors spoke about the ATC programs at San Diego State
- Then broke up into 4 groups and demonstrated and explained taping, rehab, treatment, and emergency care
- Taping contest
- Toured the facility and ask questions
- Evaluations were filled out and had very positive feedback.

Hawaii

- Governor Linda Lingle declared the month of March Proclaimed as National Athletic Trainers' Month
- Melody Toth had announcers say PSAs with all televised University of Hawaii Manoa sports.
- A local TV station in the near future will interview an Athletic Trainer.

Great Job on getting involved in March!!!



Cloth Wrap



Crutch Relay



Ice Bag Stack



Core Toss

Placement Update

After our conference call on 5/21/03 some information was presented to us that needs to be distributed to all members. As of Oct 1, 2003 there will be a cost to post jobs on the NATA website. (\$200 for full time position and \$50 for all others) The web site will offer many new features for the members. One being the opportunity to post your resume for employers to see. This new system will also make it easier to track many aspects of the placement site. The Board felt that this was necessary at this time and felt that the positives outweighed the negatives. For more information there will be ample discussion in St Louis.

Next, the NATA is working on making the job categories that we mark on our dues statement match with the job categories in the placement. This really makes sense and will allow again for more data to be put together about placement.

FWATANews

This electronic newsletter is published twice a year by the Far West Trainers' Association, for its members. For information contained in this newsletter or to submit articles/ideas, please contact the FWATA Newsletter Editor and District 8 Secretary:

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The **Placement Page** on the FWATA web site is experiencing difficulty. The problem should be resolved by the end of September. If you have a job, please forward it to me and I will email it to as many places as possible. October is the start of the new format at the NATA Placement.

Brad McReynolds, Placement Chair
949-582-4638

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