



Scott Lawrance
DHS, LAT, ATC, MSPT, CSCS

President's Message

Spring has sprung, and summer will be here shortly (although at times it has felt a bit like summer already!). Spring is the season of renewal and this is when we as an association make our biannual transition of officers.

This association has a long and distinguished history and I look forward to working with the rest of the leadership to help ensure that legacy continues. Over the last few years, we have created a lot of positive momentum within the profession and the future for athletic trainers in Indiana is bright.

I'd like to take a moment to recognize the work of our outgoing elected officers: John Locke (President), Justin Miller (Treasurer), and Jessica Emlich (Secretary). Each has served the membership selflessly and contributed heavily to many successful events held within the association. I'd also like to recognize Rick Shaw, Kip Smith, and Betsy Halwes as they step down as chairs of their respective committees for their outstanding leadership and dedication to the association. I want to extend a welcome to our newly elected officers: Brad Gerig as president-elect, Christine Lauber as secretary, and Jenny Brennan as treasurer. This group has already brought great energy to their roles and will contribute considerably to the association over the next two years.

In March, GLATA held its annual Winter Meeting in Wheeling, Illinois where Indiana was well represented. We had several professional and student members delivering educational sessions and presenting their research. For their roles in working to help pass HEA 1467 this past year, Paul Plummer, John Locke, Craig Voll, Rick Shaw, and Kip Smith were recognized with President's Awards and our IATA lobbyist, Lou Belch, was made an honorary member. Larry Leverenz and Tom Weidner were honored with Distinguished Service Awards, Marion Vruggink was awarded a GLATA Public Relations Award, Christine Lauber and Marie Pickerill received a GLATA Research Assistance Award, and Alyssa McPherson was awarded the GLATA Living Memorial Graduate Scholarship. Lastly, our IATA champion quiz bowl team from University of Indianapolis continued their winning ways at the GLATA quiz bowl. They will now represent Indiana and District IV while competing at the NATA quiz bowl.

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MAY 2012

Indiana Athletic Trainers Association

WWW.IATA-USA.ORG

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

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Upcoming Issue

Content Due	Newsletter Out
June 15	July 1
<i>Date Subject to Change</i>	

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eNEWS

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Memorials

Please forward all notices of memorials to:

Alice Wilcoxon, PhD, LAT, ATC
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President's message continued.

The NATA Annual Summer Meeting will be here before we know it and this year will be held in St Louis, Missouri with educational sessions running from June 26th through the 30th. I'd like to offer big congratulations to Kip Smith of Indiana University who is being inducted into the NATA Hall of Fame, a well deserved honor. Carrie Docherty, also from Indiana University has also been named a NATA Fellow and will be recognized in St. Louis.

Our Annual IATA Golf Outing and Summer Educational Meeting are also fast approaching. The Golf Outing will once again be held at Cattails Golf Course in Elwood, IN. The Summer Meeting will have a little different format this year. Our Education Committee co-chairs, Adam Thompson and Steve Risinger, have planned this in response to membership feedback for additional continuing education opportunities locally. This year's meeting will be held at the University of Indianapolis and will offer an impressive number of CEU's. I'd like to encourage everyone to sign up early and attend both of these events.

I'm excited to announce the creation of two new awards, the IATA Diversity Award and IATA Diversity Scholarship. These are the result of work from the IATA Diversity Committee under the leadership of Kristine Ensign and Barb Caton and have been approved by the Executive Council in an effort to promote diversity within the profession. You can find details of these in the newsletter and on our website.

Over the next few years, there will be many opportunities and challenges that confront the athletic training profession. In Indiana, we have opportunities no other state has. It is incumbent on all of us to reach for these opportunities collectively, demonstrate who we are, and show those around us what quality healthcare professionals athletic trainers are. I believe "Great moments are born from great opportunity", and that "Opportunities multiply as they are seized". We are uniquely positioned in this state to lead, but member engagement and passion are required. The IATA is here to help with this journey and we value your opinions and input. Please continue your great work as a profession and do not hesitate to contact either myself or another member of the Executive Council to share ideas, voice concerns, or ask for help. There are some "great moments"



Scott Lawrance, DHS, LAT, ATC, MSPT, CSCS
President, Indiana Athletic Trainers' Association

IATA Sponsor Continuing Education Event:

St. Vincent Sports Performance, an IATA Elite Level Sponsor, will be hosting its Annual Sports Performance Summit “Training Olympic Sport Athletes in the Olympic Year: Improving your Toolbox” on Saturday, May 19th, 2012 at Lawrence North High School. The one-day event has been approved for six (6) CEUs and will feature the following speakers:

- Jason Roberson: Olympic Sport Strength & Conditioning Coordinator, Ball State University
- Jason Dierking: Assistant Director of Sports Performance, University of Louisville
- Greg Moore, Head Strength & Conditioning Coach, SVSP

For more information or to register for the event, visit www.definingsportsperformance.com or call (317) 338-CARE (338-2273).



Advocates for Injured Athletes:

Advocates for Injured Athletes is a nonprofit organization dedicated to supporting student athletes. Their mission is to promote sports safety and to provide essential support, education, and resources to help keep athletes safe.

Advocates for Injured Athletes is a nonprofit organization dedicated to supporting student athletes. Our mission is to promote sports safety and to provide essential support, education, and resources to help keep athletes safe. They want to help bring a certified athletic trainer to every high school campus in America. As they continue their work to help achieve that goal, they are training student athletes to recognize the signs and symptoms of serious injury and to help serve as first responders in emergency situations.

Check out their facebook page and show your support!

<https://www.facebook.com/pages/Advocates-For-Injured-Athletes/277613167719>



Night at the ICE:

On March 31st, the IATA helped sponsor a Night at the ICE honoring all athletic trainers for National Athletic Trainer’s Month. Our newest Hall of Fame inductees, Ned Shannon and Linda Kaminiskis, were on hand to help “drop the puck” during the pre-game ceremonies. Thank you to everyone who came out to participate in this year’s event.



IATA

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IATA Corporate Sponsors

Click on Sponsor Logo to link to their web site.

Elite Level



Shelbourne Knee Center
at IU Health Methodist Hospital



St. Vincent Sports Performance



Gold Level



Bronze Level



Call for Nomination for Team Physician of the Year - LAST CALL:

The nomination period for this year's Indiana State Medical Association (ISMA) Team Physician of the Year will close on May 15th, 2012. Criteria for the award have been revised this year and include the following:

- a) Fifteen (15) years of service as a team physician for an Indiana school(s) or organized sports team(s). Examples include: high school, college/university, Olympic sports, club sports, or professional sports.
- b) The nominee must be a member in good standing of the ISMA. If nominee is retired or deceased, they must have been a member of the ISMA.
- c) All nominations must come from a licensed athletic trainer (LAT) within the State of Indiana.

The nomination form is available on the IATA website (<http://www.iata-usa.org/NominationForms>) and must be submitted with the physician's current CV/resume to ISMA Commission on Sports Medicine, Attn: Melissa Hayes, 322 Canal Walk, Indianapolis, IN 46202 or by e-mail to mhayes@ismanet.org. Letters of support are encouraged, but not mandatory.



Baseball & Softball All-Star Athletic Trainers Needed:

Please consider nominating a deserving colleague or volunteering yourself to serve as an athletic trainer for either the Indiana Coaches of Girls Sports Association's (ICGSA) or the Indiana High School Baseball Coaches Association (IHSBCA) All-Star softball and baseball events.

The ICGSA will hold its annual North-South All-Star Game at Cherry Tree Softball Complex in Carmel, IN on Saturday, June 23, while the IHSBCA annual North-South All-Star Baseball Series will be played in Jasper, IN on Friday, July 13 (practice and college showcase), Saturday, July 14 (1 game), and Sunday, July 15 (1 game).

Please email Steve Zook (szook@methodistsports.com) if you have questions or interest in volunteering or nominating an individual to assist with these events.

Athletic Training Month Activities:

From Valerie Rayce:



The first week of March is boys' basketball sectional week in Indiana. Our school, South Putnam High School, hosts one of the sectionals. In honor of Athletic Training month, I decided to have our technology and graphic imaging class print posters (12x18) with each school name, athletic trainer and school colors on them that attend our sectional. These posters have the texture that they can be written on with permanent markers.

We advertised in our "commons" area (foyer before walking into the gym) and on the PA that these posters were for the students, parents and fans of each of their respective schools to use as a thank you note for their athletic trainers. They were kept out in the commons area for the whole tournament so the people would have an opportunity to stop and write on them while they were here. The posters were then presented to the athletic trainers from each of the schools. It was a fun way to give and receive the "thank you's" that don't always get said and a nice moment

for each athletic trainer of their schools and communities that they are serving.

From Marion Vrugink:

LAFAYETTE AREA ATHLETIC TRAINERS CELEBRATE NATIONAL ATHLETIC TRAINING MONTH

Athletic trainers from the Lafayette area along with the help of area coaches rallied to support the 2nd Annual "Have a Heart...Feed the Hungry" food drive on Valentine's Day. The food drive benefited Food Finders Food Bank which serves 16 counties in the Lafayette area.

Food donations collected at area high schools and Purdue campus on Valentine's Day were brought to the 22nd Annual Lafayette Area Sportsmedicine Symposium on February 22. The symposium, sponsored by Lafayette Orthopaedic Clinic and Lafayette Rehabilitation Services, offers an educational opportunity for area athletic trainers, high school coaches, school nurses and others that work with adolescent athletes. The event was held at Four Points by Sheraton Hotel in West Lafayette. Symposium attendees were encouraged to bring a food donation as well.

A grand total of 1020 pounds of food was collected and donated to Food Finders Food Bank !



Save the Date! IATA Summer Symposium & Golf Outing:

The IATA Summer Symposium will be held this year July 13-15, 2012, at the University of Indianapolis.

The IATA Summer Golf Outing will be held this year on Friday, July 13th, at the Cattails Golf Club.

Watch for more information to come soon on how you can register!

IATA Diversity Award and Scholarship:

In an effort to both increase and promote awareness of diversity within the athletic training profession in Indiana, the IATA Executive Council recently approved the IATA Diversity Award and the IATA Diversity Scholarship. These new items are the result of a significant effort and amount of work coming from the Diversity Committee, led by Kristine Ensign, MS, LAT, ATC.

The IATA Diversity Award was created to recognize individual athletic trainers and/or athletic training programs who work to promote diversity within the profession. The following are criteria for eligibility:

- Any IATA member may nominate an athletic trainer for this award.
- Only BOC certified, state licensed Athletic Trainers, and IATA members in good standing for a minimum of two (2) consecutive years may receive this award.
- The nominee must have worked a minimum of two (2) years at an institution in Indiana.
- It is preferred that the nominee has NATA membership, but this is not required.
- The nominee should be a well-respected member of their community (i.e.: volunteer, civic organizations, church, school).
- The nominee should make contributions to diversity in athletic training in Indiana.

As we are all aware, diversity comes in many forms for example: race, ethnicity, age, sex, job setting, sexual orientation, and religion. There are many different ways to address each individual form of diversity. This award will be given to the person or persons who have creatively worked to promote any type of diversity. The nomination form is available on the IATA website and must be completed and submitted by the August 25th deadline.

The IATA Diversity scholarship is a \$500 scholarship that will be awarded to one (1) high school senior pursuing a college degree in athletic training at a Commission on Accreditation of Athletic Training Education (CAATE) accredited college within the state of Indiana. Applicants for the scholarship must:

- Be of an ethnic or racial minority.
- Have a cumulative letter grade average of “B” or better for high school course work.
- Will be pursuing a college degree in athletic training.
- Have an active interest in athletic training.
- Students should apply their senior year in high school.
- The scholarship will not be awarded until the fall semester of their freshman year, after they have enrolled in an Indiana CAATE accredited college.
- Applicants must have three written recommendations (on forms) from a licensed and certified athletic trainer (LAT/ATC) who is a member of the Indiana Athletic Trainers’ Association (IATA), one from a high school teacher the applicant has had for course work, and one from the student’s community, that is a coach, employer, minister, etc.

To apply for the Diversity scholarship this year, applicants must complete the application form (available on the IATA website) and return it with all additional materials via e-mail to Christine Lauber, Chair, IATA Scholarship Committee at clauber@uindy.edu by August 1. After this first year, the scholarship deadline will be moved to April 1st in alignment with the other high school scholarships offered by the association. Please encourage everyone who meets the criteria above to apply.

For additional information on either the IATA Diversity Award or the IATA Diversity Scholarship, please contact Kristine Ensign at krisensign@gmail.com or Scott Lawrance at scott.lawrance@sbcglobal.net.

>>> 2012 St. Vincent Sports Performance Strength & Conditioning Summit

DEFINING SPORTS PERFORMANCE >>>

Training Olympic Sport Athletes in the Olympic Year: Improving your Toolbox

- > **Focus:** Strength and conditioning techniques for the sport and strength coaches that work with Olympic sports (baseball, volleyball, basketball, soccer, track & field, etc.)
- > **Date:** Saturday, May 19, 2012
- > **Location:** Lawrence North High School Weight Room
7802 N. Hague Road, Indianapolis 46256 (Please use Entrance 12)
- > **Cost:** Only \$30 for a full day of education! **Register:** Call 317-338-CARE (338-2273)
- > **CEU's:** NSCA and NATA (6) CEU's

TIME	SPEAKER TOPIC	SPEAKER
8-9am	Visualizing Olympic Success: Mental Skills to Enhance Performance	<i>Chris Carr PhD, HSPP, St. Vincent Sports Performance Sport Psychologist</i>
9:15-10:15am	Building a Great Strength & Conditioning "Toolbox"	<i>Jason Roberson, CSCS, Ball State University Strength & Conditioning Coordinator</i>
10:30-11:30am	Energy Systems Training for the Olympic Field Sports	<i>Jason Dierking MS, SCCC, CSCS, USAW, FMS, University of Louisville Assistant Director of Sports Performance</i>
11:30-12:45	Lunch on your own	
1-2pm	Speed for the Olympic Sport Athlete	<i>Greg Moore, CSCS, St. Vincent Sports Performance Performance Specialist</i>
2:15-3:15pm	Active Isolated Stretching Techniques for the Olympic Sport Athlete	<i>Christopher Mattern, National Institute for Fitness and Sport Health & Fitness Specialist</i>
3:30-4:30pm	Strength Training for the Olympic Sprinter	<i>Brandon Johnson, MS, CSCS, St. Vincent Sports Performance Performance Specialist</i>