



Scott Lawrence
DHS, LAT, ATC, MSPT, CSCS

President's Message

Our annual IATA Summer Symposium and golf Outings were both great successes this year! On July 13-15, a record seventy-two athletic trainers attended the summer meeting at the University of Indianapolis. Thank you to all who attended and made the meeting a success! I'd like to particularly thank our Education Committee Co-chairs, Adam Thompson and Steve Risinger for all of their work putting this event together. Our other big event for the summer is the annual golf outing which was held on July 13th at Cattails Golf Course in Elwood, IN. Thank you to Miotech Sports Medicine, Purdue University Sports Medicine, Dr. Steven Ahlfeld, OrthoIndy, Indiana University Sports Medicine, and St. Vincent Sports Performance for their sponsorship and to our Golf Outing Coordinator, Lee Lysuik, along with Alicia Lysuik, and Brian Gerlach for their work planning the event.

I hope you've all had the opportunity to review the two concussion statements released by the IATA in early August. These statements were put together to provide resources for athletic trainers in the high school setting working with athletes who have sustained a concussion to help navigate the ins and outs of the new Indiana Concussion Law. I believe you will find both statements to be of great value.

I want to publicly recognize and thank Barb Caton for her many years of service and dedication to the IATA and the athletic training profession. This month, Barb has decided to step down as the Membership Committee Chairperson after what I believe may be the longest consecutively tenured standing committee chair in the history of the IATA at 12+ years. Those of you who know Barb can speak to her passion and willingness to always take on an extra task and this lengthy service surely doesn't surprise you. We will certainly miss her on the executive council and our profession owes her a big thank you for the work she has done over the years. Thank you Barb!

Anyone who knows me well knows this is my favorite time of the year. As summer begins to close and we dive into the fall sports season, it's a great time to start anew. For me in the college setting, it's the chance to try new ideas, explore new treatment options, and/or change policies and procedures from the previous year. We're doing the same with the annual Fall Symposium and Business Meeting. Look for a new format this year.

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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
September 15	October 1
<i>Date Subject to Change</i>	

President's message continued.

Some highlights include a change in dates from the traditional Sunday-Monday to a Saturday-Sunday format. Also new this year will be learning labs, concurrent programming, a Saturday evening reception, and a new student skills challenge. You'll find more information on some of these changes in this newsletter.

As you read this newsletter, you'll undoubtedly notice some new features and columns. We're adding some information to the newsletter including a feature article written by a member of the executive council, an article written by our settings committee chairs addressing a topic relative to their setting, a research article summarizing current literature and how this impacts you on an everyday basis, and finally a "Get to Know" section where we'll profile members of the executive council and general membership. I hope you enjoy the additions!

Lastly, I'd like to leave you with something I'm very happy to announce, and that's the creation of a Young Professional's Committee here within the IATA. I'm sure many of the more experienced athletic trainers have great stories of learning the ropes of the profession as you made the transition from student to professional. Unfortunately, not everyone is able to make this transition easily. The latest statistics show that we lose a significant number of athletic trainers in their first 5-10 years in the profession. One of the main purposes of the Young Professionals Committee is to help ease the transition of our students and newly certified professionals into the work force, promote the sharing of wisdom and tricks of the trade between the established members and younger members, and foster the next generation of leaders within athletic training. It's a committee I'm excited about and I look for great things to come from its work.

All the best and I hope everyone enjoys the fall sports season,

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

2012 Annual Golf Outing Recap:

The 20th Annual Golf Outing was held at Cattails Golf Club in Elwood, IN on what turned out to be a beautiful Friday morning, July 13th. The early start time this year proved to be beneficial keeping everyone out of the heat of the day. Congratulations to this year's winners from St. Vincent Sports Performance/Marian University - John Locke, Chad Gabbard, Brett Cope, and Lee Lysiuk who won by shooting a 58, 13-under par! Other winners on the day included men's longest drive: Jason Franklin, women's closest to the pin: Cindi Merrill, and men's closest to the pin: Kent Evans. Thanks to everyone who came out to participate in the outing this year and be sure to join us next year for another great event!



First Place: St. Vincent Sports Performance
13-under par



Second Place: Community Health Sports Medicine
7-under par



Third Place: Methodist Sports Medicine/The
Orthopedic Specialists
6-under par

IATA

Executive Council

President

Scott Lawrance, DHS, LAT,
ATC, MSPT, CSCS
scott.lawrance@sbcglobal.net

President Elect

Brad Gerig
bgerig@methodistsports.com

Past President

John Locke, EdD, LAT, ATC
jlocke4@indy.rr.com

Secretary

Christine Lauber, EdD, ATC
clauber@uindy.edu

Treasurer

Jennifer Brennan, LAT, ATC
jenbren@juno.com

IATA Central Office

Ann Ninness
Stephanie Waddell
317-484-2630
stephanie@centraloffice1.com



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

Jessica Lipsett
jzuercher@purdue.edu

Memorials

Please forward all notices of memorials to:

Alice Wilcoxson, PhD, LAT, ATC
wilcoxso@purdue.edu

2012 Annual Summer Meeting Recap:

The 16th Annual Summer Symposium was held Friday-Sunday, July 13-15, 2012 at the University of Indianapolis. Seventy-two (72) athletic trainers attended the conference to hear speakers discuss the latest in Diathermy, LASER, Myofascial release, Joint mobilization, Kinesiotaping, and Orthopedic Splinting and Casting techniques. This year we increased the number of CEUs offered to 15.5 by increasing the amount of programming which was well received. We also broke the meeting into smaller sessions with multiple topics to address a wider range of learning needs. The thing that was consistent across all talks though was the mixture of both lecture and hand-on lab to allow for immediate application, a hallmark of the summer meeting. Thank you to all who attended!



Members participate in lab.



Dr. Marianne Shurig presents on Myofascial Release.



Dr. Rick Proctor presents on Diathermy application.

Volunteer Opportunities:

Are you looking to become more involved in the association and your profession? Do you have an interest in education? If so, the association is looking for you. We are currently looking for individuals interested in serving as members of the education committee. For additional information, please contact Education Committee Co-Chairs Adam Thompson (adam.thompson@indwes.edu) or Steve Risinger (sdrisinger@anderson.edu) for additional information.

We are also looking for an individual interested in serving on the Executive Council as the Membership Committee Chair. This individual is responsible for coordinating the activities of many various subcommittees within the association as well as serving as a conduit to bring member issues to the executive council for action. If you have interest in serving in this position or want some additional information, please contact IATA President Scott Lawrance (scott.lawrance@sbcglobal.net).

Lastly, we are looking for athletic trainers age 35 or younger interested in volunteering to be committee members in the newly formed Young Professional's Committee. This is a great opportunity for some of our younger, newly-certified members to become involved in the association. Please contact Young Professional's Committee Chair Cody Inskeep (Cody.Inskeep@indstate.edu) if you are interested.

IATA

Committees

Education

Adam Thompson
adam.thompson@indwes.edu
Steve Risinger
sdrisinger@anderson.edu

Finance

Brian Murphy
brianmurphy71@sbcglobal.net

Governmental Affairs

Craig Voll
cavoll@purdue.edu

Revenue

Eric Hall
ehall@methodistsports.com

Membership

Open

Diversity

Kristine Ensign
krisensign@gmail.com

Honors & Awards

Bernie Stento
bstento@duneland.k12.in.us

Memorial Resolutions

Alice Wilcoxon
wilcoxso@purdue.edu

All Stars

Steven Zook
szook@methodistsports.com

High School

Jim Miller
jwmiller@warrick.k12.in.us

College/University

Jennifer Popp
jkpopp@bsu.edu

Professional

Erin Barill
erin.barill@colts.nfl.net

Clinical/Industrial/Corporate

Jill Davis
jillyd2012@gmail.com

Communications

Jessica Lipsett
jzuercher@purdue.edu

Student Representatives

Amy Gibson
agibson@franklincollege.edu
Jessica Trcka
jtrcka@bsu.edu

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Elite Level



Shelbourne Knee Center
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September Feature Article:

Note to Membership: This feature article expresses the opinion of the author. The article does not represent the opinions of the IATA Executive Board, the IATA, or its membership.

I Don't Have The Time?

John Locke, IATA Past-President

We are in the middle of one of the busiest times in the lives of athletic trainers; especially at the high school and collegiate levels. We, as professionals, need to take a minute to reexamine our purpose to the profession of athletic training and to ourselves. The time we have for ourselves and for our families has become more and more challenging. How do we prioritize our lives with job and family responsibilities? Let's take a look at we are doing. Are we doing things we don't need to be doing? Could we use our time more wisely? Are we spending the 'free' time we have with our loved ones? I ask you to re-evaluate how you are spending your time and to seek the important aspects of life that might not be there tomorrow.

We are one of the most dedicated professionals when it comes to our athletes and patients. We are up early for practice/appointment before the sun comes up; practices/appointments running through lunch break; late evening practices/appointments running far later than expected; and all of the visits and unexpected trips to the emergency room and follow up calls to parents about injury concerns. These duties and responsibilities can be overwhelming. The question I have for you today is; "Do you have the PASSION for your job and profession?" This question needs to be answered by each of us as well as how can my PASSION be shown not only in my job, but to my family and loved ones. From my personal experience, I have been extremely fortunate to have enjoyed each athletic training experience I have encountered in my career. The variation of athletes (age, skill level, sport or job setting) keeps me motivated each day. We as individuals can only control certain things in life. We need to focus our energy on those aspects of life we can control. One example is our attitude toward our profession or job. You might not be able to control all aspects of the position, but you can control your reaction to those situations. I do believe a strong support network can be beneficial and this is one area IATA can assist its' membership. As simple as calling, emailing or texting a colleague can give a needed jump start. Many of our colleagues have similar experiences that can aid each of us in the everyday challenges we experience with balancing life, family and job. We as individuals must take responsibility for our daily actions and how we use our time each day. Have you utilized the 86,400 seconds we are given in a day and used them to benefit not only you, but your job and family? Those seconds do not get replaced after midnight each day, they will not be repeated. Make the most of your day!

Do you have the PASSION?

How have you shown your PASSION?

Have you made the most of your time?

Annual Fall Business Meeting and Clinical Symposia:

The dates and location for the Fall meeting have been set. We are returning to the Indianapolis Marriott East, located on the east side of Indianapolis at 21st and Shadeland Road. The meeting will be held on Saturday and Sunday, October 27-28th, 2012. Please note this is a change from previous years Sunday-Monday format.



NEW for this year's meeting:

- Increased number of CEUs offered
- Learning Labs offered for professionals
- Concurrent programming options for professionals
- Breakout sessions for High School, College/University, and Clinical/Industrial athletic trainers as well and for Educators and Young Professionals
- Separate athletic training student programming
- NEW Student Skills Challenge!
- Return of student case study presentations
- Awards Banquet Dinner
- A Saturday evening post Awards Banquet Reception featuring prizes and give-a-ways
- Several high-profile speakers have already been confirmed to speak at this year's meeting

Please visit the IATA website at www.iata-usa.org for a copy of the program-at-a-glance and check back soon for updates on speakers as they are confirmed. Be sure to also attend the Awards Banquet where we recognize those within our profession for outstanding achievement, leadership, and service. A detailed program will be published and registration will open soon.

Reserve your room today! The IATA has a block of rooms reserved for the meeting at a special discounted rate available by calling the Indianapolis Marriott East. Reservations can be made toll free at Marriott Hotels & Resorts by dialing 1-800-228-9290 or at the Indianapolis Marriott East at 1-317-352-1231. Reservations may also be made on-line at www.indianapolismarriott.com. The hotel has undergone significant renovations and improvements in the last few years.

See you all in October!



IATA Concussion Statements:

If you have not checked out the website or heard yet the IATA has released two new concussion statements related to the evaluation and management of concussions in high school athletes. This is in response to the new Indiana Concussion Law (SEA 93) that went into effect on July 1st, 2012. The first statement explains the new law and the requirements for implementation at the high school level. The second statement released provides athletic trainers with a set of recommendations and guidelines related to the role of neurocognitive testing in a concussed athlete, the use of a graduated return to play protocol, and the role of the athletic trainer and team physician in the management of this injury.

Please go to the web-site www.iata-usa.org to check out each of these statements.

Getting to Know Brad Gerig, IATA President Elect:



Current Position: Athletic Trainer at Methodist Sports Medicine: The Orthopedic Specialists

Years at Position: 24 years

Specialty Certifications/Training: Functional Movement Screen (FMS), TPI Level 1

Education: Anderson University (undergrad), Minnesota State University Mankato (graduate)

Previous Positions: Head Athletic Trainer Arena Football League (Indiana Firebirds) 2001-2003, Clinical Assistant to Dr. Dale Snead, Consultant Athletic Trainer at Indian Creek HS,

Speedway HS, Avon HS, and Target Chip Ganassi Racing

Special Recognitions/Awards: Support Staff of the Year 2002 Arena Football League

Description of self in 3 words: Loyal, Persistent, Trustworthy

Hobbies: Fishing, Hunting, Watching Football

Ultimate Vacation Destination: Hawaii with my wife

One single food you would never give up: Beef

Must have book: Bible

Favorite motivational quote: I can do all things through Christ who strengthens me. Philippians 4:13.

Favorite musical Artist/Group: Eagles, Journey, most anything from the 80's

Three Individuals you look up to in the industry: Rick Peters, Gordy Graham, Gray Cook



Getting to Know Kristine Ensign, Diversity Committee Chair:



Current Position: Instructor of Athletic Training at Franklin College

Years at Position: This is my First Year!

Specialty Certifications: Functional Movement Screen

Education: North Dakota State University BS 2007, Ohio University MS 2009

Description of self in three words: Caring, Fun, and Outgoing

Something people should know about me but don't: I know how to break the wrist, elbow and shoulder of an attacker

Hobbies: Tae Kwon Do/Hapkido; Geocoaching, Gardening, and Camping

Ultimate Vacation Destination: Japan

One single food that you would never give up: Chipotle

Must Have Book: East of Eden by Steinbeck

Favorite Musical Artist/Groups: Cold Play, Brandi Carlile, Adele

Getting to Know Dean Behrmann:



Current Postion: Athletic Trainer and Health Teacher at Perry Meridian High School

Years at Position: 26 years

Education: University of Montana (undergrad), Indiana University (graduate)

Previous Responsibilities: Served on IATA History and Archives Committee, Chariman of IATA High School Committee 2000-2008

Special Recognition/Awards: 2002 IATA Indiana High School Athletic Trainer of the Year, 2008

IATA Distinguished Athletic Trainer Service Award

Description of self in 3 words: Healthy, Dedicated, and Loyal

Something people should know about me, but don't: Won the 1979 Indy Mini-Marathon

Ultimate Vacation Destination: Visit national parks throughout western half of the United States

One single food that you would never give up: Chicken

Must have book: Kendall's Muscle Testing book

Favorite musical Artist/Groups: Yes, Sergio Mendez Brazil 66, Beach Boys

3 Individuals you look up to in the industry: Nesby Rhinehart, Marge Albohm, Ralph Reiff



GLATA Announcement:

GLATA Research Committee Research Assistance Awards

The GLATA Research committee is now accepting applications for research assistance funds of up to \$1500. To be eligible for these funds you must be a certified member of the GLATA. Two awards are available annually for certified student members. There are two award cycles annually with application deadlines of September 15, 2012, and January 15, 2013. Instructions and the application can be found at <http://www.glata.org/en/research>.

GLATA Research Committee Call for Abstracts

Great Lakes Athletic Trainers' Association Annual Meeting and Symposium
March 12-16, 2013, Wheeling, IL.

Original research and case study abstracts for presentation in the free communications sessions of the GLATA Annual Meeting are now being accepted. Both professional and student members are encouraged to apply. The submission deadline is 5:00pm on November 15, 2012. Electronic submission instructions and applications can be found at <http://www.glata.org/en/research>.

IATA Current Research:

Note to Membership: This feature article expresses the opinion of the author. The article does not represent the opinions of the IATA Executive Board, the IATA, or its membership.

Is Having an AT a Priority for your Employer Yet?

Adam Thompson, PhD, ATC, LAT

It's been almost two years since I presented to the IATA membership on Stress and Burnout in AT. I challenged our membership to critically think about these problems and why they continue to be major issues in traditional AT settings as well as in health care in general. Studies continue to demonstrate that sustained stress leads to burnout and that these two syndromes are strong turnover and attrition predictors in certified athletic trainers. Is anything being done or anyone making strides to diminish these problems in our profession? Are they truly preventable? What can be done when considering why these issues continue to plague health care professionals worldwide?

A flurry of great discussion has emerged from that presentation and numerous studies published in recent years have looked intimately at the AT profession and how some settings promote these conditions. Recurrent themes are readily identified as scapegoats for promoting stress and burnout: inadequate salary, long hours, unrealistic expectations of coverage, and a lack of respect as a health care professional.

So, back to the question posed at the beginning of this article - Is Having an AT a Priority for your Employer Yet? I have found a few areas that I would advocate as further perpetuating an environment that can lead to stress and burnout and the many ingredients of the syndromes. In my investigation around the state as well as the Great Lakes region, there are a significant number of secondary and undergraduate institutions that continue to have no formal job description or job responsibilities listed in the human resource department for their certified athletic trainer(s). Many of the job descriptions I did find were so generic or dated that an AT, on paper, looked nothing like a licensed health care professional practicing athletic training. Some of the stipends paid to AT's also employed as educators in secondary schools had not been increased in 15 years! Some AT's noted that their job responsibilities had been changed in the middle of the year at times without their consent; even when their written job description had a very different position identified. We need to have specific positions and functions documented to show our value as practicing clinicians. Many times this intentional identification of job responsibilities will clearly show where resources are adequate and/or lacking; whether that is in personnel, budgets, or salary. While this may not lead to an overnight change, it can start the discussion where changes are needed. Choosing to take an active part in identifying your role in the success of the athletic programs you serve is imperative.

It is no secret that the BOC mandates that AT's maintain their certification via continuing education requirements. However, many of the employers I mention above do not know whether their AT staff is currently licensed and / or certified – they literally don't have a system in place to identify those benchmarks for our practice. Their AT's may have been current when they were hired for their position but no one is following up after initial employment. My mention of the Indiana Professional Licensing Agency and their online license “look up” function was met with silence and puzzled looks. Why should we care about this if we maintain our own credentials? Unfortunately, there were individuals found that were filling positions as AT's that had let either their certification and/or their state license expire; yet they were still in that position. Our professional preparation does not come easily nor should it be overlooked so carelessly. Your professional credentials mean something and need to be respected as such.

Continued on next page

Performance reviews of certified athletic trainers are rarely conducted in these settings. When they are completed, many more are not tied to promotion, demotion or retention. In the cases where I found AT's being reviewed, excellent performance was rewarded with financial incentives and mobility within their institution to various positions of authority. Inadequate performance was penalized. Our clinical interventions are constantly progressing and we stay current by attending different venues of continuing education. I believe our professional credential and maintenance of that credential should be evaluated regularly so that we once again, show our value as a practicing clinician.

I believe we can have our schedules complimented with higher salaries, additional personnel as well as be respected for what we do as health care providers with implementing a few of the issues mentioned above. While these approaches may not completely eliminate issues that increase stress and burnout in AT, they are a means to establish that we are a priority to our employers and athletes.



NATA Secondary Schools Committee:

The NATA SSATC is currently involved with three very important projects that will benefit our profession as well as our setting.

The first and most important project is a joint venture between the NATA SSATC and the Korey Stringer Institute. The NATA and the NATA Secondary School Athletic Trainers' Committee are committed to ensuring every U.S. high school has an appropriate number of athletic trainers. We want to keep our young athletes safe. Our members in the secondary school setting should have a more reasonable schedule and a better quality of life. This is all part of Vision Quest, the long-term strategic plan for the profession. You will be receiving a survey or phone call about this project in the very near future. Your assistance is invaluable to this effort and we appreciate your time to complete the brief survey.

Secondly, we are revamping the NATA SSATC web page so that it will become your one stop shop for all of your secondary school athletic training needs.

Lastly, we are working with the NATA Young Professionals Committee to provide a program for any of you that have questions about the secondary school setting. This mentor program will be invaluable in helping you find solutions to all of your questions or issues. Our goal is to keep you in this setting for years to come. It truly is unique and extremely rewarding. For additional information on the NATA Secondary Schools Committee, please contact Larry Cooper at cooperL@penntrafford.org.

News from the Clinical/Industrial Setting:

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by Jill Davis, Clinical/Industrial Committee Chair

Athletic Trainers are making major strides in the Industrial and/or Occupational Setting. Industrial and occupational injuries and illnesses are very similar to the sports setting and can be treated and managed in similar capacities. Most of the injuries and/or illness in the occupational and industrial setting are musculoskeletal in nature and occur from repetitive motion, excessive force, awkward postures, and heavy lifting. Athletic Trainers are experts in injury prevention and injury management programs, which can and do lower injury rates for corporations, manufacturing facilities, and other industrial locations. Injury prevention programs include ergonomics, work readiness/conditioning, health and wellness, and education. Injury management programs include onsite physical rehabilitation, case management, and return to work. Here is some information on each of the above categories from the NATA brochure on Occupational/Industrial Athletic Training, "Athletic Trainers get results with Occupational Athletes."

Injury Prevention Programs

Ergonomics - Athletic trainers work to identify ergonomic risk factors, and then assist in recommending and implementing both engineering and administrative controls.

Work Readiness/Conditioning - Athletic trainers use the principles of conditioning to develop work-specific physical readiness and conditioning programs for individuals or entire departments.

Health & Wellness - Athletic trainers frequently manage fitness centers, physical activity, therapeutic exercise, stress management, nutrition, smoking cessation and other wellness programs.

Education - Athletic trainers draw upon vast educational and clinical experiences to educate labor forces about all things related to health, wellness and safe workplace habits.

Injury Management Programs

On-Site Physical Rehabilitation - Working under the direction and sometimes prescription of a physician, athletic trainers are effective health care practitioners who provide physical rehabilitation services onsite at the manufacturing plant or other industrial location.

Case Management - Athletic trainers provide case management services by facilitating ongoing communication between the employer, physician, outsourced rehabilitation providers, insurance company and the employee. Additionally, they frequently support the injured employee's progress, monitor medical care, promote efficient reporting and investigation, and assist in finding modified-duty work for the employee.

Return to Work - There is virtually no difference between an occupational athlete and sports athlete. The skills athletic trainers use in returning an athlete to play are the same skills used to return an employee to work. The medical knowledge and diversity of athletic trainers make them attractive health care providers to implement, manage and conduct return-to-work programs.

This information is just scratching the surface of how Athletic Trainers can be of value to Corporations, Manufacturing Facilities, and other Industrial locations. If you have any questions or would like more information, please contact Jill Davis at jillyd2012@gmail.com.