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Athletic Training Education Newsletter

Nova Southeastern University Undergraduate Athletic Training Education
Farquhar College of Arts & Sciences, Division of Math, Science & Technology



Jovana Vucetic and Kevin Johnson volunteered their time at the A1A Marathon Health & Fitness Expo to help distribute race packets. Dr. Swann helped organize the lecture series for the NSU sponsored event.

Special points of interest:

- New Article Series: "Then and Now"
- University Center Update
- From the desks of Dr. Elizabeth Swann, Larry Starr, and Tricia De Souza
- ACI Highlight: Laura Tabilo
- Student highlight: Michael Wangsness
- ATSO Updates
- "Rehab Tips" in the Shark Bites!

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New Series Beginning This Issue! –Dr. Patricia McGinn, ATC, CSCS

With the beginning of a new year upon us, we have decided to make some modifications to our Athletic Training Newsletter. One of the most exciting additions to the Newsletter is a new feature article entitle Then and Now, written by Larry Starr, Associate Athletics Director here at Nova Southeastern University. In addition, this issue will highlight the ATSO events and provide a glimpse into our plans for celebrating National Athletic Training Month in March!

The University Center Update –Larry Starr, Associate Athletics Director

As I look out the front door of Athletic Training House #2, the University Center outside structure is nearly complete. Here we are less then 8 month from the 1st day that dirt was moved for the 280,000 square foot building and the "footprint" is completed. Although we will not see many changes from the outside, the massive interior completion will be going on now. Jason Palmateer, ATC (Assistant Athletic Trainer) and myself have had a number of opportunities to tour the building (that hard hat gives me a headache) and except for a couple questions we had, the center is really starting to come to life. We noticed in the athletic training room treatment area that the electrical outlets were only a few inches off the floor. This is problem, because the outlets need to be 3.5 feet off the floor to accommodate our modalities. Luckily, it only took one phone call to the Senior Project Manager, relay my question and he ran over and corrected the problem. Jason has also worked diligently on our "wish list" of equipment that will be going into building, which encompasses everything from anatomy models to whirlpools. It turned out to be a 5 page spreadsheet and hopefully most of the items will be approved. If all items receive approval, we will have one well-equipped athletic training facility! Although we do not have a specific "occupying date" as yet, the project is definitely moving forward. I am sure it will be a facility that we can all be very proud that we had a part in it.

ATEP Update –Dr. Elizabeth Swann, ATC

Time files when we are working on the self study! Everyone involved has been making great efforts to complete the documents, yet we keep the students our priority. The new class of Athletic Training students (20) have been admitted into the professional phase of the program and there are high expectations. The growth and interest in Athletic Training at NSU has given us the opportunity to search out and add a new affiliate sites. As we look forward to the Fall 2006, the Exercise Science Minor is well underway and the Biomechanics course will be offered beginning Winter 2007.

Then and Now: A Historical Perspective of Athletic Training, Part I

–Associate Athletics Director, Larry Starr, MEd, ATC, CSCS, USPTA



Historic treatment by Yankees athletic trainer ("Doc" Painter) on the injury sustained by Babe Ruth, as Lou Gehrig looks on. Photo supplied by Larry Starr

"Trends are not forces of destiny, and trends in human activities result largely from people's decision . . . the resulting trends are also likely to shift sometimes radically"

Edward Cornish, The Futuring.

This is a fairly accurate description of how the athletic training profession has evolved from the backyard of Miami of Ohio trainer <sic>, Jay Colville, in the1950's, to where we are today. One hundred and one founding members has grown into over 30, 000. We have become licensed, certified health care providers not by destiny through the dedication, hard work and foresight of individuals who have a passion to help their fellow human beings.

For me, it began in the summer of 1960 I took the Cramer's Chemical Company's "Student Trainer's" <sic> Correspondence Course. The main reason I did this is because my big brother, Tom, had done it the summer before and I always wanted to everything my big brother did! When I passed the six-week course, I started working that fall of my freshman high school year with the various sports team as student manager and pseudo-athletic trainer.

My big break came my senior year when the head football coach of Ohio University spoke at our football banquet. Since I was given a 4-year letterman award, I spoke with Al Hart, the head athletic trainer at Ohio U. After visiting Ohio and meeting Al, I was hooked. If I have achieved anything in this business, it is because of the mentoring and support from Al Hart. He was the epitome of what an athletic trainer should be – knowledgeable, compassionate, reliable, and confident. That was wrapped into one of the most kind and hard-working individuals I have ever met.

During the seven years at Ohio, I completed both my bachelor's and master's degree in education (athletic training major was in the distance future) while obtaining all the hands-on skills that I would need to be a successful athletic trainer. As athletic training students then, we assisted in every sport and many times were on our own covering the freshman football team, reserve basketball, and intramural sports. We also covered many practices without direct supervision of the full-time athletic trainers.

My second bring break came my senior year in college, when then assistant athletic trainer, Ken Wolfert, who to this day is my best friend, took the head athletic trainers position at Cleveland State University. Al Hart came to me and offered me the assistant position even though I had not finished my degree. This required me to finish my course work (18 hours) and student teaching while being the full-time assistant athletic trainer. I assisted football in the fall and was the head athletic trainer for ice hockey and baseball during winter and spring seasons, respectively.

As you will all find out, mentoring is very important in the athletic training profession. To have had great role models like Al Hart and Ken Wolfert, I consider myself the luckiest person in the world. In addition, we had an outstanding team physician, Dr. Phil Woodworth, who even though sports medicine had not even been invented, taught me so much about the health issues of our athletes. So please take every advantage to listen to your mentors and absorbed what the knowledge they can impart.

This is the first part of a series of articles to give you some idea of what is was like then compared to now.



Larry Starr escorting a Marlins baseball athlete from the field after sustaining an injury.

From the Desk of Dr. Elizabeth Swann, ATC, Program Director

This semester is moving very fast and I would like to commend the students for the hard work and extra effort they are putting forth. February is perhaps our busiest month of the year. It started with a drive up to Atlanta for Student SEATA, then volunteering for the A1A marathon last weekend and then hosting the medical tent for an International Rugby Festival, both Saturday and Sunday.

March starts off with a BANG, we are off to **Greece**. Kudos to Dr. McGinn who has worked tirelessly for this course and study abroad journey with 12 students. We will send pictures when we return!

From the Desk of Larry Starr, Assistant Athletic Director

In my last posting, I started off my saying "we have survived another fall season at NSU." Well, let's hope I can say the same thing about the winter and spring seasons since at this writing EVERY TEAM is either in their competitive season or out-of-season practices and games. That means all 14 sports and all 230 athletes are either in the BCC gym, on the baseball or softball fields, on the soccer fields, in the water, on the golf course, or in one of the weight facilities – Athletic House #1 or Perfect Competition.

So the question is how do 4 athletic trainers and I cover all 14 sports in seven different venues adequately? The key word is "cover" because that can be done but the problem is how do you "service" that number. If nothing happens one athletic trainer can "cover" many events but if an athlete is injured, then the athlete must be "serviced" and therefore completely occupy the athletic trainer. Although athletic trainers as multi-task individuals are always called upon to "git-r-done", they can only be in one place at one time. Therefore, we budget our time wisely and try to have the energy to "service" our student-athletes as well as possible.

Having said that, I can confidently say that the NSU student-athletes will receive as best of care as possible. Thanks to the hard work of my staff, Tricia, Jason, Latissa, and Steve, and the great support we receive from the athletic training education program faculty, Dr. Swann, Dr. McGinn, and Dr. Trigoboff, I know we will be in the "trenches" when needed. This combined with the maturation and growth of our athletic training students and we are well on our way of meeting our goal of being the "gold standard" in the Sunshine State Conference if not in all of Division II athletics.

Many thanks to all those who have made me a proud papa!

From the Desk of Tricia De Souza, Head Athletic Trainer

Scrum. Prop. Throw-in. Union. Try. Ruck. This is some of the vocabulary used in the game of rugby. At the end of February, many of the athletic training students, staff and faculty athletic trainers from NSU and other athletic trainers from various high schools and universities will be "lacing up their boots" to will act as First Responders and provide first aid treatment for the 30th Annual Fort Lauderdale Ruggerfest. This is the second time that the NSU athletic training students and staff have helped out the Fort Lauderdale Rugby Club with this event. The Ruggerfest has been a great learning experience for the athletic training students. For many ATS this is a first experience with seeing a rugby game and a collision sport that has its fair share of blood and injuries. With little to no padding, the rugby athletes are hard-nosed and driven to compete even if injured. For the athletes, the certified athletic trainers students are an added bonus. Most games are played with little or no medical expertise on-site. If you would like to learn more about the Ruggerfest go to Fort Lauderdale's Rugby Club's website at www.ftlrugby.com for more information.





ACI Highlight: Laura Tabilo, MS, ATC



It is my pleasure to introduce one of our off-campus ACI's Laura Tabilo at Pine Crest School in Ft. Lauderdale, FL. Laura is a full-time Certified Athletic Trainer who also serves as an adjunct faculty at Florida Atlantic University (main campus). Laura has been working at Pine Crest School for 9 years; her first 7 years were dual commitment to Health South and Pine Crest; however, she hired full-time through Pine Crest School about 2 years ago and no longer shares her time between the clinic and Pine Crest. Laura has been an ACI with our NSU athletic training students for the past two years. She enjoys having the students at her site so that she can be a part of their learning and experience the daily "teaching moments" with the students. Laura is a true asset to the student-athletes at Pine Crest and to our AT education program. She enjoys working with the high school athletes and feels that one of her most rewarding aspects of her job is the strong relationships she has built with the parents and student-athletes at Pine Crest School. Laura was first introduced to athletic training when she suffered an injury while skiing as an undergraduate student at Georgetown University in Washington, DC.

After earning a BS in Biology from Georgetown University, Laura came to Florida. She attended Florida International University, earning a second Bachelor's degree and completing the internship program in athletic training. Once she became a certified athletic trainer, she continued her academic pursuits, earning a Master's degree from Florida Atlantic University in Exercise Physiology. In her spare time, Laura enjoys bike riding and participating in road races. Laura brings a wealth of knowledge and experience to Pine Crest School, and we value her role as one of our ACI's. Thank you Laura for all that you to do to support the NSU ATEP!

"One of Laura's greatest strengths is mentorship, she takes time to explain the what, how and why of athletic injuries to the athletic training students."
-Dr. Elizabeth Swann, ATC, Program Director

–Dr. Patricia McGinn, ATC, CSCS

Student Highlight: Michael Wangsness

"Michael is the best example of a well rounded student, by performing well in the classroom, competing on the Men's Golf Team, and taking pride in his clinical experiences"

-Dr. Elizabeth Swann, ATC, Program Director

Michael is a South Dakota native who is finishing a clinical rotation with NSU Men's Basketball under the supervision of Head Athletic Trainer, Mrs. Tricia DeSouza. In addition to his athletic training student duties, Michael is also a scholarship athlete here at NSU with the Golf Team. Michael began his career at NSU as a Pre-Med major, but after a convincing conversation with level III student Deirdre Foisy and Program Director, Dr. Swann, Michael soon realized his true passion was for athletic training.

Michael is a talented athletic training student who aspires to play golf professionally. When asked about his ideal athletic training position, he mentioned a love for hockey, and a desire to be an NHL athletic trainer. When Michael is not at his clinical rotations or playing golf, he enjoys listening to rock music and attending concerts. His greatest inspiration is his father, who is a pastor in South Dakota. Michael's words of wisdom are,

"Don't take life too seriously, you'll never get out alive." -Van Wilder

Thank you Michael for your hard work and dedication to athletic training, we look forward to great things from you on and off the golf course!



Athletic Training Students Attend Student SEATA

–Dr. Elizabeth Swann, ATC



On the road again! It was a long 11 hour drive (each way) up to Atlanta for Student SEATA, but it was worth every minute. We had many firsts. The most impressive one is that is SNOWED and it was the first time for a couple of students to see snow, leave the State of Florida and go to a meeting with over 500 other athletic training students. The students had an amazing experience and are looking forward to next year already. It was also a great opportunity for networking. Meeting Professors from other schools, looking for graduate programs and researching opportunities were all apart of this weekend. The best part for myself and Dr. McGinn is that the students had a "beyond the classroom experience" as the NSU motto states.

First Annual A1A Marathon, Health & Fitness Expo

–Dr. Elizabeth Swann, ATC



Volunteering time, knowledge, and energy to community events is gratifying on many levels. Our Athletic Training Faculty and students participated in the weekend events: Saturday's Health & Fitness Expo and Sunday's Inaugural A1A Marathon. We all arrived to the marathon at 5 am, to set-up and distribute water and PowerAde at the mile 2 hydration station. Once the runners passed mile 2, we headed to the finish area for further hydration assistance. This was a wonderful experience for the students to see various levels of athletes compete.



Pictured above are the dedicated Athletic Training Students who worked at the Mile 2 Hydration Station. We had the opportunity to see all 3, 000 runners begin their journey!

Ruggerfest 2006

–Dr. Elizabeth Swann, ATC



Level I athletic training student Melissa Corraro, wraps an ice bag on an athlete at the 2006 Ruggerfest Event.

The 2006 Ruggerfest was a wonderful community service event and a great opportunity for the athletic training students to see, do and learn about significant injuries. The students look forward to this event all year. Interesting how any medical professionals enjoy talking about injuries or illnesses that they have been apart of, this situation is no different. The students actually become excited when they see blood or deformity. For the level II and III students is was a tremendous opportunity, with direct supervision they performed evaluations on all body parts and were able to diagnose injures such as , possible rib fracture, ACL tear, and dislocated shoulder. The Level I students were in awe and excited to help out in any way possible. All of the students worked hard and were able to add significant injury experience to their resume.



Claudia Brugat is a Level III athletic training student, performing a knee evaluation at the 2006 Ruggerfest Event. Claudia will be starting PT School here at NSU in June.

NOVA SOUTHEASTERN UNIVERSITY
Beyond the Classroom



Level I students Victoria Cobb and Kristi-Lee Nicol taking a "sunshine break" at the finish area of the A1A Marathon. The NSU Athletic Training Students did a great job helping to hydrate the athletes!

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Please visit our website for further information **http://undergrad.nova.edu/MST/athletic/index.cfm**

NSU News and "Shark Bites"

–Dr. Patricia McGinn ATC, CSCS

TIPS FROM THE FIELD:

Tips from the field related to rehabilitation of athletic injuries (i.e., Making Therapy Fun ☺).

-Think "Bilateral", although our focus is usually on the "affected" limb, it is important to maintain proper neuromuscular control (strength, endurance, proprioception) for the "unaffected" limb too!

-Do not forget the "global considerations" when treating your athlete: Cardiovascular fitness, Nutrition, Patient Education, and Psychological Well-Being! Comprehensive rehabilitation incorporates these important "pillars" to support the therapy program.

-Aquatic therapy is ideal in some situations, as water is 7 times the resistance as air.

- Be creative during your functional phase! Creating fun games that focus on agility, balance, and core strength will keep the athlete entertained and engaged during their rehabilitation program. Find alternative uses for all of your therapeutic exercise equipment

Athletic Training Students Organizes the "AT Olympics" to Celebrate National Athletic Training Month in March!

–Dr. Patricia McGinn, ATC, CSCS

The Spring semester is in full swing, and the Athletic Training Students have been going non-stop. February was filled with Student SEATA, the A1A Marathon, Health & Fitness Expo, Ruggerfest 2006, and the preparation for National Athletic Training month! We were fortunate to have a guest speaker at our February ATSO meeting, when the certified athletic trainer with the NHL Florida Panthers spoke about life as a professional hockey athletic trainer. The 1st Annual Athletic Trainer Olympics is in the planning stages for March, and committee chair Jason Schwartzman and his fellow athletic training students are organizing fund raisers and "Olympic" events involving the athletic training staff, faculty, and the NSU student athletes. The first event to kick off March will be our trip to Greece! Twelve students enrolled in Dr. McGinn's Evolution of Sports Medicine course will be exploring Olympia, Marathon, and sites of Athens; the birthplace of the modern Olympic games. The students have been studying the ancient medical influences of Hippocrates and Galen prior to this oversees adventure. Upon returning return from Greece, the journey through sports medicine continues with the viewing of video interviews from Dr. Barton, Sherry Kimbro, Jane Steinberg, Chris Patrick, and NSU's own Larry Starr. The Greece experiences will be chronicled in the May Issue of the Athletic Training Newsletter.