



# CONNECTICUT AT Update

Spring 2010

The Official Newsletter of the Connecticut Athletic Trainers' Association.

## CATA Hit the Hill Day

Over 65 CATA members and students gathered at the Legislative Office Building in Hartford on March 17 for CATA Hit the Hill Day, the annual legislative lobby day event. The CATA partnered this year with the Brain Injury Association of Connecticut for a day of legislative advocacy centered on lobbying in support of SB 456 "An Act Concerning Student Athletes and Concussions." CATA members were joined by Judy Pulice, the NATA



CATA President Tim Speicher and members of the SHU Athletic Training program

National Manager for State Legislative and Regulatory Affairs, District 1 Director-Elect Paul Ullucci,

and Julie Peters, Executive Director of the Brain Injury Association of Connecticut. Participants also heard from CATA Lobbyist Betty Gallo, CATA President Tim Speicher, and CATA Governmental Affairs Committee Chair Doug Bowie. AT students from Central Connecticut State University, Southern Connecticut State University and Sacred Heart University were in attendance. Congratulations to the SHU group, who won a \$100 donation to their student athletic training club for having the most students in attendance. Great job everyone!

The CATA honored Senator Jonathan Harris and Representative Betsy Ritter, Co-Chairs of the Public Health

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## President's Message

CATA Friends and Members:  
As I prepare to transition my leadership role this June as CATA President to Ms. Vicky Graham, I feel grateful to have had the opportunity to serve you and the profession of Athletic Training. The successes we have created over the course of my tenure are not my own, but are shared successes—only possible through the dedication and guidance of many individuals. When Paul Manwaring, our Past President asked me to serve, he charged me with one singular goal, bring a greater level of organization to the CATA. I was both inspired and apprehensive about achieving this goal. However, I have always believed Athletic Trainers to be unique individuals and professionals with the passion and skill set to overcome challenge no matter how large. Therefore, I knew if I surrounded myself with dedicated



Tim Speicher  
MS, ATC, LAT, CSCS

and bright individuals, the goal would accomplish itself. I was fortunate that this very thing occurred during my tenure. We have had many successes as an organization and profession, but I believe you will continue to find that those who are taking the reins will continue to grow the successes of the organization and move forward our profession in a progressive, but thoughtful fashion. If I am to be measured on any of my past endeavors as CATA

and bright individuals, the goal would accomplish itself. I was fortunate that this very thing occurred during my tenure. We have had many successes as an organization

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## Concussion Bill (SB 456)

SB 456 has been making its way through the General Assembly. After being voted favorably out of the Education Committee and reviewed for fiscal impact, the bill was referred to the Public Health Committee. It was favorably voted out of the Public Health Committee on April 14 and is expected to move to the Senate floor for a vote shortly. You will receive legislative alerts keeping you updated on the bill's status, but more importantly, asking you to contact your legislators prior to votes. Please take a moment and respond to these alerts—the e-mail is already written, your legislators are identified for you, and all you need to do is click your mouse a few times! Legislators need to hear from constituents, so please take action when you receive alerts!

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[www.nata.org](http://www.nata.org)

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2008-2010**

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*President's Message continued.*

President, I desire you measure them based on my ability to serve you. I am confident your incoming leadership will serve you exceptionally well. I ask though that you also contribute your talents and abilities to assist them and the CATA as you have done for me so they and you can experience even greater accomplishments. "Success means we go to sleep at night knowing that our talents and abilities were used in a way that served others." Marianne Williamson

Yours in service,



**Tim Speicher, MS, ATC, LAT, CSCS  
President**

**Register Now for 2010  
CATA Symposium!**

Registration is OPEN for the 2010 CATA Symposium "Preventing Sudden Death in Sports." This year's program features nationally-recognized speakers presenting updates on some of the most important issues facing ATs and athletes today. The Symposium will be held at the **Central Connecticut State University Student Center** on June 2, 2010. This event is eligible for up to 5.5 BOC CEU's. [Click here](#) to register.

**Thank You to our  
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[Select Physical Therapy](http://www.SelectPhysicalTherapy.com)

**Voting for CATA Officers  
and Athletic Trainer of  
the Year OPEN**

Please take a moment to cast your vote for the CATA Officer Elections and to nominate the CATA Athletic Trainer of the Year.

The election will be open until May 10th and can be reached by [clicking here](#).

The CATA Athletic Trainer of the Year Award is presented annually to a CATA member for outstanding contributions to the Athletic Training profession in Connecticut.

Examples of activities that are considered are:

1. Participation and leadership at the local or state levels.
2. Promoting the profession through local or state presentations, educational activities and other activities that build awareness of the profession.
3. Service to the athletic training profession at the local or state levels.
4. Community service or volunteerism at the local or state levels.

Criteria for nomination:

- Member in good standing of the NATA & CATA
- Current BOC Certification
- Current Connecticut Athletic Trainer License
- Currently practicing and/or teaching in CT in the field of athletic training (part or full-time).

*Hit the Hill continued.*

Committee, with Legislator Appreciation Awards. Harris and Ritter were recognized for their strong support and leadership in helping to pass legislation requiring AEDs in schools in Connecticut (Public Act 09-94) during the 2009 General Assembly session. After thanking the



*District 1 Director-Elect Paul Ullucci (far right) answers questions from some of the students in attendance*

Association in Connecticut, who received a Friend of the CATA Award. In a case of fortunate timing, the public hearing for SB 456 was scheduled for the afternoon of



*Members listen to the day's governmental updates*

of Athletic Directors (CAAD), and Connecticut Coaching Association. NATA President Marje Albohm submitted written testimony in support of the bill on behalf of the NATA. The bill would require coaches in public schools to be regularly trained in the recognition of signs and



*Senator Jonathan Harris and Representative Betsy Ritter, Co-Chairs of the Public Health Committee, are presented with Legislator Appreciation Awards*

CATA for the association's advocacy efforts related to the AED bill last year, Ritter and Harris both spoke in strong support of proposed concussion legislation (SB 456). Also recognized for her efforts related to AED legislation was Joni Czajkowski, Senior Director of Government Relations for the American Heart

CATA Hit the Hill Day. The Education Committee heard testimony in support of the bill from the CATA, Connecticut State Medical Society (CSMS), Brain Injury Association of Connecticut (BIAC), Connecticut Interscholastic Athletics Conference (CIAC), Connecticut Association

of Athletic Directors (CAAD), and Connecticut Coaching Association. NATA President Marje Albohm submitted written testimony in support of the bill on behalf of the NATA. The bill would require coaches in public schools to be regularly trained in the recognition of signs and symptoms of concussion, to remove any athlete who exhibits signs or symptoms of a concussion and to not allow the athlete to return to play prior to the athlete being evaluated and receiving written clearance from a qualified health care professional.

## CATA Day at the Rock Cats Fundraiser



Come out to New Britain Stadium on Sunday June 6 for CATA Day at the Rock Cats! The event is a fundraiser for the CATA Penny F. Dunker-Polek Scholarship Fund, and should be a day to relax and enjoy a game with your friends and family. Anyone purchasing

a ticket will be automatically entered in a Rock Cats raffle, and the CATA will be sponsoring a separate raffle of some great items! CATA members will be taking charge of one of the concession stands for the afternoon, so stop by and buy a hot dog or some peanuts from your colleagues! All proceeds from the concession stand and raffle will directly benefit the scholarship fund. Tickets are on sale NOW and can be ordered when you register for the CATA Symposium. You may also order by mail by using the order form [here](#).

For more information, or if you'd like to help out, contact [Lou Scala](#).



[www.natapac.org](http://www.natapac.org)

### *Save the Date*

Select Physical Therapy  
&  
Elite Sports Medicine  
Annual Sports Medicine Symposium

Tuesday August 3, 2010  
Farmington Marriott

Topic: SWEAT  
(Shoulder, Wrist, Elbow, & Thorax)

## FREE Post-Symposium Reimbursement Workshop

The Committee on Revenue (COR) is hosting "Reimbursement Leads to Reinvestment: How being able to create revenue can help perpetuate the AT profession," a roundtable discussion immediately following the CATA Symposium highlighting the importance of reimbursement and revenue generation for Athletic Trainers in today's health care marketplace. Speakers will include Scott Andrews, owner of the Leading Edge, LLC and District 1 NATA-COR representative. Register for this FREE Post-Symposium Workshop when you **register** for the symposium. This event is eligible for up to 1.0 BOC CEU's.



## AT Instructor Training for Concussion Course – Register Now!

The CATA and Connecticut Coaching Education Program (CCEP) are co-sponsoring an Instructor Training course for CCEP module 15 (Concussion). The module is designed for coaches, and a licensed athletic trainer is required to co-teach the module with an Athletic Director. In order to be eligible to teach the module, ATs must have completed the Instructor Training course. This requirement is to help insure that the content is presented consistently. This event is eligible for 3.0 BOC CEUs. Registration is FREE, but pre-registration is required.



The course will be held on May 10, 2010 at 6:30 pm, at the CIAC Central Office, 30 Realty Drive, Cheshire. [Click here to register.](#)



[www.natafoundation.org](http://www.natafoundation.org)

## CATA Symposium Preliminary Agenda

June 2, 2010

### AM

7:00 – 7:30	Registration & Continental Breakfast
7:30	WELCOME
7:45-8:45	<i>"Exertional Heat Stroke"</i> Doug Casa, PhD, ATC
8:55-9:40	<i>"Arrhythmic Causes of Sudden Death in Athletes"</i> Eric Crespo, MD, MPH
9:40-10:10	Q & A; BREAK
10:10-11:00	<i>"Exertional Sickling, Fulminate Rhabdomyolysis, and Sudden Death"</i> Scott Anderson, ATC
11:00-11:40	Awards/Announcements/Exhibitors
11:40-12:00	Pick Up Lunch
<b>PM</b>	
12:00-12:45	(Working Lunch) <i>"Emergency Planning in Athletics"</i> Tim Neal, M.S., ATC
12:45-1:30	<i>"Acute Management of Cervical Spine Injuries in Athletics"</i> Erik Swartz, PhD, ATC
1:30	Q & A ADJOURN

Post-Symposium Workshop:  
PLEASE PRE-REGISTER

1:45 - 2:45	<i>"Reimbursement Leads to Reinvestment: How being able to create revenue can help perpetuate the AT profession"</i>
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## Speaker Bios for 2010 CATA Symposium: "Preventing Sudden Death in Athletes"

**Doug Casa, PhD, ATC, FNATA, FACSM** is an Associate Professor and Director of Athletic Training Education in the Department of Kinesiology at the University of Connecticut, and a Research Associate in the Human Performance Laboratory at UConn. He is a nationally recognized researcher and expert on exertional heat illnesses, and dehydration/hydration. Dr. Casa was a Writing Group Member for the ACSM Position Statement on Exertional Heat Illnesses (2007); ACSM Roundtable: Youth Football and Heat Stress (2005); NATA Position Statement: Exertional Heat Illnesses (2002); Chair, Inter-Association Task Force on Exertional Heat Illnesses Consensus Statement (2003); Chair, NATA Position Statement: Fluid Replacement for Athletes (2000). Dr. Casa has been interviewed extensively by the national media about heat illness and hydration issues, including by ESPN, CNN, NPR, The New York Times, USA Today, and the Today Show. He has considerable experience as medical staff for numerous marathons and other track and field events, including the Boston, NYC, and Marine Corps Marathons, and the Hawaii Ironman Triathlon. He is a Fellow of both the American College of Sports Medicine and of the NATA. He will be presenting "Exertional Heat Stroke."

**Eric Crespo, MD, MPH** is a clinical cardiac electrophysiologist at the Henry Low Heart Center at Hartford Hospital. Dr. Crespo is board certified in Internal Medicine, Cardiovascular Disease, and Clinical Cardiac Electrophysiology. He has published original research on heparin-induced thrombocytopenia

in several different journals, and has contributed review articles, case reports, abstracts as well as a book chapter to numerous publications on a variety of cardiac related topics. He is a member of the American College of Cardiology and the Heart Rhythm Society. Dr. Crespo is a graduate of Providence College, the University of Connecticut School of Medicine, and the University of North Carolina School of Public Health. He completed his Internal Medicine residency at Duke University Medical Center, a Cardiovascular Medicine Fellowship at the University of North Carolina, and a Clinical Cardiac Electrophysiology Fellowship at the University of Vermont. He will be presenting "Arrhythmic Causes of Sudden Death in Athletes."

**Scott Anderson, ATC** is the Head Athletic Trainer at the University of Oklahoma. He is a nationally recognized expert on sickle cell trait (SCT) and athletes, and has presented extensively on that topic, as well as on heat and hydration related issues and sports-related concussion. He is currently the Associate Director of the Oklahoma Center for the Athlete with Sickle Cell Trait. Mr. Anderson was a member of the Inter-Association Task Force on Safety in Football (2009); Co-Chair of the NATA Inter-Association Task Force on SCT in Athletes; a member of the Inter-Association Task Force on Exertional Heat Illness (2007); and an External Reviewer for the NATA Position Statement: Management of Sports-Related Concussion (2004). He has published research related to sweat and sodium loss and hydration during football, as well as on the effects of fluid turnover during pre-season football practices. Mr. Anderson is presently the President of the College Athletic Trainers' Society. He will be presenting "Exertional Sickling, Fulminate Rhabdomyolysis, and Sudden Death."

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## Mission Statement

The Connecticut Athletic Trainers' Association (CATA) strives to improve the quality of health care for athletes, patients and clients and enhance the profession of Athletic Training, through leadership, education, and cooperative efforts with other organizations and allied health professions.

## Contact Info Change?

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

Thank You,  
The CATA Executive Council

## NPI

Register for your National Provider Identification (NPI) number, no matter what practice setting you work in! For more information [Click Here.](#)

CONNECTICUT AT *Update*  
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**Tim Neal, MS, ATC** is the Assistant Director of Athletics for Sports Medicine at Syracuse University. He is nationally recognized for his expertise in developing procedures to assess and manage risk to student-athletes and institutions. Mr. Neal wrote the Catastrophic Incident Guideline that is used by the NATA, NCAA, USOC, and NFL. He has been the NATA Liaison to the NCAA Football Rules Committee for six years, contributing language for rules including the helmet contact penalty, protecting defenseless player penalty and creation of the "horse collar" tackle penalty. Mr. Neal was a co-author of the NATA revision of the 2002 Position Statement on Emergency Planning in Athletics (2009), in the Writing Group for the NATA Position Statement on Pre-Participation Examinations and Medical Disqualifying Conditions, and a member of the NATA sponsored Inter-Association Task Force on Emergency Preparedness and Management of Sudden Cardiac Arrest in High School and College Athletic Programs (2006). In 2002, he was honored with a NATA "Tough Cases" Award for Outstanding Performance in Athletic Training, for helping to save the life of a conference USA official during a Syracuse University/East Carolina University football game in September, 2001. He will be presenting "Emergency Planning in Athletics."

**Erik E Swartz PhD, ATC** is an Associate Professor and Clinical Coordinator in the Athletic Training program within the Department of Kinesiology at the University of New Hampshire. Dr. Swartz' primary research interest involves studying the management of athletes with cervical spine injuries. Dr. Swartz has received grant awards from the NATA Research and Education Foundation and the National Organization for Standards in Athletic Equipment. He has been published in multiple journals including the *Journal of Athletic Training*, *The American Journal of Sports Medicine*, *The Journal of Electromyography and Clinical Neurophysiology*, and *Clinical Journal of Sport Medicine*. He has presented his research on state, regional and national levels. Dr. Swartz was selected to chair the writing group for the NATA Position Statement on the Management of the Cervical Spine Injured Athlete. He received the Outstanding New Investigator Research Award from the College of Health and Human Services at the University of New Hampshire. Dr. Swartz served as the athletic trainer for the United States Pan-American 15 year-old baseball team that competed in Chiba, Japan in 1997, and is a former NCAA Division I soccer player at St. Bonaventure University. He will be presenting "Acute Management of Cervical Spine Injuries in Athletes."

## CATA Call for Student Poster Presentations

As part of the CATA's Annual Symposium, graduate and undergraduate students are encouraged to submit reports on experimental research, injury surveys, case studies, and/or other research projects that are pertinent to the practice of athletic training. Presentations need to be submitted via [Stephanie.mazerolle@uconn.edu](mailto:Stephanie.mazerolle@uconn.edu) according to the outline below. All submissions must be received by **May 1, 2010**.

1. The presentation should follow the structured format utilized by the *Journal of Athletic Training* for manuscript articles (see item #14 in the [JAT Authors' Guide](#)).

Components of a structured abstract differ by the type of presentation but should include:

- **Original Research Articles:** Objective, Design and Setting, Subjects, Measurements, Results, Conclusions, and Key Words
- **Case Reports:** Background, Differential Diagnosis, Treatment, Uniqueness, Conclusions, and Key Words
- **Clinical Techniques:** Objective, Background, Description, Clinical Advantages, and Key Words
- **Additional formatting guidelines** can be found by accessing the NATA Research and Education Foundation website. Click [here](#).

2. The submitted abstract must be limited to **400** words (Original Research)/ **600** words (Case Reports & Clinical Techniques) must be typed, single-spaced, on 1-2 pages and have 1" margins on all sides. Type the title of the presentation in all CAPITAL letters starting at the top left margin.

3. All Connecticut and Western Massachusetts Athletic Training Education Programs are asked to encourage their undergraduate athletic training students to submit an individual or group (2 students maximum) poster presentation. If certified athletic trainers/ physicians or other professionals assisted with this presentation the undergraduate student/s must be the primary and secondary author/s. Each Program Director is asked to limit student submissions to a **maximum of 3 presentations (combined undergraduate & graduate) per institution**.

4. Presentations from course work completed the previous spring **are allowed**; this includes abstracts/presentations that were previously presented at other conferences.

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5. Program Directors should submit selected presentations as attachments in one email. This email should include the Program Director's contact information and the students' full name, year of graduation and presentation title. Submissions are due prior to **5:00pm, April 30.**

6. Program Directors will be notified by **April 30** of accepted abstracts and directions for poster printing.

7. Any presentation submitted to the Connecticut Athletic Trainers Association (CATA) Annual Meeting is also eligible for submission to the Eastern Athletic Trainers' Association (EATA) Annual Meeting Symposium and the National Athletic Trainers' Association (NATA) Annual Symposium.

## CATA Newsletter to Highlight Outstanding Athletic Trainer

Do you know someone within the profession that is going above and beyond the "call of duty"? Nominate them to be highlighted in an upcoming issue of the AT Update. Submissions should be for those individuals that are exploring a new avenue within athletic training or are using their certification to advance our profession. Nominations should give a brief history of the nominee as well as on outline of why this individual is being recognized. Submissions will be accepted throughout the year and should be emailed to **Jason Hannum**.

## FAQs about ATs & the CCEP Concussion Module

**Q:** Why is a licensed athletic trainer required to co-teach CCEP Module 15?

**A:** *This requirement is in place to insure that someone with medical knowledge of concussion will be present to answer questions.*

**Q:** Why do ATs need to go to an Instructor Training course?

**A:** *This requirement is in place to insure consistency in the manner in which the module is taught. This is similar to being required to take an Instructor training course to teach CPR.*

**Q:** Can I get BOC CEUs for teaching the course?

**A:** *NO. You are not able to get CEUs for teaching the course. You will receive 3.0 BOC CEUs for the attending the Instructor Training course for CCEP module 15.*

## Sign Up for CSMS SportsMed E-Newsletter

[SportsMed](#), a quarterly newsletter distributed by the Connecticut State Medical Society's Committee on the Medical Aspects of Sports, will be distributed electronically only, effective immediately. If you would like to receive a copy of this publication, please send an e-mail to [audreyhg@csms.org](mailto:audreyhg@csms.org) requesting to be added to the mailing list.

## CATA

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Have a question or concern? An idea? Want to volunteer? Please use this number to contact any of the CATA Executive Council members