

November 2010 District 1 Notes from the Director ! VERSION 2

MERRY CHRISTMAS, HAPPY HANUKU and HAPPY HOLIDAYS DISTRICT 1 !!!

On behalf of the myself and the executive board of District 1, I wish you and your family a happy, peaceful and professionally satisfying holiday season. As we settle into the hustle and bustle of winter season, may you have the time and the peace to enjoy your own personal family traditions with those you love.

District Update

1. **Skype the Director - December 23rd @ 11am** My username is Paul A. Ullucci, Jr. All District 1 members are invited to contact me via SKYPE should they have any questions. If you are unavailable at that time please feel free to email me question @ paul@risportsmed.com and I will respond.
2. **Legislative Superfund Policy & Procedures** – Treasurer Joe Scott and I are refining the policies and procedures for procurement of the Legislative Superfund money by individual states within District 1. This process will be vital as we move into another tumultuous legislative year in which the interests of Athletic Trainers throughout the District and the country will need to be protected. An update will be presented following Executive Board Approval at EATA.
3. **RIATA Meeting** – I was able to make the RIATA executive board meeting this month where I was able to gain feedback from those who attended on the upcoming NATA by law changes as well as answer a few questions regarding NATA's position on managing concussions. We are planning an event which will bring the high school administrators and coaches together with legislators at a Providence Bruins Game to discuss issues pertaining to youth safety and the role athletic trainers have in preventing and managing injuries.
4. **EDAC Representative** – District 1 is currently looking for a representative to the NATA's Ethnic Diversity Advisory Committee to replace Michael Monteiro as he fulfills his time on the committee. Please go to the EDAC page on the NATA webpage for further information and submit your name and Resume/Vitae for my review prior to submission to the EDAC Chair and NATA BOD.
5. **Student Representative needed ! I have not heard from any D1 Program Directors yet, please nominate one of your students for this position and get recognition for your program and your student !**
The national Athletic Trainers Association Student Committee needs a new Student Representative, to replace Amelia Hall when she graduate in June of 2011. Student members and Program Directors are encouraged to visit the NATA

website and talk to Amelia and other members of the NATASC to see if they are interested. They should then contact me via email with a recommendation from their program chair or core instructor a Resume or Vitae so that I can compile them for the committee Chair. Candidates should not graduate until June of 2012 or later to be eligible.

EATA update

1. ***EATA-*** The convention will be held at a **NEW HOTEL the LOEWS January 7-10, 2011**. The last day for pre-registration is December 20, 2010. **PLEASE BE AWARE THAT THE EATA HOTEL ROOM RATES ARE ONLY AVAILABLE UNTIL DECEMBER 24, 2010. MEMBERS MAKING RESERVATIONS AFTER THIS DATE, MAY HAVE TO PAY FULL PRICE.**

NEWS from the NATA Board of Directors:

1. NATA By Law Changes - Each Director has been charged with gathering feedback from their district in regards to a change in the NATA By Laws which would create a new membership category for individuals who hold state licenses but are not BOC certified. This new category would provide those individuals who hold current state licenses with voting rights within the NATA.

Background Information : a number of states do not require individuals to either obtain and/or maintain BOC certification for licensure purposes. Under our current By Laws these individuals are classified as Associate Members and therefore have NO voting rights. It is believed that by making this change the NATA will improve member satisfaction for those formerly categories as Associate Members as well as aide in the recruitment of additional members. NATA Staff are also investigating how this potential change may affect all areas of NATA operation.

2. NATA Board of Directors conference call list: The next two conference calls are scheduled for 12/9/2010 and with our annual mid year meeting in Dallas, TX January 21-23, 2011. Any member of District 1 who may have issues that they would like me to address with the board or to NATA staff please call or email your questions a few days ahead of time so that I can make sure to get it on the agenda for the call. **MEMBERS I WANT YOUR INPUT ON THE DIRECTION YOU THINK WE NEED TO BE MOVING IN. THE MORE FEEDBACK YOU GIVE ME, THE BETTER I CAN REPRESENT YOU SO WHEN IN DOUBT SEND ME AN EMAIL OR SKYPE ME !**

Upcoming Events:

1. A Panel Discussion on Headache Pain

Panelists include:

Jim Bucciarelli*, DO, M.Ed., **ATC**, LAT, representing Osteopathy

[Kate Peck, ATC, LMT](#), representing CranioSacral Therapy
[MaryGail Sullivan, LMT](#), representing Orthopedic Massage and Muscular Therapy
[Tamar Myers, LMT](#), representing Aston Patterning™
Jim McCormick, representing acupuncture

Date: December 5, 2010

Time: 7:00 p.m. - 9:00 p.m. (2 BOC Provider Approved Hours)

Location: Watertown Center for Healing Arts

17 Spring Street

Watertown, MA

Cost: \$25

To Register: Go to www.thebodyworkeducationproject.com.

**Soft Tissue Approaches For the Shoulder and Neck
and**

Soft Tissue Approaches For the Hip and Pelvis

Presented by Kate Peck, ATC, CMT

Soft Tissue Approaches of Shoulder & Neck: Sun. Jan. 23, 2011

Soft Tissue Approaches of Hip & Pelvis: Sun. Feb. 20, 2011

Time: 9:00 a.m. – 5:00 p.m. (7 BOC Provider Approved hours each course)

Location: Roots & Wings Healing Arts

317 North Main Street

Natick, MA 01760

Cost: \$ 150.00 / course (\$25 discount for each additional course)

To Register: Go to www.thebodyworkeducationproject.com.

Kate Peck

Journey to Health Massage

1113 Washington St.

Newton, MA 02465

2. Dear District One Athletic Trainers,

Sorry for the impersonal mass email, but I do have many emails to send so I am opting for the most expedient way to get the job done.

I am emailing to ask a favor of all the athletic trainers in District One. Just about a year ago a colleague and very good friend of mine passed away following a courageous battle with cancer. At the time of her passing she was 35 years old and she left behind her husband, daughter, parents and brother. Her family very graciously agreed to help a number of us (her colleagues and friends) do something to honor her and the profession she loved.

I first met Penny when she started working for me as a part time ATC at Wesleyan University. She was a perpetually happy person and full of energy. She would work any sport and any time I needed her help. I could call her at the last minute when a coach changed a practice time or when a game was rescheduled and she would always find the time to come help me out. Not only was she always willing to work, she was also very good at her chosen profession. Her first choice for employment was in a clinic with an outreach program because

she loved working with high school student athletes. She also taught CPR and First Aid to a number of high school coaches across the state of Connecticut. Her student athletes, their parents and the coaches she worked with all loved her. As a result she was a wonderful ambassador for our profession.

At Wesleyan she covered swim meets, wrestling matches, volleyball, squash tournaments, track meets, cross country meets and rugby. I know that she touched the lives of many student athletes from all over New England. A group of us has spent the last year raising money to endow a scholarship in Penny's name. The scholarship is through the NATA Foundation so that any donation that we receive can be tax deductible. In order to endow the scholarship we need to raise \$25,000 and we have pledged to continue our efforts until we meet our goal.

I am emailing all of you to ask for help in our endeavor. If you already make a yearly contribution to the NATA Foundation I am asking that for one year you consider earmarking your donation to the Penny Dunker Polek Scholarship Fund. If you have not donated to the Foundation in the past please consider a one time donation to help in our efforts. Please remember it does not have to be a huge donation and that every dollar will help us meet our goal. I am also asking that you forward this email to all of the athletic trainers you know across the country so that our grass root effort will continue to grow. I have attached a form from the NATA Foundation that should be sent with any donation you make to insure that the money is credited to the right account.

I thank you in advance for your assistance with our fund raising efforts for Penny's scholarship. She was definitely one of the good guys.

Sincerely,

Jan Desi, ATC
jdesi@wesleyan.edu

3. 2010 Baseball Pitching Health and Performance Seminar

June 2010 Lecture Series - "Standing On The Shoulders Of Giants"

Famously uttered by Sir Isaac Newton, "If I can see further than anyone else, it is only because I am standing on the shoulders of giants."

What Newton meant was simply by taking advantage of all those that had made discoveries prior was he able to make the significant impact that he did at that time. BSMPG has invited two titans of Sports Medicine to Boston for an upcoming conference June 3-4, 2011. Dr. Shirley Sahrmann and Tom Myers will serve as two keynote speakers alongside breakout sessions with Giants from the fields of Sports Medicine and Sports Performance.

Be sure to save the date and come join us in Boston June 3-4, 2011. Remember, no matter how short or tall you may be, you'll always be able to see further when

standing on the shoulders of others. Some people call this "synergy". We at BSMPG simply call it "teamwork".

Save The Date: June 3rd – 4th Weekend 2011.

Location: Boston MA

Keynote Speakers: Dr. Shirley Sahrman and Tom Myers

Basketball Specific Speakers: UNC Chapel Hill – Jonas, Oregon State – Kevin Ziegler, University of Wisconsin – Ray Eady, Brian McCormick – Train for Hoops, George Mumford – 5-time NBA Championship Rings, Charlie Weingroff – Formerly with the Philadelphia 76ers

Hockey Specific Speakers: Defending NCAA Ice Hockey Boston College Eagles, S&C coach Russ DeRosa

Additional Speakers: and topics are being added including Manual Therapy experts, Heart Rate Variability Tracking, and Kettle Bell Training for rehab and performance. Be sure to check back on our website for updated speaker announcements.

[BSMPG June 2010 Lecture Series](#)

Join our Blog!

The Boston Sports Medicine and Performance Group Blog can now come directly to your email inbox or you can continue to enjoy reading our blog through your reader by subscribing through our RSS feed.

Click below to read one of our most popular blogs!

[Seeing The World Through The Hole In A 45 Pound Plate](#)

We look forward to seeing you there!

Sincerely,

- The BSMPG Team

4. LACROSSE SPORTS MEDICINE: Taking Care of America's Fastest Growing Sport

Date/Location: Friday, March 11, 2011 • Sheraton Inner Harbor Hotel, Baltimore, MD

Background and Purpose: Lacrosse is the oldest, and currently the fastest growing team sport in America. Unique versions of the sport are played by girls/women and boys/men from age 6 to 60 who compete in youth leagues and scholastic, collegiate, professional, club and masters levels of play. The differences between the rules, culture and style of men's and women's lacrosse result in unique sets of injuries, and there is a growing body of lacrosse-specific sports medicine knowledge concerning the mechanisms, treatments, and prevention of these injuries.

It is our goal to provide a comprehensive, national level conference on men's and women's lacrosse-specific sports medicine for the medical and lacrosse communities.

Format: Full day of interactive lectures and panel discussions. Registration will include a ticket (with additional tickets available for purchase) to attend the 2011 Faceoff Classic at M&T Bank (Ravens) Stadium on Saturday, March 12, featuring the following men's games: Syracuse-Georgetown, Virginia-Cornell, Johns Hopkins-UMBC. Hotel rooms are available at the Sheraton Inner Harbor for the conference rate of \$150 per night.

Sponsors: US Lacrosse (www.uslacrosse.org); the sport's national governing body, and MedStar Sports Health / Union Memorial Sports Medicine.

Audience: This conference will have a wide appeal and we expect a multidisciplinary audience including team physicians, orthopaedic surgeons, primary care specialists, athletic trainers, physical therapists, injury epidemiologists, other allied health professionals, and lacrosse administrators and coaches.

Speakers: Members of the US Lacrosse Sports Science & Safety Committee, nationally recognized experts in orthopaedics and sports medicine, and leaders in the national lacrosse community.

Registration – for more information contact Teresa Collins [@tcollins@gcoa.net](mailto:tcollins@gcoa.net)
Lacrosse Coaches or Administrators: \$100; Athletic Trainers / Physical Therapists / Allied Health: \$100; Physicians: \$200

To register:

Physicians — <https://secure.uslacrosse.org/event/default.cfm?EventUUID=B7D6D926-93B3-C4BD-DF8B0B32CB700F6C>

All others — <https://secure.uslacrosse.org/event/default.cfm?EventUUID=B3139C3B-A56F-9DD8-4E09AEB23BC9B585>

\$25 of each Registration fee will be returned to the registrant's designated professional organization (Such as NATA, NATA District, Sports Section APTA, ACSM, AOSSM, school, lacrosse league etc.)

**All proceeds from this educational conference will be directed to two nonprofit entities:
US Lacrosse Sports Science & Safety Committee or The Union Memorial Sports Education and Research Fund to continue research and education in injury prevention.**

5. In 2011, NHMI will once again offer the Letendre Student Athletic Training Summer School Scholarship. This scholarship provides funds for students interested in careers in the sports medicine field of athletic training to attend a summer camp. More information about the field of Athletic Training is available at <http://www.nata.org/consumer/index.htm> <<http://www.nata.org/consumer/index.htm>>

The week-long camp is at Springfield College - a flyer about the 2011 camp is attached. The 2011 camp is slated for July 10-14. Scholarship application deadline is April 1.

The 2010 Scholarship winner was Reid Beauchemin. Mr. Beauchemin is homeschooled and attends Concord High School part time. He had a great experience. We're looking forward to providing this experience for another deserving student.

Current year sophomores & juniors are eligible to apply. Preference is given to students at Manchester (NH) Central High School but applications from students at other schools are welcomed. Attached please find an information/application package that you can distribute to interested students. Complete information about the scholarship is also available on our web page: <http://www.nhmi.net/scholarship/index.htm> <<http://www.nhmi.net/scholarship/index.htm>> . Thanks for your help in disseminating this information.

Laura C. Decoster, ATC
Executive Director
NH Musculoskeletal Institute
35 Kosciuszko Street
Manchester, NH 03101
603-627-9728