



Tribe Sports Medicine Fall 2003 Newsletter

Isabel Pounds the 'Burg

On Thursday, September 18, Virginia was clobbered by Hurricane Isabel. Tribe Men's Soccer and Women's Soccer jumped on a bus on Wednesday to get away from the storm and try to get some games in. Likewise, campus was evacuated on Wednesday. The football team stuck around and was able to leave on Friday after the storm to play Northeastern, with nearly all of Williamsburg without power and under piles of fallen trees. For 10 days, the Recreation Center served as a shelter to the students who had nowhere to go, a substitute cafeteria for all campus personnel and a rallying point for community clean-up volunteers. The sports medicine staff even turned an empty racquetball court into a makeshift athletic training room, complete with hot packs, ultrasound, and electric stim, which we staffed until the Hall had its power restored. Classes didn't resume until September 29, and several athletic contests were cancelled or rescheduled. Fortunately, there were no injuries and relatively little damage to buildings on campus as a result of the storm – we just lost a lot of trees. As for our homes, Steve lost several trees, Renée found a tree resting on her garage, and Andy lost some aluminum siding while the rest of the staff came out okay.



Farewell to Students and Staff

We will miss our senior student athletic trainers. **Josh Cohen** is working as a graduate assistant athletic trainer with the University of Nebraska football team. **Sarah Hensley** is working at a high school as an athletic trainer in Virginia Beach.

We also said goodbye to Intern Athletic Trainer **Meghan Campbell**, Intern Athletic Trainer **Matt Wallace**, and Graduate Assistant Athletic Trainer **Jackie Gaida**. Meghan is back home in Tampa, FL taking a few classes in preparation for Physician Assistant school. Matt is working as a graduate assistant athletic trainer at West Virginia University. Jackie is completing her second year in grad school at Old Dominion as the graduate assistant with the field hockey team. We wish everyone the best of luck!

Welcome to Becky, Dave, Brandi, and Rose

Join us in welcoming two new full-time staff members and two new graduate assistants to the Tribe Sports Medicine Team. A graduate of Duquesne University, **Becky Cordell** joins our staff from Campbell University. She will primarily work with Baseball, Football, and Swimming. **Dave Lagow** comes to us from The Citadel and the College of Charleston. He will also work with Football as well as Women's Basketball and Track and Field.

Brandi Burrows, a graduate of Florida Southern College, and **Rose Wallace**, a graduate of the University of Florida, join us for two-year stints as graduate assistants. They are completing their coursework in the Post-Graduate Athletic Training Education Program at Old Dominion University.

Staff Has New Look and New Focus After Accreditation

Many of our alumni remember the days of the smaller full-time staff and 20-30 student athletic trainers working to keep the Tribe on health and on the field. Our mission as a program was to provide quality health care and prepare competent student athletic trainers to be future health professionals. With the end of our pursuit of accreditation came a decline in student athletic trainers, who played a vital role on our sports medicine team. As such, we increased the size of our full-time staff in order to maintain the level of services the teams have come to expect. We now have seven full-time certified athletic trainers and two certified graduate assistants. We are fortunate to have two senior students, **Laura Nelson** and **Camille Fiske**, who are a big help at field hockey and football, respectively.

Many of you also have asked the question, "What happened to the education program?" It is true that we will no longer be preparing undergraduate student athletic trainers; however, our "educational identity" remains strong. We simply have shifted our focus to several new areas including teaching graduate athletic trainers through the Old Dominion program, teaching family practice resident physicians sports medicine through the Riverside Family Practice Residency Program (see below), and exposing undergraduate pre-med and pre-physical therapy students to the clinical practice of sports medicine through our new volunteer athletic training aide program.

Congratulations are in order...

- Congratulations to **Martha Simms Mikell** who married Abe Mikell on June 21, 2003.
- Congratulations to senior athletic training student **Camille Fiske**, who won the first place grant of the A.C. "Whitey" Gwynne Undergraduate Intern Scholarship from the Mid-Atlantic Athletic Trainers' Association, which includes a \$1,500 award. Congratulations also to senior athletic training student **Laura Nelson**, who won the second place grant, which includes a \$1,000 award. This was the first time that William and Mary has produced both scholarship winners.
- Congratulations to senior athletic training student **Laura Nelson**, who was awarded the 2003 Edward M. Jewusiak Memorial Scholarship.
- **Aileen (Ruaya) Meyers** and her husband, Tom, announced the birth of their son, Jackson Thomas Ruaya Meyers, on April 20, 2003.
- Congratulations to **Heather Fuller** who married Joey Bland on June 7, 2003
- **Scott and Kate (Mansfield) Clayton** announced the birth of their daughter, Sydney Noelle Clayton, born on December 16, 2002.
- **Teri VanBourgondien Schmitt** and her husband, Paul Schmitt, announced the birth of their son, Nicholas Paul Schmitt, born November 26, 2002.
- **Charles Stephenson** and his wife, Diane, announced the birth of their daughter, Quinn Marie Stephenson on August 17, 2003.
- **Tiffany Musick** announced her engagement to Matt (Tiff – can you let us know his last name?). A May 2004 wedding is planned.

Staff Achievement

Renée Cork was appointed as the Representative for Region 4 of the Virginia Athletic Trainers' Association. Also, she was appointed as the Chair of the Scholarship Committee for the Mid-Atlantic Athletic Trainers' Association.

Tribe Sports Medicine Community Outreach

Virginia Academy of Family Practice Presentation

On July 17, 2003, the sports medicine staff, including Dr. Potter, presented "No Shirt, No Shoes, No Problem: Physical Exam Skills for Common Orthopedic Problems" to a group of 40 family practice physicians at the Virginia Academy of Family Practice Meeting in Williamsburg. The workshop was lead by Dr. Potter and each staff member facilitated small-group practice of exam skills for the shoulder, wrist, knee, and ankle. The workshop received high marks for its "hands-on" approach to learning and practical application of orthopedic concepts. We hope to be able to present to this group again at future meetings.

Riverside Family Practice Residency Program

Previous newsletters have chronicled the development of our relationship with the Riverside Family Practice Residency Program. We began a couple of years ago with a few doctors who wanted to observe our staff and share concepts and techniques in the practice of sports medicine. This year, we have developed a formal Sports Medicine Rotation in which 2nd and 3rd year residents can elect to spend a month learning about sports medicine. The residents spend two days per week in the athletic training room and receive instruction from our staff on orthopedic evaluation, rehabilitation techniques, therapeutic modalities, and emergency on-field management of injury and illness. They also spend two days with Dr. Potter in his office and one day at a Tidewater Physical Therapy Clinic. Thus, the residents can see all facets of sports medicine from the initial evaluation and treatment of a condition to the rehabilitation and functional return to play. We are now on our 4th rotation, the residents and our staff are learning a great deal from each other.

High School Sports Medicine Workshop

Our 3rd William and Mary Sports Medicine Workshop was a great success. We were very excited to renew our relationship with Cramer Products, who offered to sponsor our workshop. Cramer helped us to market the workshop and provided some supplies and sponsorship funds. We had over 40 participants between the Basic and Advanced Tracks. As part of the deal with Cramer Products, schools received a free case of tape for each participant, and schools who sent three or more participants received a free athletic training kit for their supervising athletic trainer. We felt that this was a great way to reach out to the high school athletic trainers who work "in the trenches" to keep their athletes on the field each day.

If you know of any high school students who are interested in sports medicine as a career, please encourage them to visit our website as we have set a date for next year:

2004 William and Mary Sports Medicine Workshop
July 10-13

Athletic Department Web Site Has New Look

<http://www.tribeathletics.com>

Log on to follow your favorite Tribe teams. Also, be sure to follow the Sports Medicine link to the **Division of Sports Medicine Web Page** where you will find staff bio's and email addresses, and alumni newsletters.

You can sign up for the Sports Information Email Hotline for instant updates about the Tribe teams in action. Simply visit the link below and follow the instructions:

<http://www.tribeathletics.com/hotline.php>

Homecoming 2003

Due to most of our staff being on the road or at other events for Homecoming, we have decided to meet at the **Post-Game Tailgate at the Alumni House** rather than have the traditional pre-game Sports Medicine Tailgate. The game is usually over around 4:15. There are food, soft drinks, and beer on the patio of the Alumni House for a nominal charge at the door.

Alumni Update: Where are they now?

Dr. Katherine Brittingham, having completed her PhD, has started a postdoctoral fellowship awarded by the National Academy of Sciences for work at a research institute in Frederick, MD. **Elizabeth Feltes** is back from London where she was completing her Master's Degree—she is job hunting in the D.C. area for positions in foreign intelligence. **Amity Rubeor** is completing her residency in Family Medicine at Brown University in Rhode Island. We also heard from **John Dodd**, who lives in Chester, VA and coaches football and fills in as an athletic trainer when he can. **Becky Erlich** is in her first year of PT school at Old Dominion University. **Mark Cherwony** stopped by to see Steve while vacationing in April—he is the Assistant Athletic Director and Athletic Trainer at Cinnaminson High School in New Jersey. Steve also spoke with **Phil Sprinkle** a few weeks ago—his Friday nights are busy now watching his freshman daughter in the high school band. Former staff member **Michelle Freeman** is engaged to be married at the end of this year. Steve was glad to see **Megan Miller** and **Heather (Fuller) Bland** at the Western Michigan football game this fall. Also, **Kevin Mahoney** drove up from Providence to see Steve at the Northeastern game.

Keep in touch...

Please keep in touch with us. It's great to hear about all of the exciting things that our alumni do once they leave the Division of Sports Medicine. Below is a list of the staff and our email addresses.

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Rose Wallace	Graduate Assistant Athletic Trainer	ladygatrw@wp@aol.com