



Tribe Sports Medicine Fall 2004 Newsletter

Greetings from the 'Burg

Hello from William and Mary! With Football, Men's Soccer, Field Hockey, Men's Cross-Country, and Women's Cross-Country all ranked in their respective national polls, the Tribe is poised for another successful season—some things never change. However, much has changed over the last year for the Division of Sports Medicine. With new job titles, family members, staff members, sports venues, and layout of the athletic training room, we give you the latest from the 'Burg...

Welcome Jahnessa Yaxin Cole

The Cole family is excited to announce a new addition. In June, **Steve**, Lonna, and Sydney traveled to China to complete the process of adopting 17-month-old Jahnessa Yaxin to their family. This fall, Sydney and Jahnessa have made numerous trips to the athletic training room and have had a great time playing with the big exercise balls and mini-trampoline. Sydney, now in first grade, has become a great big sister. Stay tuned to the Christmas Newsletter for more news on Jahnessa and the Cole family.

Welcome to Tyson, Jason, Jared, and Krista

In an effort to enhance our personnel resources during the busy fall and early winter, we created a position to attract professional baseball athletic trainers during the off-season. As a result, **Tyson Burton** joined the Sports Medicine staff for the fall. An athletic trainer in the Atlanta Braves organization and graduate of Whitworth College, Tyson will be with our staff until he has to report to spring training in February.

We are excited to have two new graduate assistant athletic trainers from the Old Dominion Graduate Athletic Training Education Program. **Jason Hollar** comes to us from James Madison University and is working with football and baseball. **Jared Howell** comes to us from the College of Charleston and is working with field hockey and gymnastics.

We also continued our relationship with Salisbury University by accepting **Krista Gruhn** as an intern from that program. Krista is in her final year at Salisbury and will be taking the NATABOC exam this winter. She is working with the football team.

New Staff Roles

This summer, the Athletic Department underwent a restructuring of the administrative reporting layers. As a result, Steve was elevated to the position of Assistant Athletic Director for Health Services. In this role, he oversees not only the sports medicine program, but also serves as the administrative liaison to the sport psychology and the strength and conditioning program.

After 22 seasons with Tribe football, Steve has turned over the daily health care of the football team to **Andy Carter**. You'll still see Steve working with the staff on the sidelines, but he'll be much more relaxed on gameday.

Athletic Training Room Has New Look and New Equipment

In the past year, the athletic training room at William and Mary Hall has been upgraded and enhanced to provide better service to the student-athletes and to create a more positive atmosphere. In the spring, a new funding source from the NCAA allowed us to add a treadmill, an elliptical machine, and

two electronic stationary bikes to the athletic training room. In addition, a wireless internet hub was installed in the athletic training room to allow students to connect to the internet and the William and Mary network using a laptop while they receive treatment. Athletes can now check out a laptop for use during treatment or utilize one of two desktop computers with printers while they wait.

Over the summer, we rearranged the layout of the rehab room to open up the floor space so that we can utilize more functional rehabilitation techniques. The new layout allows for a better traffic flow during heavy treatment times.

This fall, we are very excited about a new sound system and television that was provided through a gift from Kathy and Bruce Hornsby. This new equipment augments the other television that was provided last year by Tim and Anne Sullivan. We have received nothing but positive feedback on the atmosphere and climate created by the new equipment.

Albert-Daly Field Dedicated

On August 28, the new soccer and lacrosse facility, Albert-Daly Field, was dedicated. The new facility is located at the Dillard Complex adjacent to Plumeri Park, home of Tribe baseball. Women's Soccer fell to Loyola in the first-ever game at Albert-Daly, but Men's Soccer won its home opener against VMI on the new field.

Congratulations are in order...

- **Catherine Scott** was married to Brian Mikelaides on October 9. The couple lives in Lanexa, VA.
- Congratulations to senior athletic training student **Camille Fiske**, who was awarded the 2004 Edward M. Jewusiak Memorial Scholarship.
- **Scott and Kate (Mansfield) Clayton** announced the birth of their second daughter, Abbey Reese Clayton, born on July 19, 2004.
- **Tiffany Musick** was married to Matthew Regintin on May 15. Tiffany is a family practice physician, and Matthew is a special agent for the Bureau of Alcohol, Tobacco, and Firearms.
- Former staff member **Michelle Freeman** was married to Scott Butler on New Year's Eve, 2003.

Tribe Sports Medicine Community Outreach

Virginia Academy of Family Practice Presentation

In July, Steve, Andy, John, Dave, and Dr. Potter presented "Put Me In Doc, I'm Ready to Play" to a group of 20 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. In addition, we discussed the process athletic trainers and team physicians use to determine an injured athlete's readiness to return to the field. The workshop received high marks for its "hands-on" approach to learning and practical application of sports medicine skills. This was the second year that our staff has been invited to speak at this conference, and we hope to be able to present to this group again at future meetings.

Riverside Family Practice Residency Program

We have continued to strengthen our relationship with the Riverside Family Practice Residency Program. Last year, we developed a formal Sports Medicine Rotation in which 2nd and 3rd year residents can elect to spend four weeks 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 half-day at a Tidewater Physical Therapy Clinic. This year, we also added a one half-day per week experience at a local high school working with the certified athletic trainer. 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.

High School Sports Medicine Workshop

Our 4th William and Mary Sports Medicine Workshop was a great success. We were very excited to have Cramer Products as a sponsor of our workshop. Cramer helped us to market the workshop and provided some supplies and sponsorship funds. We had over 50 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 in the coming months for more information—we have already set a date for next year:

2005 William and Mary Sports Medicine Workshop
July 9-12

Stay Informed with TribeAthletics.com

<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 2004

Due to most of our staff being on the road or at other events for Homecoming on October 16, 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 will be 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?

We were happy to see **Katherine (Gracey) Gerber** and **Neil Pifer** at the Tribe football game against the University of North Carolina. Neil and his wife Anne also followed the Tribe to Lynchburg for the game against Liberty. At **Catherine Scott's** wedding this fall, **Becky Erlich, Jean Salcedo, Elizabeth Feltes, Michelle Freeman, Robyn Sulanowski, Renée Cork,** and **Jenni Giles** were all in attendance. **Laura Nelson** is a teacher and athletic trainer at Warwick High School in Newport News, VA. With his computer savvy, **Barron Sopchak** is working with the Sports Medicine staff to develop an online medical record system for student-athletes. Former staff member **Ed Christman** has been named the Vice President for Marketing for Cramer Products, Inc. **Rosalie (Alejo) Duarte** is stationed in the United Kingdom and is applying to PhD programs for the fall. **Sharon Rogers** is teaching nutrition at Lynchburg College. Steve had dinner with rockstar **Giti Khalsa** in Orlando—Seven Mary Three just released their 5th album.

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. We'll be sending our annual Christmas card out again this year, so if your address has changed in the past year, please let us know by emailing Andy at jacart@wm.edu.