



Tribe Sports Medicine Fall 2005 Newsletter

Greetings from the 'Burg

Hello from William and Mary! With Football, Women's Soccer, Field Hockey, and Volleyball presently maintaining winning records and Men's Cross-Country and Football ranked in their respective national polls, the Tribe is poised for another successful season. Campus is beating, banging, and buzzing with all of the construction projects underway. Three staff members departed, three more were hired, and we lured yet another away from professional baseball to join us full-time. Hoping to raise your spirits as high as the new light poles soon to appear over Zable Stadium, we give you the latest from the 'Burg...

Farewell to Jon, Becky, Dave, and Kindall

Over the summer, we saw three of our staff members move on to other jobs in the athletic training profession. **Jon Thompson** was named the Assistant Athletic Trainer at Shenandoah University in charge of football. **Becky Cordell** is the new Athletic Trainer for the National Cathedral School in Washington, DC. **Dave Lagow** moved to Atlanta, GA to join the staff of Emory University as Assistant Athletic Trainer.

Kindall Hollowell, who completed an internship with our staff last spring during her last semester at Longwood University, has accepted a position as the Athletic Trainer for Denbigh High School in Newport News, VA.

Welcome to Tyson, Michele, Lisa, and Tyler

Last year, 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. He returned to the Danville Braves for the 2005 season and was named the 2005 Appalachian League Athletic Trainer of the Year. We were excited to bring him back for the fall again, but were even happier when he accepted one of our full-time Assistant Athletic Trainer positions. He recently completed his Master's Degree from California University of Pennsylvania.

Michele Swaney and **Lisa Shook** filled our other two Assistant Athletic Trainer positions. With degrees from the University of Virginia and California University of Pennsylvania, Michele comes to us from Moravian College where she spent one year as an Assistant Athletic Trainer. Lisa joins our staff having completed her Bachelor's Degree at Salisbury University and her Master's Degree and a graduate assistantship at Western Carolina University.

Tyler DePew, an athletic trainer in the Seattle Mariners organization, has joined our staff in our part-time fall staff position. A graduate of the University of Illinois-Chicago and the University of Oregon, Tyler will help us out until he has to report to spring training with the Mariners in 2006.

Construction on Campus

If you haven't been to the 'Burg in a while, you might need to visit to get reacquainted with the campus we all know and love. For the alumni, you'll be most interested to hear that the Dining Commons (lovingly referred to as the Caf) got a facelift and expansion this summer and now serves grilled salmon,

made-to-order pasta dishes, and brick-oven pizza in a setting that closer resembles a café than a cafeteria. Just outside of the Caf (now officially called the “Commons Fresh Food Company”) are a new set of tennis courts to replace the Adair Courts which were replaced by a parking deck—yes, a parking deck on campus. Most of Barksdale Field is consumed by a huge new dormitory under construction. The Recreation Center is also under renovation and expansion. You can follow the progress of all construction projects on campus at www.wm.edu/construction.

As for the athletic department, we had a busy summer as well. The fields in front of the two dorms in Dillard were renovated and converted into a practice facility for soccer and lacrosse. The track at Zable Stadium was repaved and will be resurfaced in the spring. A new, permanent hardwood floor was installed in William and Mary Hall.

Jimmye Laycock Football Complex and Mont Linkenauger Athletic Training Suite

Perhaps most exciting for the athletic department was the mid-summer announcement of the Jimmye Laycock Football Complex, a \$10 million, 30,000 square foot building designed to include locker rooms, meeting rooms, coaches’ offices, an equipment room, and an athletic training suite. The new building will be located outside of the northwest corner of the stadium.

The athletic training suite will be named in honor of **Mont Linkenauger**, long-time Tribe Athletic Trainer and Professor of Kinesiology. **Steve** and **Andy** have been involved in the planning of the building with the architects and facility designers, providing input on the design and layout of the athletic training space. Preliminary plans include areas for taping, treatment, and rehabilitation, a private physician exam room, and a hydrotherapy room that includes an aquatic therapy pool.

We would like to invite each of you to be a part of this exciting new facility by making a contribution to help us equip the Mont Linkenauger Athletic Training Suite. Mont’s dedication to the athletes under his care and the students in his classroom was unmatched. Likewise, the Mont Linkenauger Athletic Training Suite deserves state-of-the-art therapeutic modalities and rehabilitation equipment in order to continue the legacy of quality health care that Mont established many years ago. For more information on how you can honor Mont by contributing to the Mont Linkenauger Athletic Training Suite in the Jimmye Laycock Football Complex, please contact the Tribe Club at (757) 221-3350.

Congratulations are in order...

- Current Tribe staff member **John Knaul** announced his engagement to Katie Coyle. A July wedding in Williamsburg is planned. Katie is a 4th grade teacher at D.J. Montague Elementary School.
- **Ginger Ogren** married Mike Benziane on May 15th. The couple will live in the Williamsburg area where Ginger is a physical therapist for Williamsburg Physical Therapy. In attendance at the ceremony were **Steve Cole, Renée Cork, Andy Carter, Michelle (Freeman) Butler, Catherine (Scott) Mikelaïtes, John Mitrovic, and Robyn Sulanowski.**
- **Amity Rubeor** finished her residency in Family Practice and accepted a fellowship in Faculty Development at Lancaster General Hospital in Lancaster, PA. Also, Amity was married in June
- **Sharon Rogers** completed her PhD in Human Development at Virginia Tech in May.
- Mark and **Robin Willson** announced the birth of Alise Margaret on March 18th at 1:33 PM. She weighed 6 lbs 11 ounces and was 19 inches long.
- **Holly Jourdan** and former Tribe gymnast John McGarry were married at the Wren Chapel on September 10, 2005. They are living in the Philadelphia area.
- **Aileen (Ruaya) Meyers** and her husband Tom are happy to announce the birth of their second son, Brody.
- **Charles and Diane Stephenson** announced the birth of Carsyn Lee Stephenson on Friday, June 3rd. She weighed 6 lbs. 6 oz. and was 19 inches long.
- **Kevin Mahoney** was married on August 8. He and his new bride, Meghan are living in Rhode Island where Kevin has left his post at Providence College to work in an outpatient physical therapy clinic.

Homecoming 2005

Due to most of our staff being on the road or at other events for Homecoming on October 22, 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.

Tribe Sports Medicine Community Outreach

Virginia Academy of Family Practice Presentation

In July, Steve, Andy, and Dr. Potter presented “Brace Yourself” to a group of 20 family practice physicians at the Virginia Academy of Family Practice Meeting in Virginia Beach. The workshop consisted of 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 as well as various braces that we use to protect athletes during play. The workshop received high marks for its “hands-on” approach to learning and practical application of sports medicine skills. This was the third year that our staff has been invited to speak at this conference, and we are already planning 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.

As part of the rotation, we ask the residents to provide an educational in-service for our staff on an internal medicine topic related to athletes. These presentations have provided our staff with information on topics that we don’t deal with on a daily basis, but help us to be better clinicians and keep the athletes health and on the field. Some of the topics this year have included cardiac arrhythmia, evaluating abdominal injury, depression, and diabetes in athletes.

High School Sports Medicine Workshop

Our 5th William and Mary Sports Medicine Workshop was a great success. We were very excited to have Cramer Products as a sponsor of our workshop, and we would like to thank Vice President of Marketing of Cramer Products **Ed Christman** (and former Tribe athletic trainer) for his support of our program. 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. This year, we also reached out to local high school athletic trainers by inviting them to serve as guest lecturers at our workshop for which they received a gift bag and product discounts from Cramer Products. We were pleased to have 6 local athletic trainers, including **Laura Nelson, Martha (Simms) Mikell, and Dan Goddhardt** share their knowledge with our participants.

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:

2006 William and Mary Sports Medicine Workshop
July 8-11

Stay Informed with Tribe Athletics.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>

Alumni Update: Where are they now?

In the ultimate example of it's a small world, **Giti Khalsa**, drummer of the band Seven Mary Three, showed up in the hotel in Huntington, West Virginia where the football team was staying before playing Marshall this season. Seven Mary Three was playing at a bar down the street later that night and followed the green and gold into the lobby. To make a long (but great) story short, **Steve, Andy**, and **Robyn Sulanowski** ended up overdressed in a West Virginia bar to hear the band and joined them on their bus after the show. Our experience totally reduces **Lou McGranaghan** to mere Seven Mary Three "groupie" status. **Laura Nelson** is helping us teach the Riverside Family Practice Residents during their Sports Medicine Rotation. **Becky Erlich** is in her final year of physical therapy school at Old Dominion University. **Catherine (Scott) Mikelaites** is attending nursing school in Richmond. **Phil Sprinkle** is proud to be a new uncle. **Michelle (Freeman) Butler** has a new career—she now works at the Williamsburg Winery. **Brian Castel** was in town to get a haircut from his old barber—we all know a good barber is hard to find. **Heather Fedei** was in Williamsburg recently to attend her brother's wedding at the Wren Chapel. **Jessica Meade** also stopped by the Hall to say hello—she is still at her high school alma mater serving as the athletic trainer and is a new homeowner. **Sharon Rogers** was hired for a postdoc assistantship at Duke University. **Mary Lewis** wins the "alum who strayed farthest from the nest" award since she lives in New Zealand and works for the Tertiary Education Commission of the New Zealand government. **Krista Gruhn** is completing a graduate assistantship at the Citadel. **Matt Wallace** is working as an Assistant Athletic Trainer at Creighton University in Omaha, Nebraska. **Thu-Ha Nguyen** has been exploring the west coast and sent us some great pictures from Olympic National Park. **Sarah Hensley** moved to Greensboro, NC.

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.

