

ATC BULLETIN

Volume 1, Issue 1, Spring 2018

NEWS ABOUT ATHLETIC TRAINING FROM THE STAFF YOU TRUST

Welcome Message



Welcome to the first edition of the ATC Bulletin. This newsletter is designed to update our parents, athletes and coaches on trends and events happening in the sports medicine community.

March is athletic training month, and we want to recognize the efforts of our athletic training staff. Since opening the Marshall Sports Medicine Institute in 2015, we have expanded our athletic training services to include free baseline concussion testing at over 20 schools across the region. Our office additionally hired two athletic trainers to serve as physician extenders. Marshall Sports

Medicine Institute prides itself on being the region's leader in sports medicine, and our facility offers a "one stop shop" for all your sports medicine needs. Our sports medicine specialists include 12 certified athletic trainers, eight board certified sports physicians, five physical therapists, two certified strength and conditioning specialists, and a registered sports dietitian. Our team specializes in performance improvement for athletes of all calibers, including youth, high school, NCAA, Olympic, professional athletes and weekend warriors.

We hope you enjoy our newsletter and if you would like any information about our services, call us at 304-691-1880.

Tom Belmaggio, MS, ATC, CSCS
Coordinator of Sports Medicine

On February 14, members of the CHH/MU Sports Medicine staff were in attendance to support the WV Athletic Training Association (WVATA) for Capital Hill Day. Members of the WVATA and athletic training students from across the state met in Charleston to voice their support for SB 121, a law that would allow licensure to the profession of athletic training within the state of WV. While observing the session from the gallery, Senate President Mitch Carmichael and other senators recognized them for their first line of defense in the opioid epidemic.



Pictured Left to Right: Tom Belmaggio, Thomas Balch, Erin Wingate, Nick Dailey and Andrew Demoss.



Marshall Sports Medicine Institute

Marshall Sports Medicine Institute is a collaborative partnership of Cabell Huntington Hospital, Marshall Athletics and Marshall Health.

Upcoming Events

FREE SPORTS PHYSICALS

Thursday, June 7

Starting at 4 p.m.

Marshall Sports Medicine Institute

FREE SPORTS MEDICINE SCREENINGS

Every Saturday

during the school year

8 a.m. - 10 a.m.

Marshall Sports Medicine Institute

FREE BASELINE CONCUSSION TESTING

Call one of our offices for more information and to schedule an appointment.

ATHLETIC TRAINING LOCATIONS

Marshall Sports Medicine Institute

2211 3rd Avenue

Huntington, WV

304-691-1880

www.marshallsportsmedicine.org

Marshall Health-Teays Valley

300 Corporate Center Drive

Scott Depot, WV

304-691-6800

www.marshallhealth.org

A Closer Look: Typical Friday Night Lights for an Athletic Trainer

By Robert Chaffin, ATC at Spring Valley High School

It is 3:00 p.m. on Friday in early September. The athletic facility's parking lot is empty upon your arrival. "First ones there, last to leave," you say to yourself with a smile. School will be letting out soon so the student athletes will be making their way up shortly. Kickoff is at 7:30 p.m., and there is much to be done.

Football is the spotlight for Fridays, but soccer and volleyball athletes are coming up for treatment/rehab before football reports in. As soon as they are taken care of, you take out the equipment checklist for the field and begin to pack up the gator ATV with coolers, bottles, injury ice, medical kits, AED, splint bag, crutches, treatment tables, etc. By the time everything is set up, the football players have started arriving and are waiting in the athletic training room.

After some small talk with the athletes about their day, it is straight to work. Getting everyone taped and in their braces/equipment correctly consumes all your time before heading to the field. Once on the field, you notice EMS is there so you meet with them and discuss the Emergency Action Plan in case of an injury. This "Medical Timeout" - similar to what surgeons do prior to a surgery- gives all the medical personnel present from both teams and the EMS a chance to introduce themselves and get on the same page of injury and communication protocol. It will not be long now until kickoff. Once the game starts, time flies.

In a back and forth game, your team finally prevails! There was only one injury from the game, and you've already spoken to the parents about the next appropriate actions.



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"To me, having an athletic trainer that cares not only about my physical condition, but also my mental condition is something that is really inspiring. I wouldn't have an A+ ACL without an athletic trainer."

~ Ripley Haney, Senior, Soccer and Track
Cabell Midland High School

The gator is loaded up, and all the equipment is packed inside the athletic training room. After celebrating a little bit with the players, it is time to cut the tape off and begin treatments for the ones who got banged up. After all the student athletes are taken care of, everything has to be cleaned.

Finally, the athletic training room is in order, and the night is over. As you leave the athletic facility, you notice that what was just a packed stadium and an overflowing parking lot is empty again. You just smile as you get into your vehicle and pull out. Nothing new here, just a typical Friday night for an athletic trainer.

"In the post-season, my athletic trainer still finds time to help us (student athletes) with our injuries."

~ Gabby Hammers, Junior, Soccer
Cabell Midland High School

AT Program Spotlight

Marshall University, Huntington, WV
Professional Master of Science in Athletic Training Program (PMSATP)
Completion Time: Bachelor and Master Degree in 5 Years
Contact: Dr. Joe Beckett, ATC & Program Director
(beckett76@marshall.edu) or
Dr. Zach Garrett, ATC & Clinical Coordinator
(garrett46@marshall.edu)

The PMSATP is the only Professional AT program in the state of West Virginia. It is a rigorous academic program that includes course work in athletic training, anatomy, physiology, exercise physiology, psychology, and other science-related courses. The multifaceted program blends classroom instruction with required clinical rotations where students obtain real-life experience working hands-on with certified athletic trainers, physicians, physical therapists, and other allied health care professionals to provide patient care. A degree in athletic training and BOC certification offers graduates opportunities to practice in a variety of clinical settings, including, but not limited to high school, college, and professional athletics, outpatient clinics, industrial rehabilitation sites, physician practices, the performing arts, safety settings, and higher education.



Becoming an Athletic Trainer

By Andrew DeMoss, MS, ATC at Cabell County Middle Schools

Becoming an athletic trainer is not as easy as it seems. From the outsider's perspective, it may seem like all we do is tape ankles and deal with concussions; however, those are only part of the job. We have to be equipped to properly handle an assortment of issues at the drop of a hat, which is why much goes into becoming a certified and practicing athletic trainer (ATC) in West Virginia.

Step 1 Education.

The first step to becoming an athletic trainer is to complete the prerequisite courses and required observation hours. Next, students endure the rigorous process of applying to an athletic training education program. Those accepted into the program must complete five semesters of full class loads and 150-225 clinical hours. Students are tested in both practical and written format after each semester and must achieve a certain score to move forward in the program.

Step 2 Certification.

Becoming certified is the biggest roadblock when it comes to becoming an athletic trainer. All athletic training programs operate a little differently but fall under the same accreditation (CAATE). Students must pass an exam to become certified. In my graduating class, only seven out of 18 students are practicing athletic trainers. The reasons ranged from the inability to pass the boards, or, in the case of many students, they used the athletic training program as a leap pad into medical school, physical therapy, or any other related field of study.

Step 3 Registration.

To register, all you have to do is pay a fee and fill out an application, making sure to include verification of the proper education and certification. West Virginia is one of three states that has yet to approve licensure for athletic trainers. Licensure for athletic training is currently in the Senate, and there is hope that licensure will be achieved. Becoming licensed gives us the same respect that other medical professions have.

Questions? Don't be afraid to ask us about what we do and how we can help you as an athlete or parent of an athlete.

Meet Our Athletic Trainers

To find out more about our athletic trainers, visit <http://marshallsportsmedicine.org/about-us/our-team/>



Thomas Balch, AT
Athletic Trainer
St. Joseph's Central Catholic High School



Tom Belmaggio, MS, ATC, CSCS
Coordinator of Sports Medicine



Kevin Brooks, MS, ATC
Athletic Trainer
Huntington Prep School
(men's basketball)



Kevin Burton, MEd, ATC
Athletic Trainer
Huntington High School



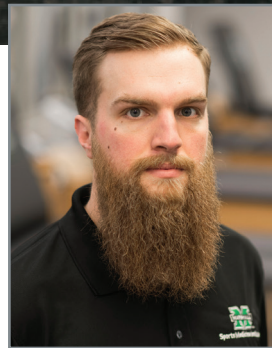
Kerry L. Carter, MS, ATC
Athletic Trainer
Spring Valley High School



Robert Chaffin, ATC
Athletic Trainer
Spring Valley High School



Nick Dailey, MS, ATC
Athletic Trainer
Cabell Midland High School



Andrew DeMoss, MS, ATC
Athletic Trainer
Cabell County Middle Schools



Grace Gwinn, ATC
Athletic Trainer
Wayne High School



Alyssa Morris, ATC
Athletic Trainer
Tolsia High School (football),
Hurricane High School



Sarah Webb, MS, ATC, NASM-CES
Coordinator
Sports Medicine Clinical



Steve Welch, ATC
Athletic Trainer
Lincoln County High School



Erin Wingate, MS, ATC
Athletic Trainer
Cabell Midland High School



Marshall Sports Medicine Institute

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The athletic trainers outreach program at the Marshall Sports Medicine Institute is a collaborative partnership between Marshall Health and Cabell Huntington Hospital.

