In anticipation of a “changing of the guard,” Adam Cady spoke with outgoing District 8 Director, and Titan alumnus Andy Paulin for a little Q&A.

Tell us about your experiences as FWATA Director and your time serving on the board of directors. We saw a lot of changes from what used to be. The Governmental Affairs Committee grew, resources grew, we have been trying to create a better image for athletic trainers, and we are now building relationships with important physicians and other health care professionals. How did you get started in the political side of the NATA? There was a CATA Region opening, back then it was very informal, a few meetings here and there. I started small and worked my way up. What are your goals now that you will have some extra time on your hands? Well after watching the Bucket List with Jack Nicholson, I sat down and sort of wrote my own bucket list. The energy of the profession lies with the students. I may look at helping some student organizations or possibly helping District 8 archive documents in need of help. Do you see an NATA Presidential Campaign in the future? A strong maybe. I know you worked the ’84 Olympics and some other jobs, what has kept you at Mt. SAC for so long? A combination of things, the job environment is good, my kids grew up normal (not a lot of moving around), not a lot of road trips, or Sundays away from the family, so it was conducive to family, and I got involved with FWATA. But the constant I would have to say is the athletic training students. What are your thoughts/feelings about the H.R. 1846 bill? Legislators are more informed now, when we first went to Capitol Hill we had to explain who ATC’s were, our next step is to foster the relationships we currently have with legislators, engage other healthcare practitioners to help us get this bill passed and show progress to our membership. Do you feel it will pass? Eventually, but it is always hard during an election year. Anything specific that you would like to mention for the Titan Update? See ya’ later, but not goodbye, I am always around to help with programs, and committees, be glad to help any way I can.

Kavin Tsang: Joins Titan Family

The Department of Kinesiology recently completed a year-long, nationwide search for a third full-time AT faculty member. The search started at the resignation of Steve Zinder, who accepted a similar position elsewhere. The search attracted numerous highly qualified candidates from across the US. We were fortunate to be able to hire Kavin Tsang, PhD, ATC. Dr. Tsang earned his BS degree from the University of Hawaii. He became an ATC and practiced in Hawaii before moving to Georgia Southern where he was a GA while earning his Master’s degree. He then went on to earn a PhD from Penn State. After stints with Michigan State and California Lutheran Universities, he decided to join Cal State Fullerton this fall. Dr. Tsang has taught part-time (Therapeutic Modalities) for the ATEP this year. His research interest focuses on therapeutic modality efficacy. The Titans looks forward Dr. Tsang sharing his knowledge, experience, and professionalism for many years to come.

WELCOME Dr. Tsang!!!
Congratulations to the following Titan alumni for their accomplishments. Our apologies in advance for any person or event we have missed... it was not done purposely. To be

Christopher & Chantel Bates married April 19th. Chris also passed the CSCS, in February as well as the BOC April 2008.

PJ Siagheni will attend Midwestern University: Arizona College of Osteopathic Medicine (Glendale, AZ) Fall 2008.

Michelle & Mark Chiotti (Larson) gave birth to baby Michael Ambrose Chiotti March 27th at 11:41am. (8lbs 12oz, 21in long).

Kira Graff and husband are expecting their first child.

Mark Van Riper received an NATA Outstanding Thesis nomination. Mark also passed the CSCS exam in February & will begin at St Augustine (for PT) in San Diego fall 2008.

Tyler Hamilton was published in JAT: “Triple Hop Distance as a Valid Predictor of Lower Limb Strength and Power.” 2008. 43(2): 144-151.

Craig Harnetaux received his MS in Exercise Science and Health Promotion from California University of Pennsylvania.

Steve Cortez accepted a position as Assistant Athletic Trainer at Loyola Marymount University.

Jamie & Lisa Wilson welcomed their first addition to the family, baby girl Riley, on February 22nd.

Belinda Sanchez (ATC in Jan 2008) will begin her graduate work at California Baptist University this Fall as a graduate assistant ATC.

Ivan Pierra became Head Athletic Trainer for the USA Men’s Soccer team. Replacing Ivan with the LA Galaxy (MLS) is our own Armando Rivas.

Wil Filamor has accepted a position as ATC for the US Marines at Camp Pendleton, CA; wife Lauren Castillo currently works at Memorial Academy of Learning and Technology Middle School (SD).

Jennifer Summerfield-Owen begins her PA education at Rocky Mountain College in the Fall of 2008.

Lauren Tillman & fiancé Antoine announced their engagement, as did Julie Smith. Both plan to wed in 2009.

Adam Cady received a FWATA grant to participate in the NATA “Hit the Hill” trip to Washington, DC in Feb. He also passed both the BOC & CSCS exams and recently accepted a 1-yr fellowship with Dr. Steadman, US Ski Team surgeon in Vail, CO.

Kevin & Trisha Sells gave birth to new son Ethan Zachary Sells on December 3, 2007. He joins older brother Austin.

Katya Maty & Patrick Sikes were married on September 15, 2007

Allen Dumolein began at ProSports Physical Therapy in OC.

Nawo Tanigawa passed the BOC exam in April 2008 and returns to Japan in June. Other new ATC’s include: Charlie Ramos, Jayme Baker & Hiro Nagai.

Julie Smith and Heather Calkins both received their Master of Science from CSUF this Spring.

Eight students successfully completed their clinical rotations and/or graduated in 2007-08. This class included Jayme Baker, who plans to work as a part-time ATC in Riverside, while taking PT pre-requisite courses. Jayme’s fondest ATEP memory was watching Julie Max turn up the volume on her Neil Diamond CD and rock out with her air guitar! Evelyn Benitez also finished the ATEP and plans on attending graduate school in 2009. Evelyn’s favorite aspect of the program was working with other students in the AT Clinic & creating good relationships both as colleagues and friends. Corey Blaschek-Miller plans to sit for her Board exam this summer and then work as a high school ATC. Her future goals are to be a quality ATC while having fun, seeing the world, surfing and most of all finding joy in everyday. Anastasia Buergel will complete her bachelor’s in the spring of 2009, after which she plans on sitting for the BOC as well as the MCAT. Ana’s hope for the future of the ATEP is that students continue to think outside the box & let go of the craziness of each day so they can tap into creative ideas for increasing the effectiveness of their daily activities. Adam Cady will join the Steadman-Hawkins Athletic Training Fellowship Program in Vail, CO next year. He would like to see the ATEP form an athletic training student association and maybe an alumni association. Yasuhiro Kitagawa also finished this year. Yasu is currently working at Restor Physical Therapy in Irvine. He plans to earn his MS degree and would like to work as an athletic trainer in a traditional school setting. Charles Ramos earned his MS this spring. His favorite part of the ATEP was the family brunch because it gave family and friends the opportunity to see a little of what ATS’ do and where they spend their time. He hopes the ATEP keeps its traditions of family, hard work and pride. Nawo Tanigawa will move back to Japan where she will work toward her CSCS & NASM-PES. She hopes to use her knowledge and experience to help enhance the Japanese athletic training setting. Nawo says the ATEP was her family and every moment was unforgettable; she feels very lucky to have been part of this group. Congratulations to these students for completing the ATEP...as always, remember your roots…once a Titan, always a Titan. Best of luck to you all!

Fall 2007 ATEP Graduates
Alum Focus: Adriana Segura-Velez...aka A.D.

ATEP Spring 2003 classmates: Jamal Obeid, Nigel Petrie, & Kyra Pelachik

Describe your position/job duties: I am an ATC hired through St. Joseph Hospital and contracted to Disneyland. I work with the Entertainment Division at the Disneyland Resort. Our patients may include anyone from show technicians, stage managers, or parade performers (some examples). The athletic trainer’s major role is to prevent injuries for the Disney cast members, but we also are involved in patient care before, during and after parades/shows.

How long have you been here? 1 year

How long has Disney had athletic trainers? Approximately 13 years.

What is a typical day like for you at work? Every day is a little different. One day may include providing athletic training coverage at a parade. This entails getting the cast ready to perform (i.e. taping, rehabilitation, stretching, etc.). We then walk the parade route with the performers. Another day might involve providing preventative strengthening and stretching exercises to cast members in the different entertainment areas. No matter the day, there is always patient care involved. Occasionally, I’ll attend a meeting with department managers to discuss safety issues the athletic trainers can help resolve.

How is your setting different from a traditional athletic training setting? I believe working with performers is very different than working with athletes. There are many things that still relate to a traditional setting, but working with performers is different for me.

What do you love best about your job? The largest part of my job is to make the cast members feel better than when they walked into the athletic training room, so they can go out and make the Disneyland resort guests smile. I keep that in mind when I’m at work and it makes my job easy. I also work a true 40 hour work week.

What is your least favorite part of your job? Disneyland is a 365 day per year operation, so I will occasionally work a holiday.

How do you balance your busy schedule at work with your personal life at home? I work 5 days a week and my hours will sometimes vary (i.e. go in at noon), so I make sure to spend time with my husband and family when I have extra time on my days off. I always keep in mind, there are 24 hours in a day, so I do my best to use them wisely.

Do you get a lot of down time throughout your work day? Sometimes there is down time (not a lot), but there are always cast members and shows to check on throughout the day.

Any advice for current athletic training students? Don’t ever let your job stress you out, take time off, make time for yourself, always remember to laugh and have fun.

A Day of Defense For Our Departing

As we say good-bye to three GA’s, we learn a little bit about their hard work to earn a MS in Kinesiology, and their dedication to our ATEP family. It has been a pleasurable experience for our three GA’s from late night studying and GA bonding, to long road trips with athletes who helped to shape their aspirations for their future as Certified Athletic Trainers.

Nicole Hurst, who completed her undergraduate work at Chapman University, spent her time here working hard to keep our volleyball and soccer teams healthy while completing her studies. Nicole conducted research related to decreasing navicular drop. She studied and compared two different taping techniques: Low-Dye & Navicular Strap (a term she coined), to help support the foot in subtalar neutral. She hypothesized the Navicular Strap would assist in supporting the navicular more effectively and be more cost efficient. Her interest comes from dealing with her own foot pathology. Nicole hopes to get her study published and help create a standard for maintaining the foot in subtalar neutral.

Amber Giacomazzi, a Fresno State graduate who spent most of her days in the Titan Wrestling Room, found some spare time to complete her thesis, apply and receive a FWATA research grant, and present her work on ice hockey helmet effectiveness to the American Society for Testing Materials. Amber discovered that each helmet has its strengths and weaknesses and that no one type of helmet is more effective than the rest. Amber is the first of our Graduate Assistants to propose and defend her thesis. Amber’s goals are to publish her thesis and obtain a job with a professional hockey team.

Stephanie Dreyer became a Titan after completing her undergraduate degree at the University of LaVerne. Stephanie finds herself spending long days in Cal State Fullerton’s Biomechanics Laboratory, analyzing data from video she has captured on the upper and lower body kinematics effect of ball velocities for catchers throwing to second-base. Stephanie’s goals include the publication of her research and obtaining her doctorate. After completing her journey here as a Titan, she hopes her research will set a baseline for future studies with this specific population.

As we say good-bye to three GA’s, we send them off with gratitude and thanks their hard work. A special thank you from us, the graduate assistants who follow in their footsteps, for their dedication to this family and their willingness to teach us what it takes to be a Titan GA. We wish them the best.

-Mike Martinez, ATC, NASM-PES, Graduate Assistant
-Tyson Allens, ATC, Graduate Assistant
What’s New?

CSUF is now the largest Cal State University in the state, with close to 40,000 students. Only one university is larger (some institution with wimpy “baby blue” as their school colors). Some of you have not been to CSUF for years, while others of us are here every day (and night). We thought it might be fun for you to see the changes on campus. We are starting with a place close to all your hearts...the AT Clinic. Each Issue will focus on other campus changes. Enjoy.

Vision statement: donated by ATEP Fall 2007 class.

ATS’ Holli & Emma in our new hydrotherapy room.

GA Mike and ATS Keasha next to our new “F”.
What a year... I must be getting old. Last year's self-study followed by the site visit was intense and draining. This year began with eight fresh new faces with that "deer in the headlights" look. I am never sure whether they really understand what awaits them...another story...another time. Classes began shortly afterwards, with us being down one member, as Dr Zinder had left during the summer. Ned Bergert (Angel ATC and honorary Titan) stepped up to teach two classes for us, as did colleagues from APU: Drs. Chris Schmidt and Phil Ford. Dr. Monique Mokha - a Floridian transplant also taught a course for us in the Spring. The search began for our full-time tenure-track faculty. This involves a great deal of work and we were fortunate to attract a number of highly qualified applicants. Finally, after months of work by the committee, we hired Kavin Tsang, PhD, ATC. His clinical expertise, practical knowledge, and pleasant demeanor will be a great addition to the Titan family. We look forward to learning from Dr Tsang long into the future. While this was going on, we were working hard to fix the accreditation “non-compliance” issue (lack of a major in Athletic Training). After making it through the endless number of committees and hearings, it was finally approved by the CSUF Academic Senate last month. President Gordon signed it last week and now it is off to another three or four committees at the Chancellor’s office. If all goes well, we will be implementing a Bachelor of Science in Athletic Training sometime next year. It was a long stressful year, but another good year for the Titan ATEP. We had great campus visits from Andy Paulin, Dr. Miguel Pedroza, Jeff Martinez and others, while we visited Ivan Pierra (USA Soccer), Miguel Prietto (OSI), and Gary Vitti (LA Lakers) to name a few. Additionally, there are about a dozen new Titan ATCs in the world. Thanks to all of you for your continued support. Thanks to those moving on, both undergraduate and graduate students. We will miss you. Go show them the Titan way. Enjoy your summer...be safe...come by and visit. Continued blessings to each and everyone. Thanks to Belinda Sanchez and Adam Cady for this edition of Titan Update. What a year... RK

This proved to be another successful meeting for our ATEP students. Presentations included Chronic Tendinopathies: A New Alternative Treatment by Alexandra Bravo, Bryan McCabe, and Jill Seevers. This involved a review of chronic tendon pathologies, an introductory to topical glyceryl trinitrate patches, as well as an overview of clinical trials and anecdotal cases. Our second group, consisting of Alicia Alamar-Roth, Smadar Bezalel and Shalina Johnson, was awarded the 2008 FWATA Best Student Presentation in New Techniques Category with their presentation on The Role of the Athletic Trainer in the Athlete’s Five Stages of Grief. This included an overview of the characteristics of each stage as well as helpful advice to assist athletes through the process. The student session ended with a report from recent ATEP graduate, Adam Cady, and his fellow FWATA Grant Recipients, on their experience as student participants at “Hit the Hill Day”.

Along with the outstanding presentations, we also had a number of students receive awards this year. Alicia Alamar-Roth was the recipient of the 2008 Jerry Lloyd Scholarship, Holli Vanderman received the 2008 Nevada ATA Scholarship, and Amber Giacomazzi was awarded a $2,000 research grant from FWATA. Great job to all! See you in St. Louis, MO.