Our own ATEP Medical Director and CSUF Athletics Team Physician, Chris Koutures, MD, FAAP traveled to Beijing this summer for the XXIX Olympic Games. He was kind enough to share with us his experience in the following interview.

What kind of preparation did you go through?
Preparation came on several levels- my experience at the 2007 Pan American Games taught me about international travel, multi-sport events, and even some mistakes that thankfully didn’t repeat in Beijing (for example, taking a charger for my camera). I had contact with athletic trainers for the volleyball teams throughout 2008, and also received regular e-mail updates from US Olympic Committee on issues we would likely face at the Games. The final preparatory phase was a 3 day stay in San Jose, CA for team processing right before we flew to Beijing where we met the athletes, reviewed medical histories, familiarized ourselves with current concerns, and received our gear.

What was the most interesting part of your Olympic experience?
3 highlights:
- Two or three days into my stay in Beijing- I was taking a run in the village when I suddenly got goose bumps and the feeling hit me. “Wow, I’m actually at the Olympics”
- August 24th, about 2:30PM Beijing time, standing with the US Men’s Team hearing our national anthem, watching our flag raised, and 12 guys with gold medals around their neck.
- August 25th, about 3:30PM Orange County time, coming down the escalator at John Wayne with 9 guys wearing gold medals around their neck, cheering and tearing family and friends waiting for us- finally home.

What was the hardest part of your experience?
Trying to comprehend the senseless tragedy that befell the US Volleyball family right after opening ceremonies- trying to deal with my emotions while having a duty to assist the athletes who were also balancing their sadness with the need to compete. Being away from my family was tough, and not having them there to help during that time was even more difficult.

Was the traveling difficult?
Not as bad as I thought- probably due to some good advice on how to deal with jet lag and a little help from the makers of Ambien. Adjusted to Beijing pretty quickly- thanks to the great energy in the village and the fact that we arrived a week before opening ceremonies to adjust.

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The energy was amazing— before I left, a colleague who had been to Sydney in 2000 told me, “you won’t sleep.” Boy, was he right, and yet, there was no real fatigue. Every day was exciting— everyone around us was energized and even when we would roll into the village at 1 AM after a match with an 8AM bus ride soon to follow, I didn’t feel exhausted. Just to get up and be part of the Olympic experience was a daily rush of adrenaline and enthusiasm. I did have some jet lag for a few days upon returning— found myself running into walls (literally) but that too ended quicker than I expected.

Were you able to visit any other events/venues besides volleyball?

My primary coverage duties were men/women indoor volleyball, men/women beach volleyball, and table tennis. Needless to say, those events took up the majority of my venue participation. Even so, I got to see a few swimming races at the Cube, 2-3 nights of track and field at the Birds Nest, and was fortunate to march in Opening Ceremonies and sit in the stands for Closing Ceremonies.

What was your favorite?

Track was cool— always a favorite of mine and one of those trademark Olympic sports. It was great to head over after a long day, just sit in the stands without any real responsibility, and take in some great competition.

How did being gone affect your practice at home?

I have to give a great deal of credit to my associate Dr. Gladstien and my staff for covering in my absence. Four weeks was a long time away, and they handled things wonderfully. The practice was a bit slow during that time, but since my return I think my patients shared in the experience. I often hear that they “saw me on TV” and are always asking about posters and pictures I brought back from the Games.

Were there any cultural differences that you noticed during your time in China?

We saw the Beijing that the organizers wanted us to see— the organizers and volunteers were very friendly, very eager and very set in their ways. Found that if they were posed a question that they weren’t able to answer, they had a hard time deviating from the expected path. We had to learn to follow their commands, appreciate their attention to details, and not make “waves.”

Do you have plans travel to the next Olympics with the teams if they qualify?

I had a wonderful experience— had the privilege of working with US Volleyball teams that won 3 golds and 1 silver— such an amazing set of results. It was a once in a lifetime event that kept me away from my wife and 3 kids along with my practice for almost a month. In the future, I would hope that another deserving physician gets to have this wonderful chance. As a family, we are hoping that Chicago gets the 2016 Games— then the kids would be old enough that I could take them as a “civilian” and enjoy the Olympics all together.

Hello Titans…

What a privilege it is for me to have this opportunity to write you a note and tell you how proud I am that you are ALL Titans!! We continue to be so blessed at CSUF, especially in our Athletic Training Education Program. Dr. Kersey continues to set the tone for our success and balance. His tireless commitments to our students remain a constant. Obviously, I am very proud of him and his dedication to you and this program. Thanks Dr. Kersey!

We are fortunate enough to have Dr. Kavin Tsang as our newest Titan faculty. We have heard great things about Kavin and his desire to continue moving our program forward. I certainly look forward to our future work together. Our remaining ACI’s continue to be an integral part of our academic and clinical success. Without all of them, our program would have a large vacancy! Personally I want to take this opportunity, on behalf of ALL Titan’s, to say thank you to our ACI’s and all of those affiliated with this program. It takes a special “team” to put our ATEP on the map. I am so proud of this program and all who have added their own dimension to our success. Keep up the good work!!!

As we enter a special time of rest, celebration, family, or simply a break from school and work, please be reminded of those people in your life that have “left their mark”. I know this is a very reflective time for me! Let me encourage us all to be grateful for our “gifts”, friendships, family and those most impacting on our lives. Thank you for letting me share in some of your special moments of life. Happy holidays and Merry Christmas. Always…Julie
Congratulations Fall 2008 ATEP Graduates!

Alisa Alamar-Roth graduates in January 2009 and just passed the BOC exam. She is applying to a number of physician assistant programs.

Smadar Bezalel will take the BOC exam in February. Earlier she completed her BS degree and is presently finishing her MS degree at CSUF. Her thesis compares taping and bracing related to ground reaction forces.

Alex Bravo finishes the ATEP in January. She returns to CSUF in spring 2009 to complete her student teaching in the Anaheim School District. After this, Alex hopes to be a high school ATC and teacher.

Kayla will sit for the BOC exam in the spring. She has one more semester of classes before she graduates in May. Kayla will continue to improve her clinical skills this spring by assisting Jen Rahill at Katella HS.
Shalina Johnson passed the BOC exam in November and graduates in January 2009 to become an ATC. She will begin her professional career at Restor Physical Therapy in Irvine, but hopes to find a good high school AT position.

Brian McCabe graduates in January and will complete the BOC exam in the January. He is presently looking for the best graduate assistantship for his particular needs.

Jill Seavers-Rueter graduates in January, after passing the BOC in November. She has accepted a position at Newport Harbor HS in Newport Beach.

Craig Truglio will finish his CSUF academic career in May 2009. His plans include taking the BOC exam in either April or June. He is investigating his graduate school options.

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Alum Focus: Magie Lacambra

**Job Title:**
Manager of Team Sports & Co-Manager of Gatorade Sport Science Institute (GSSI) Athlete Testing Program

**Briefly describe your job responsibilities:**
As Manager of Team Sports I work under marketing for Gatorade. I am the day-to-day contact with our college and pro accounts from coast to coast. There is a lot of educating people on what our products are, when to use the products, and make ourselves available as a resource. With GSSI I get to use my science background a lot more working side by side with our scientists to do athlete testing, whether it is in the lab or on the field.

**Can you give us a brief history of your career?**
I was an athletic training graduate assistant at Arizona State University, and later hired as a full time staff member. Then I was offered a job at the University of Arizona, where I worked as head football athletic trainer and assistant director of sports medicine for six and a half years until the Gatorade position came up.

**What drew you to this position/setting?**
It was all timing. I love athletic training, and I thought I was a career athletic trainer that would retire from the athletic training room. When I was at U of A, being head football athletic trainer and assistant director of sports medicine, I started to really look at quality of life, and expectations and demands of the job…I needed a change, but I was not actively looking for it. The Gatorade position was a newly created position, it was the first time Gatorade had hired athletic trainers…it was too good to turn down, and I thought if I don’t like it I could always go back…but here I am eight years later.

**Do you ever find yourself referring back to your athletic training skills?**
A lot. Time management, managing people, multi-tasking, being flexible, and the stress level. Here, we are working with business people, they have MBAs, were marketing majors, business majors…they have a different perspective. Stress to them is different than what we are used to in the athletic training clinic. I think the skills you learn in being an athletic trainer, being able to multi-task, to stay in control and make decisions…all those things come into play and we use them every single day. And it makes the job a lot easier, a lot less stressful because stress to me is having somebody’s life in your hands. Those things have been invaluable in my current job and helped to put things into perspective. These other things, yeah, they are stressful in a certain way, but not like before. The skills that you have as an athletic trainer can carry over into a lot of different professions.

**Typical day?**
The most typical thing to say is that it is very atypical. No one day is the same. There isn’t anything that I do on a regular basis. It is an autonomous job. There is a lot of email, a lot of phone calls, a lot of travel depending on the time of year. The area we spend most of our time and resources in is education, but it is also customer service. Right now with all the bowls going on it is a unique time of year. A lot of teams are traveling to various locations and we are helping them get product where they need to go, getting hotel and practice site information, all that to make their travel, from Gatorade’s perspective, easy. On the research side is finding athletes that need to be tested, coordinating with our lab, finding lab space and time, staffing, and resources. Also if GSSI needs to conduct research I need to find the best team and best location to do that and coordinating all of it. Some things are heavier one day and lighter on another day.

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The Titan Family would like to welcome our new AT Students. Their desire and passion for the profession of Athletic Training finds them wrestling with the challenge to manage their time and hoping to hit a home run as they begin to pave their own way into the CSUF ATEP.

- Ashley Bingham comes from LA and is currently working with the high flying gymnastics team.
- Derek Boroian did his first rotation with the softball “Fall-Ball” season. Derek hails from Lake Forrest.
- Keith Candelaria balances his family life at home (Lake Elsinore) with an understanding wife and two children, as he completes his fall baseball rotation.
- Leslie Cardoza is the youngest of our Newbies and started her AT experiences at Diamond Bar High School under the guidance of Stacy Camou (Diaz).
- “The satisfaction of helping an athlete perform to his/her best ability” is what drives Jordan deGracia. Jordan is from Hayward, CA.
- Lauren Forsyth presently is learning alongside Mike Martinez and the men’s basketball team. She is originally from Lakeport, CA.
- Chris Gibson left his desert home in Palm Desert, CA, to join the CSUF-ATEP. He currently assists Amanda Rice with the women’s basketball team.
- Ricardo Padilla believes that “if you do what you love, you will never have to work a day in your life”. Ricardo is also from Diamond Bar, CA. Welcome to everyone...now, “buckle up”.

What is your favorite part of your job?
That I can still be involved with the athletic training world. Being able to talk, learn, and interact with the peers I had before. And it is not just the athletic trainers, I work with the support staff of each of those teams as well. We also get a lot of privileges with this job; being able to go to sporting events like the super bowl or the all-star game, getting to work with elite athletes to the point where your able to help them, with our research, get back to their competitive state because you helped them resolve a hydration issue or a cramping issue or a heat illness issue; that is very rewarding.

What about your least favorite?
It’s a pro and a con, but I would say the travel. There is a lot of travel. There are times when I am gone for a good portion of the week, and it would be for three weeks out of the month. I don’t mind the travel, I like it, but I think that could probably be a down side.

Do you have any advice for current students or newly certified athletic trainers?
If I were to give any advice to anybody in school now is to take some business courses. Even if you do not want to get the degree in it, take a business course just so you understand it. I would caution newly certified athletic trainers to think along the lines that just because your certified, doesn’t mean you’ve learned everything you need to learn. There is a lot more you are going to learn after being certified and being in the work force then you did while you were in school. I would advise newly certified folks to be open and be hungry for more knowledge.

Anything else you would like to say to the Titan Alumni?
We are a tight community, and I just want to say that I am still proud to be a Titan.

Welcome 2008-2009 ATEP Students!
As is our custom, on October 26th, the CSUF—ATEP hosted our student banquet. Every couple years we invite our students and their families to come to campus and learn more about AT and our Titan ATEP. The day started with a welcome and introductions of students, family, faculty, staff and administrators. Julie and Dr. K gave an overview of the profession and our ATEP, which was followed by a great lunch for over 80 guests at the Marriott Hotel. The AT students then guided family members on a tour of the campus facilities. Barbie Gil-Alviso and Dr. Tsang led the group in an outstanding game of Jeopardy used to enlighten everyone about our specific AT Education Program and those who make it special. Comments were positive from attendees. Family members seemed to enjoy themselves and went home knowing more about our ATEP and its great traditions. Enjoy some of the pictures from our ATEP Banquet.
CSUF Student Recreation Center

The CSU Fullerton Student Recreation Center (SRC) was officially debuted on April 09, 2008. The vision to build the SRC focused on offering the campus of Cal State Fullerton and the surrounding community a quality fitness facility that enhances recreational, educational, and social development while contributing to overall physical fitness and wellness. Currently enrolled CSUF students are eligible to use the SRC as their membership has already been paid through their Titan Student Union fee. Memberships are available for purchase to members of the university community including: campus faculty and staff, registered alumni, students enrolled in Extended Education or American Language programs, and spouses/domestic partners of enrolled students and other campus community members (membership information is available at: http://asi.fullerton.edu/reccenter/).

The SRC was awarded “Best Overall Sustainable Design” as part of the 2007 Best Practice Awards for the University of California/California State University Energy Efficiency Partnership Program. Some of the offerings through the SRC include Drop-In Fitness classes, Instructional classes, and Parent & Family Programs. The property includes: Weight Training Area; Cardio Fitness Room; Multi-Court Gymnasium; Indoor Jogging Track; Cardio/Multipurpose Activity Rooms; Racquetball Courts; Spin Room; Sports Climbing Wall; Outdoor Leisure and Lap Swimming Pool.
Welcome New Graduate Assistants

The Titan Family welcomes Max Nikolenko and Ken Burns, the newest of the Graduate Assistants. Max enters the family kicking off Men’s Soccer, as Ken represents CSUF by taking down wrestling. Both Max and Ken come to us with a BS degree in Athletic Training from Chapman University. They are now pursuing their MS degree in Kinesiology with a Strength and Conditioning focus.

Max hopes to become a better clinician and educator as he interacts with ATEP Students and staff. He expressed his appreciation for the family atmosphere, for which CSUF is so well known. Max reflected on some memorable moments in the first couple months of his assistantship, dealing with a heat stricken athlete and a tib-fib fracture, saying “I was nervous but I got through it”. “I had people who watched out for me and they were there for me”, which allowed him to settle into his assistantship as part of the CSUF Men’s Soccer Team and AT Family.

Ken comes to Cal State Fullerton to advance his skills in athletic training and strength and conditioning. He has worked previously with Athletes Performance in Carson, CA. He continues to pursue his goal in working with elite athletes. Ken talked a little about life on the road saying “it’s intense and there is always something to do”. Being away with the team keeps Ken busy and says "the best part of AT is seeing my athletes happy and enjoying their success”.

Max and Ken bring a world of knowledge and experience to the Titan family. Welcome Max and Ken.

From the Soapbox...

Writing this brief piece for our Titan Update is always difficult for me. I am never sure what to write and certainly do not even begin to think I can guess what you might want to read. To think I have some great insightful wisdom to share with others is crazy. Being old does not always correlate directly with being smart or wise...it only means you have made more mistakes than those who are young. So, this may be another mistake, but someday soon I will be too old to remember ever writing it...so here goes.

It is Thanksgiving Day about 8:00 pm. I took the train north to visit my family for a couple days. I am sitting in my parents home, after spending the day with my parents, my brother and sisters and their families. I enjoyed the day watching the kids play and discussing the old days. Way too much food was consumed. Right now, my parents are watching Charlie Brown on the TV and laughing. I am very thankful for my family. I am also fortunate to belong to the family of 30,000 athletic trainers. I am proud I made that choice many years ago. I am especially thankful I am part of the Titan ATEP Family. We have much to be thankful for in our daily lives. My wish for all of you is that you appreciate your life blessings. Each of you has blessed my life. I hope you continue to maintain the relationships you nurtured while here at CSUF. Remember those days...Reconnect with all those who helped you along the way. Our family is important. Keep it alive. Thanks for all you do for the profession, for CSUF, for the Titan ATEP family, and for me.  

RK