On February 23, 500+ athletic trainers and athletic training students flooded the steps of Capitol Hill in Washington DC. We started with a 6 am practice session including mock political meetings. Lobbyists sat with us (political rookies) and introduced us to the art of political persuasion. We learned what it takes to influence those that govern our cities, states and country. At 7 am, we loaded the buses. We were off to convince our senators and congressmen to support the athletic training profession and A.T.E.A.M. (Athletic Trainers’ Equal Access to Medicare Act). HR 1137 will amend Title XVII of the Social Security Act, to improve access to physical medicine and rehabilitation services under part B of Medicare to include certified athletic trainers as health care providers. Passage of HR 1137 will give physicians additional choices when deciding the most appropriate health care professional to provide patient care. ATEAM also restores certified athletic trainers as providers of physical medicine and rehabilitation services, making us a viable option for physician services. The amendment also opens opportunities for ATs, encourages a greater respect for our profession, and emphasizes our positive impact on the patients we serve. By noon, we had met with our senators and by 3 pm most of those representing California had met with their congressional representative. It was a day of motivation, ambition, and empowerment for everyone. Thanks to Mike Chisar, (Titan Alum) for his leadership, and to all those who represented California in D.C., including those above M Martinez, R Kersey, H Vandeman, (ATS), and M Chisar. We encourage you to become involved in empowering our profession and continue to uphold the Titan tradition as distinguished sports health-care professionals.


Contact your legislator:
http://capwiz.com/nata/home/

- Mike Martinez
Natallie Robello announced her engagement. The wedding is set to take place June 2010 in Las Vegas.

Lauren (Tillman) & Antoine Tarver were married on April 25th. Lauren also recently accepted a position at ACIC Physical Therapy and is the athletic trainer for Irvine High School.

Jason & Casey Cashio welcomed daughter Madison LeeAnn, born December 17, 2008. She weighed 9 lbs 4oz.

AD (Segura) & Alden Velez had Alijah Jacob on January 5th. Baby Alijah measured 6 lbs and 19.5 inches.

David & Sarah Cox became parents to Kasey Diane, born on March 9th. She was 7 lb 4 oz and measured 18 inches.

Cindi (Chu) & Rich Coury gave birth to their son Elijah Samuel on March 13th, (6 lb 4oz).

Wil & Lauren Filamor welcomed their new son Miles Joseph into the world on May 30. He weighed 8 lbs 9 oz and measured 22”.

Charlie & Lilly Ramos are expecting their first baby this September.

Barbie Gil—Alviso & husband Jerome expect to welcome their fourth Titan to the family in October.

Bryan McCabe has accepted a position at Pro Sports PT in Newport (with Allen Dumolien).

Kavin Tsang recently published: Precision and reliability of a method volumetric technique to assess ankle volumes. Athletic Training & Sports Health Care. Dr. Tsang also spoke at the Practical Applications in Sports Medicine in May.

Stacy (Diaz) & Albert Camou became the legal parents of Daniel Camou on April 22, when his adoption became official.

Amber Giacomazzi’s graduate work was recently published. Analysis of the impact performance of ice hockey helmets using two different test methodologies. Journal of American Standards & Testing Materials International.

Smadar Bezalel passed the BOC exam in February and she received her MS in May.

Alexandra Bravo earned her Single Subject Teaching Credential from CSUF this spring. Other May 2009 Bachelor of Science graduates include Craig Truglio, Kayla Gradillas, & Anastasia Buerger.

Joe Avitable was accepted into the DPT program at Baylor University (US Army), for Fall 2010.

Mike Chisar, Mike Martinez, Holli Vandemen & Dr Kersey all participated in Hit the Hill Day, Washington DC, February 2009.

California—Hit the Hill Day in Sacramento (May 2009) was attended by Amanda Rice, Mike Martinez, and current students Holli Vandemen, Keith Candelaria, Lauren Forsyth, & Leslie Cardoza.

Congratulations to Andy Paulin for being inducted into the FWATA Hall of Fame and Robert Kersey for being recognized as Most Distinguished Athletic Trainer at FWATA meeting in San Diego.

Mike Martinez accepted an assistant athletic trainer position at UC Santa Barbara and will begin in the fall of 2009.

Craig Truglio became the Head AT for the Fullerton Flyers (independent minor league baseball team, managed by ex-Titan, Phil Nevin).
Hello again to our Titan family. When Belinda asked me to write a few “words of wisdom” for this newsletter, I was reminded that I had not thanked her for the time she and others spend on projects like this. I was reminded of how much we ALL enjoy reading about our “roots” or going to alumni gatherings, or getting together for socials but did not want to take for granted that “someone” stepped up to complete the task.

I want to go on record to say thank you to all of you who have taken on an extra project or simply “stepped up” for the Titans. As Dr. Kersey would say…… “it’s all about choices”. Cal State Fullerton has played a major role in all of our lives. It has given most of you an educational opportunity that many will never have. The Athletic Training Education Program has provided many of you the opportunity to have your current and/or future job. Lifetime friends and professional relationships started in the CSUF ATEP. Support, lengthy discussions and many hugs took place at CSUF for many of us during difficult times of our lives. Somebody was always there!!

As I personally search my heart for MY moments of “thanksgiving”, I ask myself…when did I last put an “offering” in the CSUF ATEP “plate”? When did I last make a donation to support a current student, like somebody possibly did for me? When did I call and say thank you to Dr. Kersey, Dr. Tsang, Barbie or any ACI that continues to give their time for the benefit of the program? When did I offer to present an in-service to our current students, sharing one of my many “pearls” learned from being a part of this great program? Did I call and congratulate Dr. Kersey for receiving the Most Distinguished Athletic Trainer Award at both the FWATA and NATA? What about Andy Paulin for his induction into the FWATA Hall of Fame? When did I last demonstrate that I will NEVER “forget my roots”?

As I put my own tape in re-wind….I encourage every current and alumni student of CSUF ATEP to do the same. I am so very proud of our program and those that perpetuate the CSUF philosophy. Keep up the good work Titans and as you re-wind your own “moments” ….ask yourself what and how you can give back to those currently in need. It can be a tiny, kind gesture. It can be a simple smile and hug. It can be a phone call to say thanks or congratulations. It can be a financial offering. It can be as easy as saying….thank you (Mike, Smadar, & Belinda) for this Titan ATEP Newsletter!!!! Or it can be a reminder of our motto….“Never forget our roots”!!! I love you. Julie

Two groups represented CSUF in the student session at Far West this year. Kayla Gradillas (Spring ’09 class) and Ali Lacayo presented a case study: Rhabdomyolysis of the Upper Extremity in a Track and Field Athlete. Kayla and Ali provided an overview of rhabdomyolysis from both a pathophysiology and a clinical viewpoint. Both presenters did a great job of informing the attendees of the general medical issues that athletic trainers may encounter in their own work setting. Keasha Russell, Hisano Tasedan, and Holli Vandeman, presented The Unknown Electrotherapy: Microcurrent (MENS). These three provided a review of the physiological effects of electrotherapy and, more specifically, the impact of MENS on nerve and muscle pain, inflammation, and wound healing. Holli, along with fellow CATA iLead Scholarship recipients, spoke during the iLead Seminar, about her experience in Washington DC at Hit the Hill Day. Former graduate assistant Amber Giacomazzi (Spring ’08 grad) presented her thesis work as part of this year’s poster presentations. The focus of her study was on the effectiveness of helmets in ice hockey. Several students also received honors and awards at this year’s banquet. Hisano Tasedan and Holli Vandeman both received FWATA Scholarships, and Holli was awarded the NATA REF Scholarship. Ricardo Padilla, Ashley Bingham, & Keasha Russell were the CATA YouTube Video Contest Winners. They created a short length video in honor of National Athletic Training Month (http://www.youtube.com/watch?v=sLPYeWPCmKU).

Ali Lacayo is interning with Armando Rivas and the LA Galaxy this summer. Congratulations to all...job well done by all. You continue to set the bar high and represent the Titans with distinction!
What's New?

ATS Banquet, Sacramento—Hit the Hill Day, and FWATA Meeting

CALIFORNIA STATE UNIVERSITY
FULLERTON
As another year ends, we must say good-bye to two more GA’s and thank them for all their blood, sweat and tears. After graduating from Azusa Pacific University, Tyson Allies spent one year on the staff of Kristal Emig-Slover (Titan alum) at Cal Poly San Luis Obispo. He then decided to return to graduate school and ended up at Cal State Fullerton where he spent most of his spring days in the dugout, organizing the Judy Garman Tournament and keeping our softball team healthy. Tyson also worked with our volleyball team in the fall. Though excited to graduate, Tyson will miss all the support that everyone has given him and one another, as well as the Cal State Fullerton “Family.” His plans are to stay in the Southern California area and work in the high school setting as an athletic trainer. Tyson’s words of advice to future athletic training students are to take advantage of every opportunity and experience you have and to continue the Cal State Fullerton “Family” tradition with pride.

Michael Martinez, a Cal State Fullerton alumnus, kept himself very busy working with the men’s basketball team and traveling with the team to the Big West Championships, as well as the big dance in 2008. Mike plans to continue working with USA Soccer and aspires to get involved with the NATA-PAC. His goal is to become a head athletic trainer at a Division I university (recently hired at UCSB.) and continue working in education and inspiring athletic training students. Mike’s words of advice to future students are to think outside the box, do not wait for someone to tell you or show you how to become an athletic trainer. Find ways to learn and seek it out yourself, be ambitious. Look for solutions to problems and do it diligently! As we say fare-well to our departing graduate assistants, we thank them for their hard work, dedication and contributions to the Titan Family. We wish you both the best and hope we have taught you a little something in return for everything you have taught us. We leave you with one thing to always remember... Once a Titan, Always a Titan. Thank you and GOOD LUCK!!

“...take advantage of every opportunity and experience you have and to continue the Cal State Fullerton “Family” tradition with pride.”

“...think outside the box...find ways to learn and seek it out yourself, be ambitious.”

-Smadar Bezalel
Alum Focus: Ivan Pierra

The Alum Focus for this edition of Titan Update is Ivan Pierra, MS, ATC. Ivan came to Cal State Fullerton in the fall of 1990, after attending a number of community colleges, as well as the University of Maryland. He managed to earn grades to make anyone proud, especially considering he learned from professors such as the infamous Dr. Smith (Human Anatomy) and Dr. Adams (Sports Medicine). Ivan graduated as a Titan in January 1993 with a BS in Physical Education. He returned to CSUF to work as a graduate assistant athletic trainer and earned his MS in Kinesiology in August of 1999. Ivan has since worked as the head athletic trainer for the Los Angeles Galaxy (MLS) and is presently the head athletic trainer for the US Men’s National Soccer Team. The Men’s National Team begins a tough road toward the 2009 FIFA Confederation’s Cup in South Africa this weekend with their first game against World Cup Champions—Italy.

We recently spoke with Ivan about his thoughts on the AT profession and his Titan roots.

What is it about your job that keeps you coming back? What do you like most about your job? The different challenges in dealing with recovery from injury, and the banter within the staff and players.

What is the toughest thing about your job? The personality conflicts between some staff and players.

What is your favorite modality or manual technique? Active release, soft tissue work and ice. I get the best results.

How many countries have you visited working with the Men’s National Team? About 30 countries.

What is your favorite place to have visited? I do not have a favorite ONE but one of the most amazing was China and walking the Great Wall of China.

Who are your Mentors? Jerry Lloyd, Julie Max and Chris Mumaw. They gave me my foundation to be successful in this career.

What is your favorite flavor of Gatorade? Rip Rush

Campus News

The area code for all CSU Fullerton phone numbers was recently changed to (657). Be aware you can no longer reach us using the (714) area code. All extensions remain the same.

Other campus happenings include current construction on the third campus dormitory, as well as the third multi-level parking structure. Recent completion of a number of campus structures have made CSUF a completely new campus for those who have not visited in a while. We have a new business building, a new performing arts building, a new addition to the old PE building, and a new fitness center. Projects to begin soon, include a new police station and children’s center. Come by and visit your old “digs” when you get a minute.
From the Soapbox

“Another year has come and gone”, or so the saying goes. For me...I am teaching summer school for the first time in 20+ years. (What was I thinking?) We enjoyed many highlights during our year at Cal State Fullerton. The University recently approved a new seal and logo (see pages 1, 2 & 5). Baseball won another NCAA Super Regional (some things never change) and left this morning for their 16th appearance at the College World Series. A number of our recent ATS graduates successfully passed their BOC exam and are now Certified Athletic Trainers. This year, 80% passed their board exams on the first attempt...which was outstanding as they continue to maintain the strong tradition. Many new “little Titans” joined our extended family...one competency we seem to have perfected. A number of current and former Cal State Fullerton folks attended Hit the Hill Day (both in Washington DC and Sacramento). These individuals should be applauded for their commitment to the profession. We had over 50 Titan alum gather in San Diego for the FWATA meeting. It is always good to see everyone. Titans were everywhere...and it is good to see more Titans in NATA and FWATA leadership roles. I hope this continues. Our current students represented the University with distinction as they presented and interacted in a professional manner throughout the year. Two outstanding graduate assistants will leave us shortly and we are indebted to them—Tyson Allies and Mike Martinez...we wish you well. We are looking forward to a great meeting in San Antonio next week. We hope to have a strong Titan contingent. Our annual gathering will occur on Friday—June 19 @ 7:00 pm at Dick’s Last Resort [http://www.dickslastresort.com/], please join us. A final highlight was the Chancellor’s approval of the new BS in Athletic Training degree. Beginning this fall, we will welcome a new cohort of students to become the first AT majors in Cal State Fullerton history. Current students may decide to change their degree to AT, which would mean we may issue our first diploma in AT as soon as January 2010. Many issues still need to be finalized, but this is a big step in our history at Cal State Fullerton. Another great year, Go Titans...thanks to all of you for what you did as an AT student and what you continue to do as a professional!!

RK