This edition’s Alum Focus is on Shannon Kaney, ATC. Shannon graduated from CSUF in 1995 and began traveling with Athletes in Action (AIA) softball shortly thereafter. Her position provided the opportunity to travel internationally and was highlighted with 1996 trips to Guatemala and El Salvador. Shannon found these experiences rewarding, because caring for athletes in each country enlightened her to how she could use her athletic training skills in the mission field. As such, she accepted a full-time position with AIA in 1997, serving as the athletic trainer for the women’s basketball teams. Shannon is currently the Director of Women’s Basketball. Her daily responsibilities include: set-up and administration of international tours, managing recruiting, budgeting, and arranging athletic training coverage for the various teams. Additionally, she also leads the Operations Team for Athletes in Action Sports. We were able to catch up with her to gather some of her thoughts on AT and her Titan roots.

What do you love about your job? What keeps you coming back?
There are many aspects of my job I love! Here are my top three:
Travel: I love to travel! Each year I travel around the United States with our USA Exhibition team and go on at least one international tour in the summer. In the last 10 years, I have been to 15 different countries!
Teaching Injury Management Internationally; Once you leave the US boarders, you realize how advanced we are with regards to injury management. Over the years I have been able to educate many athletes and coaches around the world on how to properly treat athletic injuries.
Investing in the lives of people: Each year I work with and travel with college athletes, coaches and athletic trainers and am able to help them grow in their spiritual and personal lives. This, by far gets me out of bed in the morning!

What is the toughest part of the job?
I work with a non-profit organization so we have to raise money for EVERYTHING! That is definitely the toughest part of my job!

What is a typical day like for you?
That is a tough one! Depends on the time of year and really varies day to day. January – May is a lot of administration work, & lots of meetings! During this time I also recruit athletes, coaches, athletic trainers for summer teams so I am e-mailing, on the phone, and traveling to meet with people and teams in person.

What are the similarities/differences between your setting and traditional AT?
With Athletes in Action I don’t practice my skills every day. There are seasons when I provide athletic training services for teams which looks similar to a traditional setting, but that is only a few weeks of the year. The rest of the year is more administrative work, and traveling meeting with players, coaches and athletic trainers who are interested in traveling on an AIA summer team.

What is your favorite professional highlight from your career so far?
Being able to travel to 15 different countries and see sights I never dreamed I would see.

Who are your mentors?
Julie Max has been a very influential person in my life, personally and professionally. The quality that impacted me the most was her ability to connect with people and make time for them no matter how busy she was. Shortly after graduation when I was at a cross roads of where to take my athletic training career, I remembered the impact Julie made in my life and I decided to go into full time ministry to help meet the spiritual needs of athletic (Continued on page 2)
trainers and educate them about the unique position they are in to impact lives in a positive way. It has been 15 years since I graduated and Julie continues to be a source of encouragement and wisdom for me.

**What is the best piece of advice you have received during your career?**

We are servants and it is not about us. I don’t mean servant in a negative way, but the reality of any health care profession is we are serving the needs of others and we need to do it without expecting anything in exchange. Our profession can be a very demanding, thankless job and we often don’t receive the appreciation we deserve. However, we are in a unique position to have a powerful impact on the lives of the athletes and coaches we serve. If you can keep that mentality, you will stay in the profession for the long haul.

**What is your fondest memory of your time in the CSUF ATEP?**

Traveling to Hawaii twice with the women’s Volleyball and Softball teams, as well as the goofy games we played in the athletic training room waiting for practices to end. Roller hockey on the chairs, using tape rolls as the puck was the best!

**What was your toughest class at CSUF & why?**

Kinesiology – I forget who taught it but it was a 7 AM class!! Can anyone learn or retain anything that early! :o)

**Do you have any advice for current ATSs or young professionals interested in your setting?**

As you are learning various athletic training skills, don’t miss the life skills you are learning as well. You are learning to be good communicators, pay attention to detail, budgeting, organization skills, record keeping etc. These skills are valuable in life and in other settings. I don’t do as much athletic training anymore, however the skills I gained as an athletic trainer have helped me immensely as I talk with top level basketball coaches & players. In addition I play a big role in setting up systems and processes for the Athletes in Action Basketball Department, which I attribute to my eye for detail and thinking through all aspects of a situation, which we need to do in injury prevention and management.

**Any final thoughts for the Titan Family?**

First of all even though I don’t practice athletic training much anymore I have not forgotten my roots and I am and will always be an advocate of athletic trainers and the advancement of our profession.

Secondly, I live in Ohio and Ohio State fans surround me, but I promote Cal State Fullerton athletes quite often to the point that some of my co-workers check scores of Fullerton teams! “Remember the Titans” takes on a whole new meaning in the Athletes in Action office when I am around! :o)

Thirdly if anyone is interested in traveling with or learning more about Athletes in Action please contact me at Shannon.kaney@athletesinaction.org or call me at 937-352-1216.

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**Shannon Kaney**

**Athletes In Action**

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Let me begin my “words of wisdom” with an apology to Belinda and Dr. Kersey for the tardy completion of MAXimum Exposure. When given the deadline for this article, I, like most, procrastinated, delayed the inevitable and finally forgot! For those of you who care that the Newsletter is late.....my sincere apology; for those that don’t.....no harm, no foul!

My apologetic introduction does make me put MY OWN tape in rewind for those areas that “need improvement”. January is my most reflective month of the year. As I do in my professional life, my personal choices are also examined. At the end of every day, I reflect. Did I handle that coach, administrator, athletic training student, colleague the way I should have? Did I use that moment as a “positive” teaching moment or did I blow it? Was my language indicative of the professional I want to portray or do I want those “negative” words back? Was I encouraging or totally discouraging? Did I involve “critical thinking” moments for my staff and students or did I simply make decisions for them as it was easier? Did I treat everyone with the same respect that I would like to be treated or did I fall short? Did I make a positive difference today?

As Athletic Trainers’, I believe we HAVE to ask ourselves these questions and many more EVERYDAY! We have to find a way to separate ourselves as CSUF ATEP alumni. We HAVE to know that every day we ARE making a difference. Every day we are given an opportunity to impact someone’s life. Were we successful? As I start the New Year...I encourage ALL of us to reflect, and have the courage to ask ourselves the hard questions. What impact do we really want to have on those around us? On any given day, were we successful OR were we significant? Did I really make a difference OR am I just like the rest? Am I going to procrastinate or am I going to step up and set the example?

I AM ready for the New Year! What about you Titan?!

Remember, you are loved! Julie
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 included in future editions of the CSF ATEP Update, please forward your personal and/or professional news to titanupdate@hotmail.com.

Jamie cheered on his wife Lisa Wilson as she delivered twins Dax Thomas Wilson, 6lbs 3oz, & Avery Marie Wilson, 4lbs 13oz, on August 24th.

Charles & Lily Ramos welcomed their first son, Christian James Ramos, 6lbs 2oz 19.5in, on August 28th at 11:24am.

Tyler & Julie Hamilton welcomed their baby boy—Zachary John—on September 25th, 9lbs 7oz, 21 in.

Stephanie Wichmann & Brian Barney are expecting a baby girl, due in March 2010.

Macy Ann Gil-Alviso was born to proud parents (#4) Barbie & Jerome Gil-Alviso on October 30th.

Julie Smith-Etkins & husband Dave expect to welcome a baby girl into their family in June of 2010.

BJ Capili and girlfriend Jenn recently announced their engagement. BJ also earned his MS in Sports Health Care from AT Still University and is currently an athletic trainer at UC Santa Cruz.

Craig Truglio & Shalina Johnson just announced their engagement. Craig passed the BOC in June 2009 and is currently working at Restor PT. Shalina is presently the athletic trainer for Trabuco Hills HS/Foothill Ranch PT.

Adam Cady recently accepted a position as assistant athletic trainer at California Baptist University in Riverside, CA.

Kayla Gradillas passed the BOC exam in June and was recently hired as the athletic trainer for Juaninero Sierra HS. Fellow classmates with new jobs include Smadar Bezalel who was hired at San Juan Hills HS/Bauer PT & Jill Seevers at Savannah HS.

Ivan Pierra’s USA Men’s Soccer team, recently qualified for the 2010 FIFA World Cup in South Africa.

Larnie Boquerin & Shannon Kaney both had the opportunity to travel to Brazil over the summer with Athletes in Action.

Amanda Rice has been appointed NATA District 8 Chair of Public Relations.

Rusty Baker received his MS in Sports Management from Florida State, and was appointed NATA District 8 Chair of History & Archives.

Jayme Baker started the DPT program at Loma Linda University in June and Alicia Alamar-Roth began the PA program at Western University.

Recent alum Ali Lacayo completed a summer internship with the LA Galaxy and Armando Rivas.

Julie Max received the Tim Kirin Award this past summer at the NATA Annual Meeting in San Antonio.

In 2009/2010 we will see another great group of ATEP students graduate and move on to take the BOC exam. Here is a little about each of them, their memories and their goals......

Jin Keun Chung (Pablo) - Pablo will return CSUF this spring for a few remaining classes before graduation. After sitting for the BOC and becoming certified Pablo would like to get some work experience and eventually attend graduate school. Pablo says he is thankful for the ATEP program and staff and the wonderful friends that he made during his time at CSUF.

Keasha Russell – Keasha would like to pass the BOC exam and then find a job as an ATC this spring. Thereafter her hopes are to attend graduate school. Keasha says she appreciates the way CSUF’s ACIs prepare students not only to be good practitioners but also for life in general.

Alexandria Lacayo- Ali will also be taking classes in the spring to finish her degree, and plans on getting some work experience before attending graduate school. Ali says that she has a lot of fond memories of her time at CSUF and probably can’t choose one as...

(Continued on page 4)
This fall we welcomed three new graduate assistants to the Titan family. Kelly Franks comes to us from Azusa Pacific University. She graduated in the spring of 2009 with a Bachelor of Arts in Athletic Training. Kelly is currently pursuing a MS degree in Kinesiology, Clinical Exercise Science. Kelly did a great job in her first season with Women's Soccer and will return in the spring to work with Track and Field. In her free time, Kelly enjoys relaxing with friends, running, training for triathlons, traveling and outdoor activities such as surfing, hiking, and camping.

Sarah Ibanez was a great asset in helping with our Women's Volleyball team this fall and will also work with Track and Field in the spring. Sarah is a Fresno State graduate, earning a Bachelor of Science in Athletic Training, Spring 2009, and is currently working toward her Master of Science in Kinesiology with an emphasis in Sport Psychology. She grew up in Glendora, California and is glad to be back in SoCal to be closer to her family; including mother, stepfather, 19 yr old brother and 17yr old sister. In her free time she enjoys going to the beach, swimming, and watching movies. She feels extremely blessed to be a part of the Fullerton Titan family.

Our third newcomer Alisha Smith, a California native, who graduated from Florida State. She is looking forward to an outstanding season working with our Softball team in the spring. She is also studying to earn her MS in Kinesiology with a Sports Psychology emphasis and is thoroughly enjoying her time as part of her new Fullerton family.

What a trio!! We are very grateful to have these three wonderful GAs join us this year...welcome Kelly, Sarah & Alisha!
The ATEP class of 2011 has successfully completed their first semester in the program. Each member of the group shared about their most memorable experiences from the past four months. Here is what they had to share:

Jessica Garnica is from Redlands, Ca. She says her most memorable moment from the past semester was “having a full leg vacuum splint fit as a full body vacuum splint.” Evelyn Jaramillo, Riverside Ca, shares that her “most memorable moment from my first semester is the taping race that took place during seminar. Each one of the classes chose a representative to tape an ankle and I had to tape Julie’s [Max] while the other two classes each had to tape one of their peers. It was intense for me!” Isabel Archuleta comes to us from Corona, Ca. She explains that she most enjoyed observing “a physician staple a laceration on a wrestler’s scalp while I hosted a wrestling match.” Robert Kirkland, of Irvine, Ca also enjoyed wrestling, stating that his favorite part of his first semester was “hosting the Cal State Fullerton Open for wrestling.” Michael Kaufman is from Fair Oaks, Ca. He tells us “My most memorable experience from my first semester was being able to host at the NWCA All Star Match that welcomed the top wrestlers in the nation. It was amazing to see so many people in the stands and to know that it was only my ACI and myself who were responsible as the primary medical personnel.” Monica Cordova, who comes from Bellflower, Ca says what she enjoyed about her first semester was “meeting my new ATEP family.” Connie Kuei comes to us from Diamond Bar, Ca. She says her most memorable moments were those “shared with my ATEP brothers and sisters as we ate lunch next to “our wall.” Vanessa Pai, from Walnut, Ca enjoyed “having the opportunity to travel with our men’s basketball team to Pauley Pavilion to beat UCLA in double overtime!”

The Class of 2011 has already shown many strengths within their first semester and an even more promising future is expected from them. Welcome to the ATEP Family, Class of 2011!
During the 2009 Fall semester, Rosary High School was added as an official clinical education affiliate site as part of the ATEP. Rosary HS is located within a mile from CSU Fullerton and provides an unique experience to the ATEP as it is an all-girls Catholic high school. In addition, the current Athletic Trainer (Lorrie Clement) and Athletic Director (Juleen Wise) are alums of the Titan ATEP. Welcome back Lorrie and Juleen!!

“Got Blankets?” Reviving (continuing on) a project that was started years ago by Nigel Petrie of the Titan ATEP, current ATEP students, led by 5th semester student Hiro Oda, put together a collection of 235 donated blankets, sleeping bags, and towels. Thank-you to everyone who donated or helped with the project. While a few of the smaller items were given to an animal shelter, the remainder of the donations (fully loading 2 SUVs) were taken down to skid-row and handed out to the homeless of downtown Los Angeles. A special “Mahalo” to Hiro Oda, Hisano Tasedan, Pablo Chung, Dr. K, and Dr. Tsang for making the trek to LA!!
From the Soapbox...

We made it to another year...another decade. The ATEP and its key stakeholders experienced a busy year. For many ALUMNI, there were growing families, new employment opportunities, professional travel, NATA/FWATA involvement, personal achievements and many others for sure. Our AT STUDENTS experienced quite a year, as well. About one-third of our ATS, traveled – many by car – to San Antonio to attend their first NATA Annual Meeting & Clinical Symposia, with many more participating in the District 8 FWATA Meeting in San Diego. Some traveled with Andy Paulin to the cold, windy, wet Bay Area to win another state JC football championship with Mt SAC. This month CSUF will graduate the very first students ever with a Bachelor of Science Degree in ATHLETIC TRAINING (Emma Garton and Keasha Russell). Our ATEP FACULTY & STAFF had its share of news, with new family additions (Barbie Gil-Alviso and Stacy Diaz-Camou with the additions of Ms. Macy and Daniel respectively), outstanding personal achievements (Nathan Longcrier completing another full Ironman Triathlon and Brent Smedley with another great year of motorcycle racing), ACI additions of Lorrie Clement (Rosary HS) and Bill Ito (Mt SAC), professional honors/involvement at many levels (Julie Max – Tim Kerin Award Winner, Amanda Rice – NATA/FWATA Public Relations Committee and Kavin Tsang – CAATE Site Reviewer & REF Abstract Reviewer), among other events.

One of my most memorable 2009 ATEP events involved the ATEP Blanket Drive (originated by Nigel Petrie...revived by Hiro Oda). What an outstanding response, what a great tribute to the caring attitudes of the ATEP, what a pleasure it was to join Hiro Oda, Hisano Tasedan, Pablo Chung, and Dr. Tsang on “skid row”, as we were blessed to share our good fortunes with others. We hope to do even better in 2010 and will inform everyone, so you can join us. Hoping you and your family enjoy a truly blessed year/decade.

RK

TITANS @ 2009 San Antonio NATA Meeting

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