On March 23, 2010 California athletic trainers ‘Hit the Hill’ at the Sacramento State Capitol, lobbying for two new bills to help ensure high school athlete safety. A total of sixty-two certified athletic trainers and students spent the day visiting legislators to promote Assembly Bill (AB) 1646 Catastrophic Injury Training for High School Coaches, and AB 1647 Catastrophic Injury Prevention. CATA President Mike West and FWATA Governmental Affairs Committee Chair Mike Chisar (and Titan alum) organized and led this successful event with the support of J. Walcher Communications (PR Firm) and Aaron Read and Associates (Lobby Firm). By day’s end, the group interacted with over half of the State’s legislators, educating them about the athletic training profession and the two important bills. Current and past CSUF attendees were: Chris Gibson, Keith Candelaria, Amanda Rice, Mike Martinez, Adam Cady, Jayme Baker, Russell Baker, Belinda Sanchez, Jennifer Reiger and Anna August. It was an honor and privilege to stand among the Titan family and promote our great profession. I couldn’t have been more proud of our family!

- Amanda Rice
MAXimum Exposure

FAMILY!!!! What a familiar word when you enter Cal State Fullerton’s Athletic Training Education Program. It is so often used, that many get tired of hearing the word. Many question if the promise of family is valid and true. Many come to our Program and have no measure as to what a real family is. As I reflect at this time of the year, I am reminded of the many alumni who truly experienced “family” during their time in ATEP. A time that each of you can recall when you most needed support, a listening “parent”, Kleenex for your tears, interested “siblings”, understanding faculty, hugs and a promise that we will always be there for you. A time that EACH of you can recall that was possibly the most difficult time, circumstances, tragedies, life changing moments in your life.

A time that “family” was crucial in simply “being there” for you.

As I reflect.......I can recall the majority of you experienced at least one of those moments. A pivotal time in your life. A time that certainly left a lasting impression, yet reminded you of the importance of the ATEP “family” and the impact that it has on your current life.

CSUF ATEP might not be the “premier” program with all the bells and whistles, the fancy facility with the high tech equipment, the pristine sporting venues......but I challenge ANY ATEP in the country to represent “family” and what it truly means like Cal State Fullerton.

Think about it alumni. I know I do every day and feel incredibly blessed. I thank every one of you for teaching ME what family really means. My life has been changed because of this program. Can you say the same???

Alum Focus: Mike Chisar

This edition of the Titan Update focuses on two of our alumni. We first caught up with Titan alum Mike Chisar, who has been very busy contributing to the Far West Athletic Trainers’ Association as Chair for the Governmental Affairs Committee. Here is a summary of our talk with Mike.

How long have you been at DVC? What is your favorite part of your job?

I have been at Diablo Valley College since 1994, first clinically as an assistant and head athletic trainer, and for the last five years as a full time faculty member and director of our athletic training, personal training and coaching programs. My favorite part of my current position is seeing my students succeed, whether it be on a class assignment, transferring to their chosen school, or passing their certification examination.

Tell us about your general experiences with governmental affairs for FWATA.

It has been at the same time both very satisfying and very frustrating. I have enjoyed, and been honored, to represent the athletic training profession to state and federal legislators, and to represent the district at the NATA level. In the last 5 years, I believe we have been making progress and have achieved a number of victories, however I am still disappointed that despite all of our best efforts, we haven’t been able to pass statutory regulation for athletic training in California or Hawaii.

How did you get started in the politics and serving the NATA?

I was asked to consider filling the vacant FWATA governmental affairs chair position. As a Titan, we know that when our profession calls, we need to answer the call. I did some research into the position, it seemed as if I was suited to help the
profession in this role so I said yes and immediately hit the
ground running learning the ins and outs of politics.

What are your current goals?
My most pressing goal is to see statutory regulation of athletic training in California and Hawaii, as well as helping pass federal legislation to ensure the fair treatment of athletic training in the medicare system. Longer term, I would like to see athletic trainers, both individually and collectively, recognize how vitally important being involved in the legislative process is to the future of the profession and increase their involvement.

Is the NATA presidency in your future?
While I don’t have a crystal ball, I don’t have any aspirations to be NATA president. I am happy serving the profession in my current capacity and am passionate about what I am doing. As I said before, my professional involvement is about helping advance the profession and I believe I have acquired the experience and have a skill set that are well suited to assist athletic training through the legislative venue.

What are your thoughts feelings about AB1647?
Like all legislation it is not perfect, however I think it is a very good bill, that if enacted will be an important milestone for athletic training in California and is potentially lifesaving for the student athletes we serve.

Do you believe it will pass?
I am hopeful and cautiously optimistic this bill will pass. We have done a lot of work to this end, not only this year, but in years past, and we have a good team and a lot of support. The one thing I have learned over the last 5 years however is that no matter how good your bill is, and no matter how logical your arguments are, in politics there are no guarantees.

Anything specific that you would like to mention for this volume of the Titan Update?
I have been gratified by the consistent response of past and present Titans to calls for help in the legislative process in California and nationally since I have been serving as the FWATA Governmental Affairs Chair. The spirit and values that I hold dear from my time at Cal State Fullerton are obviously still alive and well today and I appreciate all of the support.

-Adam Cady

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TITAN ALUMNI NEWS

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.

Congratulations to Jordan deGarcia and Chris Gibson, both recipients of 2010 NATA Foundation Scholarships.

Our most recent success stories to join the ranks of Certified Athletic Trainers, include Keasha Russell, Emma Garton, Hiro Oda, Holli Vanderman, Alex Bravo, & Carmen McCall in Feb 2010, and Ali Lacayo, Hisano Tasedan, Pablo Chung, Midori Matsumoto, & Bryan McCabe in April 2010. Congratulations to all!

January 2010 graduates hired into new roles, include: Emma Garton @ SCOR Physical Therapy in south Orange County.
Keasha Russell @ Beaumont HS. Hiro Oda @ SCAR physical therapy in Orange, CA. Holli Vanderman was accepted to AT Still’s MS in Human Movement program.

Dr Kavin Tsang, Stacy Camou, Leslie Cardoza & Chris Gibson all completed the Pasadena Half Marathon.

Nathan Longcrier recently completed the Utah Ironman. Nate has now finished 3 Ironman races & 4 half marathons.

Our current GAs Max Nikolenko & Ken Burns will graduate with a Master of Science in Kinesiology August 2010.

Lauren (Tillman) Tarver received her MS in Kinesiology this month. She and husband Antoine are also very excited to announce they are expecting their first baby November 2010.
Best wishes!

Current ATS, Ricardo Padilla received the College of Health & Human Development Undergraduate Scholarship.

June graduates Ali Lacayo and Midori Matsumoto recently accepted positions as Head AT for the Fullerton Flyers minor league baseball team and GA for California Baptist University, respectively.

Mike and DeeDee Kingsbury recently announced the birth of Brooklyn Page Kingsbury born on January 8, 2010 (8-8 20.5’’)...go Dodger Blue.

Titan Presenters for the upcoming FWATA Meeting in Honolulu, HI include: current CSUF AT Amanda Rice (Concussions in Sport) and current CSUF ATS: Keith Candelaria, Ricardo Padilla, & Lauren Forsyth (Wii for Rehabilitation), and Leslie Cardoza, Jordan deGracia, and Ashley Bingham (Efficacy of Analgesic Creams).

Newport Orthopedics recently added Bryan McCabe to their AT staff, along with Marie Regino, Jason Cashio, & Tim Dubransky...all Titan alum.
This summer, two of our Graduate Assistants will be leaving CSUF. Over the past two years, Ken Burns and Max Nikolenko have assisted in the ATEP working with students and taking on responsibilities in the athletic training room, all while completing their MS in Kinesiology. Ken and Max both completed their undergraduate work at Chapman University. They came in as Panthers and are leaving as TITANS.

Ken’s most memorable experience was hosting the Pac-10 wrestling tournament his first year. He stated, “It was quite intense to be running a 10 team tournament”. The toughest part of being a GA was the freedom and the responsibility he had and getting use to the multitude of tasks to complete. Ken plans on looking for a job (nowhere specific) after graduation. His advice to the ATEP students is to not forget the social aspect of athletic training; get out and have a social life and enjoy college. Balancing work, academics and your social life makes you a good student.

Max’s most memorable experience was when he was working men’s soccer in Fall ’09. He had just started to get comfortable with his duties as a certified when he got his first major injury (tib-fib fracture) as a certified. He had to roll EMS for the first time, but felt his preparation helped him through that situation. It was a learning experience for Max. The toughest part about being a G.A. for Max was working on his thesis collecting data, while still performing his AT duties. He stated, “Time management was huge, and I ended up having some really long days”. After graduation, Max is planning to enjoy the freedom for a little bit and continue searching for a job. His advice for the ATEP students is to be a leader. Take charge and get as much experience as you can. Learn from your ACIs and develop your own style.

Kelly Wilson came to CSUF after graduating from La Mirada High School. Her most memorable experience during her 1st semester was when a 4th semester ATS indicated the great expectations she had for Kelly. One thing Kelly learned this semes-
Our second Alum Focus article features Yoshi Ushijima. Yoshi graduated from the ATEP in the Spring of 2002, and returned to Fullerton the following year as a graduate assistant. After earning his MS in Kinesiology, He spent some time working as an athletic trainer in major league baseball and is currently Assistant Professor at Kansai University of Health Sciences in the Department of Health Promotion and Osteopathic Judo Therapy. We asked Yoshi to update us on his career and personal life...this is what he shared with us:

**What do you love about your job?**

Students' enthusiasm. There are some aggressive students who want to learn athletic training skills from me. I hope they use my knowledge and experiences as much as possible, while they are with me.

**What is the toughest part of your job?**

Since I am a tenure-track teaching faculty, I must complete and publish research. Because of our department's short history, I have to build my own research environment [from scratch]. So far, I have great co-workers, but still need to find money, equipment and so on.

**What are the similarities/differences between traditional athletic training in the US (both in the clinic/field and education programs) and your current setting?**

Due to strict healthcare regulations, my students are not allowed to practice therapeutic skills with real patients. They can only watch licensed therapists, then practice those skills [with] classmates until they become licensed. I really want to change that policy, but most all of my colleagues believe this is the way should be.

Osteopathic judo therapists are similar to athletic trainers employed in US sport clinics, (although judo...
therapists often open their own private practice). We treat athletic injuries such as contusions, strains, sprains, dislocations and fractures. We can legally reduce dislocations and fractures as first aids. With a supervising physician’s permission, we can continue treatment until patients return to normal function.

To date, Japanese athletic trainers are not recognized as a healthcare provider. They are more often considered toward sport/athletic instructors. Many ATCs hired by professional athletic teams in Japan work as strength and conditioning specialists.

What is your favorite professional highlight from your career so far?
Being a guest speaker for the CSUF ATEP seminar class. I have done it twice. Rule#4: Once a Titan, Always a Titan… I was so happy going back to my roots and helping with my sisters and brothers learning.

What is the best piece of advice you ever received during your career?
“I do not want you to be a good athletic trainer. I want you to be a great person.” Julie Max, my first day at CSUF-ATEP

Do you have any advice for current athletic training students or young professionals?
Do not push yourself too hard. Go step by step. Sometimes slower is faster. Our job is all about timing. If you have not gotten nice job offer, it does not mean you are a bad athletic trainer. Just stand tall and keep yourself active in any way possible. If you do so, success will come.

Any final thoughts for the Titan Family?
I spent several hours in the Titan Athletic Training Clinic as a student. My children played with Swiss balls and I chased Julie’s golden retriever—Aspen, so it became my home. I am now living on he other side of this planet, but I never forget where I grew up as a professional. Titan AT students, those with me, as well as those before or after me, are my sisters or brothers. I love you guys...we are the TITANS!

Yoshi Ushijima
Kansai University, Japan

First-Ever CSUF Bachelor of Science in Athletic Training

The 2009-2010 academic year ushered in a new era for the Titan ATEP. This year gave us the first ever graduates from California State University, Fullerton with a Bachelor of Science in Athletic Training. For those with a good memory and a somewhat distant DOB, the original AT students earned their degree in Physical Education, which eventually evolved into a BS in Kinesiology with a focus in AT. Some of you finally got “Athletic Training” on your transcripts, but not on your diploma with the implementation of a CAAHEP standards. honor, include (January 2010), as moto, and Hisano proud to say every-passed their BOC students earned derstand their suc-

The graduates who earned this Emma Garton, Keasha Russell well as Ali Lacayo, Midori Matsu- Tasedan (May 2010). We are one of these young professionals exam already. Although these these honors, they know and un-

cesses are due in part because of the many students, faculty, and staff who paved the long road...well before them.
Smoke billowing from the Scantron machine, last attempts to wipe off Starbucks coffee stains from papers, grades submitted online (which never work properly on the first attempt) ... the Spring semester draws to a close!! I can't help but be amazed as I think back on the activities that have transpired over the last few months:

- developed and conducted research projects...
- participated in “Hit the Hill Day” in Sacramento...
- hosted softball, track & field, wrestling, & gymnastics events...
- produced a great video for CATA AT Month Video Contest...
- competed in the Bailey-Arnheim Games …
- supported the St. Francis HS Sports Med Competition...
- presenters at the FWATA Annual Meeting in Hawaii …
- all this in addition to clinical rotations and academic course loads... and seminars, prep for the certification exam...

As I take a moment to reflect at the end of the semester I wonder if we are doing the right things in preparing our students to be successful not just with the certification process but as positive members of the profession ... service, communication, the “intangibles” … from the look of things, I think we are headed in the right direction! Go Titans!!

Thanks to all the Titans who came out to Huntington Beach for this year’s end of semester bash. Good luck to our graduating GA’s Max & Ken!
1st Annual Titan Athletic Training Alumni Golf Tournament & Scholarship Fundraiser

Format:
Best Ball/Scramble
Longest Drive Contest
Longest Putt
Closest to pin contest
Prizes to winners

Date: Saturday July 24th, 2010 (tentative)
Location: Orange County (actual golf course TBD)
Registration Fees: $100-$150
Includes: green & cart fees, breakfast & lunch
Commemorative T-shirt & gifts

Come and enjoy a fun-filled day and help us make this event successful and hopefully an annual event. We would love to see you and your family. If you have a significant other that does not want to participate in the golf event, he/she can attend the lunch social immediately following. We look forward to seeing you there!

1st Annual!

Primary Business Contact Information

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***PLEASE NOTE***
We need an accurate head count in order to book the facility, so please contact Daniel or Mike if interested. Details to come in the following weeks, via email. We will be emailing registration forms & collecting registration fees in the next month. We welcome any questions, suggestions, or ideas to make this a successful event.
From the “Soapbox”

Heading back to home to Orange County from a weekend with my family. The train is slow, but always allows me to reflect and watch the world roll by. Saw whales off the coast, as we passed between Santa Barbara and San Luis. This is great and beats fighting traffic, but it is bad news for all of you, as I have time without email, telephones and other interruptions. As usual, I have put off writing “From the Soapbox” for the Titan Update (not my favorite pastime). But, Belinda has set the deadline and it is coming fast. Here goes…

Mother’ Day,...it was especially good to get to visit with my mom this year. She is now 75 years old and recently completed her third life-time bout with cancer. I remember the first fight she had, when I was only seven or eight years old. She is a strong lady, who inspires me to push on when I am tired and want to quit. She continues to love learning new things and I thank her for instilling an inquisitive nature in me as I grew. Her compassion for others is unending, as she insists on helping her “old neighbors” who cannot do the things they used to be able to complete.

Mom’s are great. Their importance is often taken for granted. My mother’s mom passed-away when my mom was only three and she doesn’t really even remember my grandmother. I am really not sure how she learned to do such a great job...I often think it is instinctual or somehow is in the genes.

In addition to recently paying tribute to our biological mothers, many should also give special thanks to Julie for her dedication to the Titan family for many years. Julie is part of the solid professional foundation on which many of us stand. She gets way too many daily phone calls and emails, but you need to take a minute to personally thank her for her positive impact on your professional and personal life. I publically thank my Mom for all she is to me, as well as thanking JMax for her leadership and “motherly ways” with those of the ATEP.

RK

My mom was always there to hug me when I needed it as a young boy, but she also put the fear of God in me when it was important. I am blessed. I hope we all took the time this past month to thank our mothers for their wisdom, their sacrifices, their compassion, their discipline, and their love.

Many years ago, Ms. Julie Max took this same train trip with me to visit my parents. The motorcycle ride back to OC is another story, for another “Soapbox”. Julie Max is not the first CSUF head athletic trainer. She is not even the first Titan female ATC, but for many...she is their second Mom. She jokes about this with the AT students daily, but it is so true for many. Julie has been a mom to students and athletes here for over 30 years. I had the pleasure and privilege of knowing Mrs. Max, (Julie’s mom). It is clear where Julie learned at least some of her nurturing and caring ways. Julie somehow knows when to hug you and “love you up”, but will also “straighten you out” when necessary. Julie too pushes us to succeed, to continue learning, and to empathize with others.

TITAN ALUMNI NEWS

Alicia Alamar-Roth, ATC is completing her first year of PA school at Western University.

A total of 22 AT students were recently honored with breakfast at the Marriott Hotel by the Department of Intercollegiate Athletics as Titan Scholar Athletic Trainers.

Hiro Nagai was recently named the Head AT for the Canon Eagles Rugby Football Club in Tokyo, JAPAN.

Pablo Chung joined the LA Galaxy athletic training staff (with Armando Rivas) for a summer internship.

Joe Avitable recently joined a number of other Titan Alumni on the athletic training staff at St. Joseph’s Hospital, working for Disneyland.

For those attending the NATA Annual Meeting & Clinical Symposia in Philadelphia...be sure to check out presentations by Titan Alum, including Drs. Sandy Shultz and Robert Kersey. Additionally, watch your email and the Convention Daily for the Titan Social in Philly.

Watch for the announcement on date and time for the Hawaii Social during the FWATA—District 8 Annual Meeting & Clinical Symposia.