We recently caught up with Titan Alum Sandra Schultz, PhD, ATC. “Sandy” is currently Associate Professor of Athletic Training and Applied Neuromechanics, as well as Director of Graduate Studies at the UNC, Greensboro.

**What do you love about your job? What keeps you coming back?** Every day is new and different. I continue to learn…every day! Great colleagues and students keep me coming back.

**What is the most challenging aspect of your job?** Time. I absolutely love what I do, but I would love it even more if I could get it done in 40 hours a week! I am a work in progress.

**What would you say is your professional highlight so far?** My decision to pursue my PhD was one of the best professional decisions I have ever made, as I have really developed a passion for the research process and how it can help us as professionals. Within that, I guess the greatest highlight for me was receiving a research grant from the National Institute of Health (NIH), which is highly competitive. At the time, few, if any, athletic trainers had competed for that level of funding, but now many more are being very successful…which is great for our profession.

(Continued on page 3)

This month, Armando Rivas, MS, ATC shared his thoughts and insight gained from his Titan ATEP times through his current role as head athletic trainer for the Los Angeles Galaxy.

**Please review for us your professional progressions from CSUF through your current position with the LA Galaxy.** During my last semester at CSUF, I accepted an internship with the Anaheim Angels working with Ned Bergert and Rick Smith. With some help from my Titan mentors, I accepted a job at UCLA and worked there a year, but decided to re-join the Angels in 2001. Over the next few years I worked with various teams in the Angels minor league system, including the Arkansas Travelers, Cedar Rapids Kernels, the Rancho Cucamonga Quakes, and the Salt Lake Bees (AAA affiliate). During my off-seasons, I worked at Sports Medicine Institute in Anaheim and completed my MS from Cal Poly Pomona. In January of 2008, Ivan Pierra (Titan alum and LA Galaxy AT) encouraged me to apply for the LA Galaxy Head ATC position he was leaving. I had much to consider;
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.

Cal State Alum are invading Cal Baptist University in the following roles: Head AT is Adam Cady, Asst AT is Charlie Ramos, Head of Strength & Conditioning is Chris Bates and in her first year as a GA is Midori Matsumoto. Returning as the ATEP Clinical Coordinator is Rusty Baker.

Congratulations to Mike Martinez, who just finished his first season with Men’s Soccer at U of Maryland, where the team made the NCAA quarter-finals.

Congratulations to the following alum on the new little Titans entering the world. Hiro Nagai and his wife Kazuko gave birth to Ichika (“first flower”) born Aug 11 in Yokohama, Japan. In October, Melissa (Denham) & Tom James added little Landon (#3) to their family. Apollo Gabriel is the second boy for AD (Segura) & Alden Velez, born in mid-December. This past June, Summer Nicole was born to Julie (Smith) & Dave Edkins. Cesar Garza at Saddleback HS in Santa Ana and his wife Irene gave birth to their first child, Andrew John on Sept 1st. Finally, Chantel & Chris Bates are expecting #2 (baby girl) in March.

BJ Capili continues as an Asst AT for UC Santa Cruz. BJ was married to Jen in July and was the lead author on one and co-author on a second JAT abstract.

Ms. Belinda Sanchez completed her MS degree at Cal Baptist and accepted a role as Asst AT with Point Loma in San Diego.

CSUF graduate assistant from last year, Max Nikolenko is currently at Dana Hills HS & Bauer PT in south OC

Keasha Russell is working as the AT for Beaumont HS, while starting her MS degree at Cal Baptist.

Kavin Tsang was recently named to the Editorial Board for Athletic Training & Sports Health Care. Dr. Tsang also was the lead author on one FWATA poster (co-author on two others with our AT students). He also won a $3,000 grant to support his research efforts at Cal State Fullerton.

Edison HS hired one of their alum and a recent Titan graduate, Holli Vandeman in the role of AT. Holli has also started her masters degree on-line through AT Still University in AZ.

Ken Burns spent his summer working as the AT on the set of a reality show Money Hungry airing on VH1.

Congratulations to the following Titans for earning NATA Foundation and/or FWATA Scholarships. This was one of our best years ever as a Titan family. Rebeca Ribiero (CATA); Leslie Cardoza (Jerry Lloyd FWATA); Isabel Archuleta (FWATA); Chris Gibson (NATA); Jordan deGracia (NATA); and Brittany Bauer (FWATA).

Sometime after Hurricane Katrina, Brent Bevard, DO moved to Albuquerque, New Mexico where he now practices at the Center for Pain and Spine Clinic.

Shalina Johnson became Mrs. Craig Truglio this past summer. Craig currently works at Restor PT, while Shalina is employed by Trabuco Hills HS and Foothill Ranch PT.

Jennifer (Summerfield) Owens recently graduated from PA school in Montana and returned to Central California with her husband Jeff.

Kristin Bruce became Mrs. Everett Courter, as she was married on June 25 of 2010.

Pablo Chung recently started as the AT for Marymount College in Palos Verdes, CA after completing an internship with the LA Galaxy.

Ali Lacayo and Hisano Tasedan recently became the first AT employees of Pomona and Gansha HS, respectively. Both are contracted through Casa Colina with Brian Roberts (MS @ CSUF).

Kudos to Nina Hsieh, who picked up her second NBA championship ring with the LA Lakers (Head AT for the Defenders).

This summer, Ms. Natallie Robello became Mrs. Joe Crum as they were married in Las Vegas. They now reside in Baltimore, MD, where Natallie is a flight attendant for Southwest.

What are the odds…La Joya Middle School employs TWO Titan ATEP alum as 7th grade science teachers: Tina Flemming who lives in Hanford and Rob Lowry who resides in Tulare.

CSUF was very well represented at FWATA in Honolulu. Chris Mumaw did an outstanding job as host for the Awards Banquet. Andy Paulin stepped into a new role as Convention Committee Chair, with Kristal (Emig) Slover overseeing Registration. Titan alum included as speakers in Hawaii included Amanda Rice and Stacy Ritter. The students also presented in Hawaii, with posters/presentations by Ashley Bingham, Leslie Cardoza, Jordan deGracia, Keith Candelaria, Ricardo Padilla, & Lauren Forsyth.

Bryan McCabe just accepted a position with the Single A affiliate of the Philadelphia Phillies baseball team - the Lakewood BlueClaws.

Larnie Boquiren was the USA Volleyball AT on a December trip to Saudi Arabia.
What motivates you to stay plugged in and/or give back to the profession? I have a great appreciation for how our profession has supported and helped me. For example, receiving an NATA Foundation grant early in my career really helped position me to be successful in securing larger funding from NIH. So now, it is really important for me to give back to the Foundation, so others can achieve their goals.

Describe ways you stay active and up-to-date in athletic training. I try to stay involved beyond my own institution. Serving on national committees has been a great way to stay connected with other professionals and keep a pulse on what is happening. I also really enjoy attending the Annual Meeting each year to hear the latest and greatest research and educational efforts of our members. It is very important to get out of our own little world, if we are to stay connected and up-to-date.

Who are your mentors? That's easy, Julie Max and Dave Perrin. Most people are blessed to have one solid mentor throughout their career — I have been doubly blessed! Each plays a different role, but both have been and continue to be great professional and personal advisors, and I can trust both to give me the proverbial “kick in the butt” when I need it. Most importantly, they have seen qualities and abilities in me that I always have not, which has challenged me to reach beyond my comfort zone and achieve things I thought were impossible. We all need that encouragement, and for that, I will always be grateful.

What is the best piece of advice you ever received during your career? Don’t ever forget your roots, and don’t take yourself too seriously. I do better at the former than the latter.

What is your fondest memory of your time in the CSUF ATEP? Working the PONY Softball Tournament till wee hours of the morning, the annual Christmas party, seeing Sheila Minsky get back on the beam after a devastating accident. Simply put, I loved being a member of the Titan family.

What was your toughest class at CSUF & why? You will laugh, but it was Dr. Weinmann’s softball class. She was a stickler for skill proficiencies and I wasn’t going to pass the class unless I could pitch accurately X number of times….I have never been so stressed over a class -- think I got a B by one pitch!

Do you have any advice for current athletic training students or young professionals interested in becoming educators in the future? If you have an interest in getting an advanced degree to pursue teaching and research, I would really encourage you to take time between MS and PhD degrees to get some real world clinical experience. In my experience, students who do this generally become better researchers and teachers, and have a better experience in their doctoral studies.

Any general advice to current athletic training students or young professionals? Follow your passion and do it with integrity and to the best of your ability. When work becomes work; it is time to find another job. Second, don’t be afraid to step outside your comfort zone. After working clinically for 13 years, I left a wonderful job at UCLA and moved across country (alone) to pursue my doctoral degree on $8K a year. I remember thinking….what in the world am I thinking! On the plane, I opened a card from my sister that read “you have to color outside the lines once in a while if you want to make your life a masterpiece”. It was on my bulletin board for many years. Taking that risk was the best professional move I have ever made.

Any final thoughts for the Titan Family? Be proud of who you are, appreciate your wonderful mentors, and take advantage of every learning opportunity – CSUF is a special place and the Titan AT Family will always hold a special place in my heart. I look forward to seeing (meeting) you in New Orleans and I hope you all had a joyful and blessed Christmas!

Belinda Sanchez, MS, ATC

Sandy Shultz
UNC Greensboro

MAXimum Exposure

Once again, it is time for "words of wisdom" from JMax. As in articles of old, it seems to be my style to hit the "heart" as opposed to the mind (which is Robert’s and Kavin’s job)!! It is also my style to challenge us all to reflect. Reflect on this past year, reflect on our professional and personal contributions or the lack there of. Reflect on today and encourage us to have a plan for the future.

As I put this "reflection" theory into personal practice, it seems to be the small daily things that help make me successful. One of those small reminders are quotes, famous sayings and Bible verses. As I considered this article, I decided to share with you some of my favorites. As usual, you have a choice! Read these quickly with no regard for the message or let them challenge you as they do me!

One of my favorites..."People will forget what you said. People will even forget what you did. But people will NEVER forget how you made them feel". Daily, I try and practice this. It really works! Another familiar one, yet so powerful IF we would only apply it....."Life is 10% of what happens to me and 90% of how I react to it". Daily, I blow this one!!!

"Life’s challenges are not supposed to paralyze you; they are supposed to help you discover who you really are". I encourage you to read this again and again...especially in times of pain, turmoil or uncertainty. Those of us that are older, KNOW this is real.

My last "pearl" is another familiar yet so deep if we allow it to penetrate. "Live simply. Love generously. Care deeply. Speak kindly and leave the rest to God". It really is that simple! We all have a choice. Are you a better person today than you were last year? What "small" things challenge you daily? What impact do you really want to have on those around you? Remember "excellence is not an act, it is a habit". You are so loved! Julie
Another cohort just completed their rotations. Some graduated in January, while the others graduate in May. Here are some of their thoughts, memories and goals, along with their “newbie” photos to show how young they once were.

“The ATEP has taught me how to improve as a true clinician”...Ricardo Padilla. His favorite clinical rotation was Cross Country, as it was with these student-athletes he had the most independence and responsibility. Ricardo plans to earn his MS degree and find a high school ob. He advised returners to, “…savor every day you have the opportunity to wear the Fullerton shirt. Enjoy the good days and make the best of the bad days. Make a conscious effort to learn something new every day.”

Christopher Gibson will take the BOC exam this month. His favorite aspect of ATEP was the family environment. His most memorable rotation was his lead role with track & field. He plans to attend graduate school next fall at Kentucky, North Carolina, or Oregon, depending on the offers he receives. The words of wisdom he takes with him are: “Once a Titan always a Titan”.

One of three ATS returning to Cal State Fullerton for one more semester of classes before her May 2011 graduation is Lauren Forsyth. Lauren has a busy semester ahead as she will be getting married this month and taking the BOC exam in April or June.

Jordan deGarcia’s favorite part of ATEP was being able to learn from a diverse staff. He enjoyed working at Mt. SAC because Andy provided an environment that allowed him to grow and gain confidence in his manual skills. After graduation, Jordan would like to relax first and later attend graduate school. The words of wisdom he carried with him was Matthew 14:22-23 "Immediately Jesus made His disciples get into the boat and go before Him to the other side..." Jordan just became engaged to his fiance—Holly. All the best to them both.

Leslie Cardoza learned to appreciate the professional and personal opportunities presented by the ATEP faculty and staff. Her fondest memory involved winning the state JC championship football game with Mt SAC…in the cold, wind, and rain of San Mateo. Her favorite rotation was as the lead ATS for Titan softball, as she was given greater responsibility. Upon graduation in May, Leslie plans to attend PA school, as well as work as an AT for a local high school.

Keith Candelaria tried to take the positive attributes from each ACI to create his own AT personality to help him succeed in life. He thanks everyone associated with ATEP for the amazing last five semesters. Keith found it difficult to describe his feelings about the ATEP, but was happy to be a part of our Titan family. After he passes the BOC exam this month, Keith plans to attend graduate school to further his education.

One of two ATS who already passed the BOC exam, Derek Boroian really enjoyed the five semesters he spent at CSUF ATEP. His favorite rotation was Mt. SAC because he had the chance to work with ATS from other institutions and learn from Andy Paulin. Now that he is done, Derek hopes to earn a graduate assistantship at a Division I University and pursue a graduate degree.

Ashley Bingham also passed her BOC exam in November and is currently applying to a number of graduate schools. As a Titan ATS, she became more open-minded and better understands there are usually multiple solutions to a problem. Her favorite ATEP memory was working and learning from different ACIs. She advises the returning students to, “enjoy your time, your rotations, and the relationships you made and create fun and lasting memories because two and half years will fly by before you know it!”

Congratulations to these students for completing the ATEP...as Julie says...”always remember your roots.”

Congratulations 2011 ATEP Graduates!
Fall 2010 brought us six great “Newbies” to carry on the tradition of excellence for the Titan ATEP. We screened through many applications in the spring and interviewed the top candidates. The following ATS rose to the top and officially joined the family in August. Please introduce yourself and be sure to welcome them when you meet them at a Titan function or maybe at one of the 2011 meetings in Las Vegas or New Orleans. They are the future...we expect great things from them.

Yoichiro (“Yo”) Shimada comes to us from Chiba, Japan. Yo came to the Titan ATEP because of their reputable staff and reputation for producing outstanding AT. He also enjoyed the atmosphere when he visited last spring. After his 1st semester of clinicals, Yo was surprised at the opportunities for ATS to interact with the many and varied athletic trainers. He enjoys working with different ACI’s and learning their distinctive styles. Yo’s fondest memory to date was on the last day of his Men’s Soccer rotation, when the entire team picked him up and cheered in appreciation for his service to them. He hopes to one day be an AT for a professional soccer team.

From Lemoore, CA., Lyndsie Wynn came to Fullerton to learn from a caring faculty/staff and wanted to be in an environment that fostered her professional growth. Lyndsie was pleasantly surprised at the helpfulness of the veteran students, especially the care they took to make sure the new students were settling in okay. In the coming semesters, Lyndsie plans to be a sponge and soak up all the lessons as she can. She says becoming an AT for the Chicago Bears will always be on her career goals list.

Morgan Montalvo, from Tracy, CA. came to Fullerton because she believed the small program would allow her more one-on-one interactions with the staff. Morgan very much appreciated the guidance by upper-level ATS during her adjustment to a new area. As Morgan advances through the ATEP, she hopes to develop further relationships with her peers and interact with as many people as possible. She wants to gain various perspectives on the AT profession to understand what it takes to be successful. Her dream job is to work with the cowboys on the Professional Bull Riding (PBR) circuit.

The only native from Fullerton in the new class is Justin Hostert. He chose to be a Titan because of its outstanding reputation. During his 1st clinical semester, he enjoyed the supportive atmosphere, which makes it comfortable for incoming students to begin the learning process. While progressing through the ATEP, Justin plans to make conscious efforts to learn new concepts and apply them in his clinical rotations. Justin says his fondest memory from his first semester was the newbie welcome party, because it allowed him to break the ice with the other students and become part of the ATEP family. After earning his Masters in Athletic Training, Justin hopes to work at a Division-I University.

Rebeca Ribeiro hails from Brasilia, Brazil. After investigating her options, she pursued Cal State Fullerton because she was impressed by the ATEP organization and desired a program that held their ATS to high standards. The Titan successes with the BOC exam were also an attraction for her. To date, Rebeca has been pleasantly surprised with the emphasis placed on personal development and has already grown emotionally and professionally, while continuing to trust in God. Rebeca plans to absorb all she can about AT, because she wants to be competent and confident in her abilities. Rebeca’s most memorable moment so far involved the sense of accomplishment she felt when assisting a soccer athlete with her rehabilitation. In the future, one of Rebeca’s dreams is to be an AT for Brazil in the World Cup.

Senait Berhe joins the Titans from San Diego, CA. Senait enjoys the family atmosphere and was surprised to see the closeness of everyone. She finds comfort knowing she has a good support system with her peers and instructors. Senait has enjoyed the many and varied hands-on learning opportunities. She hopes to expand her knowledge and skills to better treat the various injuries/conditions sustained by the athletes. Senait plans to attend graduate school, but is uncertain as to her ultimate career goals. She is keeping an open mind and says she will “answer, when opportunity knocks”.

GO TITANS...
Armando Rivas (con’t)

family (recently married), the love of baseball, the different travel schedules, and the challenge of a new sport (soccer). I decided the challenge was worth the risk and have been with the LA Galaxy for 3 years.

What do you most enjoy about your current job setting with the LA Galaxy? I enjoy the day-to-day interactions with everyone, the frequent clinical and administrative challenges, as well as having to think quick on your feet.

What is the most difficult aspect in your current setting? Pre-season…double days! I also struggle sometimes with the 4am commute to beat the traffic and get my own personal workout completed before everyone arrives and my job begins.

What can you tell us about your traveling experiences as an athletic trainer in the professional setting? Well, with baseball, I played many roles including team administrator for travel (hotel arrangements, room assignments, handling petty cash…) along with being the AT. Traveling with the Galaxy, typically involves commercial flights and many late evening treatments at the hotel.

How would you compare your experiences in the professional setting other non-professional athletic training settings (high schools, colleges, etc.)? Some similarities I have experienced include the pressures from coaches and adjusting to various personalities. Some of the more typical differences include the extreme level of media involvement (still cameras, video recorders, press conferences…). Another concern is the sometimes-difficult balancing act between the coaching staff, the medical staff, the athletes, and the media.

As you recall your time in the Titan ATEP, who were your mentors? My mentors are Julie, Chris, Brent, Dr. Kersey, and Ned Bergert with the Angels. Their wisdom and skills taught me a lot about athletic training, but also about the many life lessons. I admired how they balanced family, life, and work; keeping current with the latest professional techniques and skills. I also learned to remain in contact with people creating my network.

Networking and keeping in touch with your colleagues is important to sustaining friendships and potential job opportunities.” Armando Rivas

What advice would you like to share or what do you believe is important to pass on? I think it is important to establish a good group of professional friends and contacts. Networking and keeping in touch with your colleagues is important to sustaining friendships and potential job opportunities. Second, you need to be a sponge, when it comes to learning. Continuing education is essential to becoming a good athletic trainer. Additionally, you need to be open-minded about different jobs/settings. Don’t be afraid to take chances with new and positive opportunities. I took a chance with the LA Galaxy and it is a great experience for me. Lastly, periodically reflect on the past; learn from every situation; and always put a positive spin on whatever comes your way. Ali Lacayo, ATC

Welcome New Titan Graduate Assistants

In August 2010, the Titan family welcomed two new Graduate Assistants to the staff: Brittany Bauer and Kyle Burnett. Brittany, a native of Glendale, California and recent Chapman University graduate, has been pitching in with general sport coverage until she begins her primary assignment this spring with softball. She has quickly fit in among her peers and ATEP students with her easygoing, positive attitude. Kyle comes to us after graduating from and completing a one-year internship at the University of the Pacific in Stockton, where he worked with the women’s basketball. A native from Happy Camp, in northern California (yes, his hometown is actually called Happy Camp!), Kyle has quickly adapted to life as a Titan. He is currently in the midst of men’s basketball and has been a natural fit. We are very thankful to them as they bring new energy and ideas to Cal State Fullerton.

Welcome to the Titan family…Kyle and Brittany! Amanda Rice, MS, ATC
2010 was a busy year for the Titans and our ATS participated in several great opportunities:

- baseball in the Super Regional and almost making Omaha;
- individual gymnast, track & field, and wrestling athletes in the post-season;
- six presentations at FWATA in Hawaii;
- Student presentation award at FWATA in Hawaii (Jordan DeGracia, Ashley Bingham, & Leslie Cardoza)
- Titan Volleyball Big West Conference Championship
- Mt. SAC Football State & National Championship

Our students are able to experience and learn from these opportunities because of the commitment and efforts by our Clinical Instructors ... Julie, Chris, Brent, Amanda, Ken, Max, Sarah, Alicia, Kelly, Brittany, Kyle, Cathy, Nate, Heather, Andy, Bill, Stacy, Lorrie, Dr. Prieto, Dr. Koutures. Each of these individuals utilizes their unique style and philosophy in challenging and preparing our students to be better clinicians and professionals. They provide learning opportunities with different sports, various clinical practice settings and professional environments and just as important communication styles, leadership skills, and practice philosophies. I think it is often overlooked that these individuals are not required to be a Clinical Instructor, they do so because they want to be a part of developing the future of the profession.

“Mahalo Nui Loa” to all of our Clinical Instructors for their commitment and support of the Titan ATEP!!!

Habitat for Humanity Project in Temple City—December 2010

Yoichiro, Derek, Ricardo, Chris, & Rebeca
On July 24th, 2010 the First Annual Cal State Fullerton Athletic Training Alumni Golf Tournament teed off at Meadowlark Golf Club in Huntington Beach. The day included great fun, excitement, and healthy competition as 12 golfers participated in the inaugural event. It was a beautiful day, highlighted by Wil Filamor winning the longest drive contest with a monstrous tee shot that landed just shy of the green on the long Par 4 3rd hole. Closest to the pin occurred on the Par 3 7th, a downhill shot over a small pond. Joe Avitabile knocked his tee shot within a few feet to win the prize. A tiebreaker putt was needed to crown the winner of the longest putt contest and Mike Hoang walked away with the designation of best putter. The overall team title was in doubt until the final group made putts to tie for the lead with two teams finishing at 3 under par. The team of Mike Hoang, Khang Pham, Melissa (Belandres) Milgram, and Derek Milgram eventually defeated Wil Filamor, Mike Kingsbury, Allen Dumolien, and Lauren (Castillo) Filamor after an intense “putt-off” to claim the title.

Individual contest winners, as well as the winning team received great prizes at lunch following the round. Congratulations to the winning team and to all of those who participated. Julie Max, Jo Engel, and Dr. Kersey surprised each group as they made the turn after nine holes. It is unclear, but their presence may have led to the 3 fantastic birdies on the 9th hole. Everyone had some amazing and memorable shots, but more importantly our Titan family enjoyed the day while $600 was raised to support the Titan ATEP. Thanks to all who participated and/or supported the inaugural event by participating and/or donating to this good cause. We look forward to the 2011 edition and hope you can join us at the course (even if you do not play). We want to increase the scholarship funds, so please consider what the ATEP meant to you...then and now. We welcome your ideas and/or suggestions. We will return to Meadowlark Golf Club on July 23 of 2011. Watch for further information and sign-up sheets via email in the coming months. We hope to see you next year. Contact Mike or Daniel to get involved.

**Mark your calendar to join us on FOR FUN AND A GOOD CAUSE.**
End-of-Year Bash—May 2010

Softball Game—May 2010

Mt SAC Champs—Fall 2010

Anaheim Ducks—Fall 2010

Waikiki Beach—July 2010

Titans @ Habitat for Humanity—Fall 2010

LA Lakers—Fall 2010

A few AT Grads—May 2010

Titans @ FWATA Awards Dinner
Honolulu Hawaii—July 2010

Yoshi, Steph, & Nawo Tokyo—Fall 2010

Mt SAC Champs—Fall 2010

LA Lakers—Fall 2010

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Titans @ FWATA Awards Dinner
Honolulu Hawaii—July 2010

Yoshi, Steph, & Nawo Tokyo—Fall 2010

Mt SAC Champs—Fall 2010

LA Lakers—Fall 2010

A few AT Grads—May 2010

Titans @ FWATA Awards Dinner
Honolulu Hawaii—July 2010
As we begin another trip around our sun, we often reflect on recent accomplishments, as well as to consider our future. Some enjoyed an outstanding 2010, while for others the past year involved especially deep waters and many challenges. Hoping not to bore everyone...here are a few thoughts that come to mind concerning 2010 with our ATEP family, as well as some considerations for 2011.

A few began new and exciting AT careers...CSUF turned-out many undergraduate and graduate students, who entered the profession with hope and trepidation. The economy is tough and good jobs are scarce, but it seems all are surviving, learning, and maturing. For a few Titan ATEP alumni...2010 brought new adventures, relationships, marriages, and even a few “little Titans” (see pg 2). Others suffered through tough times of loss and devastation and we wish them well.

Please excuse any cognitive lapses due to age, but my especially fond AT memories of 2010 include our very first BS in Athletic Training degrees (January 2010) for Emma and Keasha. It was so good to see Yoshi and his Japanese students in March. Also last spring, the University honored a number of our ATS and the student-athletes for their academic accomplishments. May brought a softball game and graduation ceremony for many, including the formal presentation of our first BS in AT degree students before a packed stadium. Seeing the Liberty Bell and other Philadelphia sites with Lorrie and enjoying dinner at the Fieldhouse with the alum were my NATA Meeting highlights. The next week brought more great memories at FWATA in Honolulu. It is always great to see our ATS and alum in this setting, students presenting their research, alumni dinner at Duke’s, Amanda’s great presentation, awards for many Titans with Chris as our host, a drive around Oahu with our guide Dr. Tsang...all great fun. Thanks to the alumni who raised $$ at our 1st summer golf outing, developed by Mike and Daniel. Also in July, Julie and I enjoyed our visit to Disneyland to see their AT staff, including many Titans. Some of our Seminar highlights for 2010 included: visits by alumni Ivan, Magie, AD, & Stephanie, as well as others such as Ned Bergert, Jen Judelson, Gary Vitti, Tim Clark. The fall brought the return of Nigel’s Blanket Drive, with over 150 blankets for needy. I listened with pride to ATS telling how they assisted Habitat for Humanity...working on the home of a single mother. As always, there are many fond memories of both the spring (Huntington Beach) and fall semester (Longcrier’s) parties.

We enjoyed a good 2010 with our continued pursuit of excellence. As you reflect on the past and look to the future, be thankful for all you have...continue to improve areas in which you are struggling. I am blessed. 2010 brought a few hurdles. I hope to make it over, under, around, or through those barriers. It is always easier with a little help from others...especially family. In 2011, please reconnect with your Titan family. I know many use Twitter, Facebook, or other social networks...but, make a point to visit (or at least call) an old ATEP friend. We need to do this more often. Visit http://hdcs.fullerton.edu/at/ for contact information. If you have contact info for alum not on the site...please forward it to us. Enjoy a safe and blessed 2011.

RK

"Life is about choices."