In June, Titan Update caught up with Nina Hsieh, Fall 2000 ATEP graduate and current Head AT for the Los Angeles Defenders basketball team.

First, a look back at Nina’s time at CSUF…

Who were your ATEP classmates? Katy Maty, Michelle Baynes, Amy Hanby and Tyler Hamilton

What inspired you to join the program and become an athletic trainer? It’s the common story, I was once an ‘athlete’ and wanted to stay in sports, while having the ability to provide health care and help people.

Do you have a favorite ATEP memory? I remember my decision to color my hair right before covering a big softball tournament. I went straight to work one of the fields. When it was all over, we cleaned up and headed to the athletic training room. Not five minutes after entering, I was called into Ms. Max’s office. It’s a fun story now, but at the time I think I wet my khakis!

Now on to the rest of Nina’s journey…

Where have you been since graduation? Immediately after graduation I went to Florida for an internship at the NASA Kennedy Space Center. From there I headed to Arizona for graduate school at AT Still University Arizona School of Health Sciences. I spent a few years at UC Santa Barbara before landing with the D-fenders.

Out of all the places you’ve been, do you have a favorite? I have been very fortunate to travel internationally and even to what I call the most remote places in the States, but my favorite has to be on location in Australia with the UCSB women’s basketball team. We traveled up and down the coast playing different university teams from Australia but ended up with some team bonding snorkeling in the Great Barrier Reef.

Tell us about your current position. I’m the head athletic trainer for the Los Angeles D-fenders. We’re the official minor league affiliate of the Los Angeles Lakers. During season, my duties include, but definitely are not limited to the management of all the sports health care of the our team, equipment management, and assisting in travel coordination. In the off-season, it is mostly administrative work and assisting with the Lakers’ summer league team and camps.

What’s your favorite part of your job? The random things that happen in the D-League are sheer entertainment. There’s not enough time to be descriptive, but I can tell you that I have enough crazy stories to fill a best seller!

How do you Balance your life with your busy schedule? I’m so used to the ‘go go go’ mindset. You just have to find time. I always have to look ahead to see where I will be, pick what is most important, and then make it happen. I wouldn’t even want to think of another lifestyle right now.

Who has mentored you? How has that mentorship shaped you as an AT and a person? Outside of my family, I have been blessed to have some wonderful people walk into my life. Many have and still are shaping me. I wouldn’t be the person I am today without them and I know they’ll continue to mentor me into my future. Hands down, however, there are two special people in my heart. It’s where it all began with Julie and Dr. K. Julie’s wisdom always floats into the back of my mind. She gave me strength to be a strong female in this profession. Dr. K has taught me how to be a better person in this profession and in this world.

Do you have any advice for current students or past alum? When you get an opportunity…run with it!
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.

Lyndsie Wynn will be working as an Athletic Trainer at Golden West High School in Visalia, California.

Next month, Leslie Cardoza begins her first semester of classes for her graduate degree in PA at USC.

Shalina Johnson-Truglio completed her MS degree from California University at Pennsylvania in Performance Enhancement & Injury Prevention, while Bryan McCabe soon starts his MS degree at the same institution. Ned Bergert also earned his graduate degree here.

Living in Fairbanks Alaska with her husband and two children, Stephanie Wichmann-Barney recently published a book titled Journey to the Soul Within: Healing Secrets for the Lost and Broken available on Amazon.com. Stephanie practices as a PA in an orthopedic center.

Ms. Stephanie Dreyer became engaged to Josh Grier this April. She also passed her CSCS exam and hopes to begin working at Saint Joseph’s Hospital shortly.

Sarah Ibanez announced her recent engagement to Evan Young and are making plans to marry and live in the San Diego area where they both work. Evan is a police officer and Sarah works for Don Joy Orthopedics.

2013 summer internships have been obtained by a few of our Titan students, including Jack Sessions @ LA Galaxy (with Armando Rivas - Head AT for the Galaxy), Kevinz Carpio @ Chivas USA, and Jordan de Gracia, ATC @ Los Angeles Clippers.

Jennifer Summerfield-Owen and husband - Jeff are expecting their first child next month, a baby girl. They live and work in the San Luis Obispo area.

Currently working at CSUF, as an AT in the Student Health and Counseling Center, Heather Calkins-Lightle and husband Andy, just had their first child, new daughter Colbie Ann on June 8th. Colbie was 7 lbs 12 oz and 20”.

Fortanasce Physical Therapy in South Pasadena just hired Titan alum - Brittany Manchaca. Brittanly will also serve as the AT for the student-athletes of La Canada HS.

Newlyweds, Mr. and Mrs. (Christina) Adam Cady were married in Laguna Beach on April 13. They both begin graduate classes in PA at Duke University this fall. Adam was also a recipient of a 2013 NATA Foundation Graduate Scholarship, while current Titan AT student Jack Sessions earned an undergraduate scholarship from the NATA Foundation.

Cathy Turner-Dickson recently began a new job as an RN at Western Medical Center (Level II Trauma Center) in Santa Ana in the Neuro Definitive Observation Unit.

Recent graduate and newly certified AT, Rebeca Ribeiro leaves soon to take on the role of AT Intern at Palm Beach Atlantic University in Florida. There she will work in conjunction with Titan alum and PBAU ATEP Director – Tyler Hamilton.

Alumnus Carmen Macall just completed her M.A. in Athletic Training from Fresno Pacific University. Carmen also recently became engaged and continues to teach and serve as the AT (and head cheer coach) at Buena Park High School.

Nina and hubby Jamal Obeid are expecting their third child in January. Jamal also recently passed his boards to become a NSCA Certified Strength & Conditioning Specialist.

Katy Maty just adopted a 3 year old blue Great Dane named Optimus Prime and a 12 week old Blonde Lab named Sammy. She is living in Arizona and working at Grand Canyon University.

Chris Ludwig and Ashley are expecting their second little girl, Haylee, in early October. Chris also recently completed his EdD, and accepted the ATEP Directorship position at the University of the Pacific in Stockton, CA.

Ryan and Jill Seavers-Rueter just celebrated the first birthday of their daughter - Kendall Jane Rueter, born last July 13th.

On September 30, 2012, Chase Ryan Pope came into this world as the son of Stewart and Kira (Graff) Pope. They are now the proud parents of three fun loving children (Kylee 4 yr., Tyson 2 yr., and Chase 9mo.) and living in Utah.

Ms. Larnie Boquiren recently returned from the 2013 US Fencing National Championships in Columbus, Ohio, where she served on the medical staff.

Current AT student Kevinz Carpio, was appointed to serve as the FWATA Student Committee Chairperson. As such, he will be representing all District 8 students on the FWATA Board of Directors.

Fresno State University will be welcoming Mr. Michael Kaufman as one of their new Graduate Assistant AT for the Department of Intercollegiate Athletics, where he will join ex-Titan Kyle Burnett.

Jennifer Murphy-Figueroa currently teaches Anatomy & Physiology at Buchholz High School in Gainesville, Florida where she also lives with her husband Steve and coaches crew for Gainesville Area Rowing.
Hello again, Titan family......

As we begin another year, I thought it appropriate to make a few comments about something near and dear to me......members of my Titan family. Many of us get to meet some remarkable people working as an Athletic Trainer, and if we are truly fortunate, we get to work alongside them as well. For over 33 years I have had the privilege of working alongside an amazing staff, who truly is family to me. Just over 15 years ago I was also blessed to have Dr. Robert Kersey step into the role of ATEP Director. At the time, I don’t believe he knew what he was in for, and I’m glad he didn’t! Dr. Kersey is a man of great integrity and I am so very proud of his recent induction into the NATA Hall Of Fame. There is none other more deserving. In his humbleness he would prefer that I not mention him, but there is no greater honor for our profession and such a success must be celebrated. Not only is he the finest of colleagues, but also unsurpassed as a person and friend. He inspires greatness in all of us through his example and sincerity.

It is my privilege to dedicate the Maximum Exposure piece to my friend, colleague, and faith brother, Robert Kersey!

Not often do ANY alumni have the opportunity to meet, work with and be schooled by an NATA Hall of Famer! ALL of you need to consider yourself blessed. I know I do! Thank you for the constant support of Titan ATEP. Always know that you are loved!

JMax
Thank you and best wishes to GA Grads!

After having the pleasure learning from Jordan, Sally, and Emma for 2 years it is time to wish them farewell.

Jordan is doing a one year internship with the LA Clippers. Sally is at Caltech in Pasadena as the Assistant Athletic Trainer. Emma is enjoying what she calls "interim retirement" as she looks for employment.

We asked our GAs how time spent as a GA changed them as an AT and preceptor and this is what they had to say…

Jordan “It was a humbling experience. As an undergraduate student, I didn’t see the amount of responsibility and effort that went into being a preceptor, which made me prideful. Working as a GA helped me to see that I still had a lot of growing to do as a clinician and person.”

Sally “My time as a GA has changed me as an AT in that I have added a few more tools to my tool belt as a clinician. Working along side some of the best ATs in the history of our profession allowed me to observe and practice interpersonal skills like communication and people management. My time as a preceptor changed me in that it renewed my passion for learning and constant improvement. There is so much out there. Athletic training is evolving into a multifaceted discipline. I encourage students to find what they are passionate about and dive into it.”

Emma “I could see myself in many different settings. I don’t have my heart set on any one thing. I trust that where I am meant to be will present itself during my job search.”

We asked if there is any advice they would like to give to the current students as they finish the ATEP?

Jordan “As a student, I believe that it’s important to begin to develop your own philosophy for work and life. It’s something I encouraged all of the students that I worked with to do. Having a personal philosophy gives you a reference point to look to at the end of the day, to ask yourself whether or not you were successful. It also gives you a way to explain to other people who you are, and why you work the way you do.”

Sally “While it is a stellar accomplishment to complete your undergraduate ATEP and pass the BOC, my advice would be humility. You have only seen and know of the tip of iceberg. There is so much out there. Athletic training is evolving into a multifaceted discipline. I encourage students to find what they are passionate about and dive into it.”

Emma “I would challenge the current students to just continue to push themselves and ask questions. Their time at CSUF will fly by so they can’t let fear or hesitation hold them back from learning all that they can. “

Finally we asked them what will you remember most from your two years at CSUF?

Jordan “Probably watching YouTube videos with my fellow GAs right before class / work. ("Sweet baby squirrel").”

Sally “One of my most fulfilling experiences at Fullerton was working with my lead students for two years at women’s soccer (Connie Kuei and Morgan Montalvo). Watching these women grow as people and professionals in a short three-month season was inspiring to see. It was their dedication and hunger to get better that motivated me to work some days.”

Emma “In the last 2 years I have made so many great memories. I really cherish the time I got with the women’s volleyball team and the opportunity to be their athletic trainer. I was spoiled this last November when the team traveled to Hawaii. It was such a fun trip and we were able to spend multiple days out there because it was during Thanksgiving break. I had such a great time.”

Justin Hostert
It is time to remember your roots, give back and support the next generation of Titan Athletic Trainers. As we get closer to reaching our goal of endowing a scholarship in the name of Julie Max, we need your support. Please honor the CSUF ATEP and Julie Max by making a tax-deductible donation to a great cause and come join us for some fun. Although it is too late to register for this year’s event...plan on attending next year. Don’t golf? Just come enjoy the day or join us for the lunch social following the golf tournament.

Prizes will be awarded for the best ball, longest drive, longest putt, and closest to pin. Let your competitive spirit take over and enjoy a day of golf with friends, family, colleagues, and the rest of the Titan Family. It promises to be a day full of laughs, love and titan family memories.

If you would like to volunteer as a staff member to help make this a memorable event, we would greatly appreciate your help. Spend a day volunteering along-side fellow Titan Alumni, friends, family and mentors. It’s great to be a Titan, so take advantage of this opportunity to reminisce on past titan adventures, network with fellow Titans, and bridge the gap between past and present ATEP students.

Saturday, July 20, 2013 7:30 a.m.
Registration, 8:30 a.m. Shotgun Start
Coyote Hills Golf Course
1440 East Bastanchury Road
Fullerton, CA 92835
714-672-6800

Platinum sponsor $5000
Gold Sponsor $2,500
Silver Sponsor $1,500
Mulligan Sponsor $500
Closest to Pin/Longest Drive Sponsor $250
Tee Sponsor $150

Michael Martinez
ONE-HUNDRED TITANS IN VEGAS!

Maria Amoroso-Castro
Isabel Archuleta
Anna August-Sedory
Joe Avitabile
Rusty Baker
Chris Bates
Brittany Bauer
Rick Becker
Melissa Belandres
Evelyn Benitez
Smadar Bezalel
Larnie Boquerin
Derek Boroian
Alex Bravo
Ned Bergert
Senait Berhe
Kyle Burnett
Ken Burns
Adam Cady
Keith Candelaria
BJ Capili
Leslie Cardoza
Kevinz Carpio
Lauren Castillo-Filamor
Nelson Chen
Mike Chisar
Cindi Chu-Coury
Michelle Collins
Monica Cordova
Steve Cortez
Jeremy Cortez
David Cox
Jordan de Gracia
Stacy Diaz-Camou
Kristal Emig-Slover
Jo Engel
WII Filamor
Tina Fleming
Lauren Forsyth
Kelly Franks
Emma Garton
Barbie Gil-Alviso
Jose Gomez
Erica Gonzalez
Kayla Gradillas
Michael Gregory
Marcy Griffitts
Mike Hoang
Cole Hobson
Damian Holley
Justin Hostert
Nina Hsieh
Sarah Ibanez
Evelyn Jaramillo
Stacy Jensen-Ritter
Robert Kersey
Connie Kuei
Ky Kugler
Melissa Lentz
Chris Ludwig
Vance Manakas
Mike Martinez
Marcella Matanis
Julie Max
Bryan McCabe
Kirsten Marony
Matt Nielsen
Max Nikolenko
Micah Ohlen
Audrey O’Neill
Edgar Ortiz
Ricardo Padilla
Vanessa Pai
Pratik Patel
Andy Paulin
Dwayne Phillips
Charlie Ramos
Amanda Rice
Terry Rosenthal
Adriana Segura-Velez
Elva Salcido
Kevin Sells
Jack Sessions
Yo Shimada
Marni Shoger-
Sandy Shultz
Alisha Smith
Steve Teubner
Craig Truglio
Kavin Tsang
Yoshi Ushijima
Daniel Vasquez
Kelly Wilson
Jamie Wilson
Jim Winn
Steve Zinder

Honorary Titan ATEP members
Bill & Elise Chambers
Bill and Terri Beam
Scott Lynn

Please follow the link below to view the NATA 2013 Titan reunion & Dr.Kersey’s induction into the HOF slide show,
http://www.youtube.com/channel/UCHlh5y9GoHgxsUKzj4AxuTA
This is the “speech” I had planned to share at the TITAN Reunion but simply put, got overwhelmed by the great turn-out and decided to share it through the newsletter …

Dr. K …
I know you asked us not to focus this evening on your induction into the Hall of Fame but as some of our students do on occasion … “I have to ignore the request” …

As described by the NATA … “The National Athletic Trainers’ Association Hall of Fame exists to recognize the very best of our profession. Induction into the Hall of Fame honors athletic trainers who exemplify the mission of NATA through significant, lasting contributions that enhance the quality of health care provided by athletic trainers and advance the profession.” …

“enhance the quality of health care provided by athletic trainers” …
many athletic training educators do not have a true sense of the practice of athletic training … YOU DO … “you talk the talk because you walked the walked” … even though you have not “practiced” athletic training in a while, you impact the quality of health care by instilling quality in your teaching … I have heard many of our students adopt the principle you emphasized with them … “the quality of care you provide to your athletes/patients should never be based on how the season is going … treat the last guy on the roster with the same care as the star player” …

maybe the best testament is your commitment to learning … “what did you learn today? what did you get better at today?” … doesn’t matter if it is a student, faculty, or clinician, you remind us that we can and should continue to learn and grow …

“advance the profession” …
your academic vita speaks bounds to your success … the extensive publications and presentations are impressive on their own but just as significant are the national & international venues and varied disciplines that you have impressed the athletic training profession upon … only a few of us know and understand the many frustrating “moments-conversations-emails” that you have endured in defending and representing our profession … the countless hours you have spent in advising prospective applicants and parents … athletic training is a health care profession, not a “fall back option or easy degree to get for athletes” …

maybe the best testament is your commitment to service … “Give of your time, talent, and treasures” … “NO” is not in your vocabulary and explains the overwhelming number of committees, groups, and events you have participated with … each, doing so with professionalism and humbleness …

“Mahalo nui loa” (Thank you) for all that you have done to support our profession … and just as important, representing the Kersey family, the individuals you consider your mentors, and us, the TITAN Family, with pride and honor.

Enjoy tomorrow … be in the moment … as Ken Ravizza would say, “BREATH” …

“Ho’omaika'i ‘ana” (Congratulations)!!

Kavin

Please follow the link below to view the NATA 2013 Titan reunion & Dr.Kersey’s induction into the HOF slide show, as well as the 2013 Donate Life slideshow.
http://www.youtube.com/channel/UCHIh5y9GoHgxsUKzJ4AxuTA
From the Soapbox...

The past few months have led to much personal and professional reflection for me. What an honor to get that call from the NATA President early one morning months ago. I was up early, working at home and the phone rang. I answered expecting a telemarketer, (it seems like these are the only folks who know my number sometimes). The person asked for Robert, so naturally...in my ever so positive and polite manner...I asked who wanted to know. There was a long hesitation and then the voice said “Jim Thornton, President of the NATA”. I lay down, as I immediately knew he wouldn’t call to tell me I was NOT elected to the Hall of Fame. Wow...immediate and deep emotions from every crevice of one’s self. We spoke for a few minutes, but mostly I was stunned and already fearful of what I knew was coming.

To be acknowledged in any way...for any reason is not something I enjoy. Just ask those who try to plan events in my honor. So, to be so publically recognized by your peers/colleagues was, for me, a very challenging experience. I am not exactly sure why this is, but am pretty confident the psychiatrists could give you many reasons (a whole different editorial for a much later date). One of the hardest things I ever had to do was to voluntarily walk across that stage in Las Vegas and speak from my heart about myself. At that moment, you have no idea how much I wanted to speak on anabolic-androgenic steroids for the 148th time.

For those who were in attendance at either or both the NATA Hall of Fame induction ceremony and/or the Titan Alumni Social the night before, I thank you for being there to support me. Although I did not dare look up as I crossed the stage to the podium, I heard you cheering and appreciated it. My acceptance speech was short, as we only had two minutes, and probably not that memorable, but I thought I would briefly recap, as I know not everyone could be there.

Thanks to the past Hall of Famers who led our great profession to where we are today. Congratulations to my HOF classmates and the other award winners. Thank you to Scott Sailor, Mark Hoffman, Julie Max, and Andy Paulin for supporting my nomination, but more importantly for your friendship.

“Life is about choices...”, (you had to know this was coming). I have been fortunate to make some good choices, but also made more than my share of bad decisions. In 1976, I suffered an injury as a collegiate student-athlete. I met Phil Pifer an AT, who served his patients with knowledge, expertise, and empathy. After watching and studying under him, I chose to become an AT. Other key mentors in my professional life included the late Bill “Ropes” Robertson and Dr. Gary Delforge.

I gained so much following my choice to serve others and our great profession. I hope you consider the choices you make every day and how they impact not only you, but others around you. We all have responsibilities and our choices lead to consequences...for us and others. Humbly consider others as you make your choices and you will be blessed.

“Do nothing out of selfishness nor empty conceit, but with humility of mind...consider one another as more important than oneself.” Serve others and you will be served. Consider how you can serve your patients, your family, your employers, and your profession. If you give to the AT profession of your time, your talent, and/or your treasure...you will certainly not regret this choice. My choices over the years, led to my peers honoring me with the professions highest award - the NATA Hall of Fame...what an outstanding consequence.

Thanks to my family, especially my mother (Betty) and father (Austin) for their love and sacrifices. Thanks to every one in the Titan family. I can’t name you all. You have all touched my life and I am indebted to you.

May God richly bless you all.

RK

**Upcoming Professional Meetings**

FWATA: April 10-13, 2014 @ Las Vegas, NV

NATA: June 25-28, 2014 @ Indianapolis, IN