



RIATA Spring 2005 Newsletter

Letter from the President

By: Andy Llaguno, MSED, ATC, CSCS

First, I would like to thank our Executive Board and Committee Chairs for a very successful year and all the work they have done. Secondly, I would like to welcome everyone to our second “*ONLINE*” RIATA Newsletter. It appears that we would like to have the newsletters every Fall and Spring.

March is upon us and it's **National Athletic Training Month** – *Rehabilitation accelerated return to activity*. Rob Lawton our Public Relations Chair has put together a plan to work with the RIIL (Rhode Island Interscholastic League). The RIATA & RIIL are going to do joint press releases targeting secondary schools through TV, radio, and newspaper ads. We are going to proceed to the state house working with our legislators to drive the message Athletic Trainers are vital to protect our secondary school athletes. Media materials will be used from the national office informing everyone about the profession of athletic training and the services ATC's provide. Please do your best to increase public awareness and if you have any suggestions or questions contact Rob Lawton.

RIATA members please notice on our website the

District One – Professional Development Scholarship is available to any RIATA member. All the information such as: eligibility, requirements, prerequisites, and the application process can be easily found by clicking a button. The amount is **\$1,000.00** please apply and note the *deadlines*.

I am very excited to announce the Executive Board has decided to have a

RIATA Athletic Trainer of the Year Award. This will be the first one for the state and we encourage everyone to look for the *sponsor & nomination forms* on our website. The President Elect (Jenn Brodeur) will be the nomination chair for this process. We would like to see this be competitive and also recognize the winner for the outstanding merit they deserve. Along with this honor, we will post the winner on our special features section on the website, forward a picture and summary to the NATA News – Across the Country section, and do a press release statewide. Please note the *deadlines* and nominate your peers, mentor, or any RIATA member who is worthy.

In addition to the award above we have the **RIATA Service Award**. This award goes to someone or organization *outside* our membership who supports our association and/or gives us positive public awareness. Once again our President Elect will be the nomination chair for this process. Please note the *deadlines* and be active by nominating someone. All information can be found on the website.

Another new idea will be the first “**Annual RIATA Picnic**”. Our State Secretary (Tom Belmaggio) will be working on a location within the state to have this picnic. May seems to be the best month to have the picnic. Announcements and all information will be posted on our website in the near future. We look forward to meeting with all of you and your families. Food, beverages, games, raffles, and having a good time will be our main focus. This will also be a great time to announce our two new award winners – *RIATA Athletic Trainer of the Year* and the *RIATA Service Award*. We look forward to a good attendance.

Please encourage anyone interested to become a *RIATA Sponsor* to contact our Web Master (Garrett DeGroot). He has information and requirements to post logos on our website. Moneys will go toward the RIATA general account and for future projects to strengthen our association.

The **ATOM/ RIATA Conference** will be set for the month of May. Alan Segee and Kristine Brown have been working hard for months trying to make this conference one of the best ones yet. Registration forms and additional information will be posted on our website in the very near future.

Lastly, I would like to congratulate **Dr. James Sullivan**, DPM, ATC for receiving the Dr. David G. Moyer Award. This award is presented to a team physician that serves the profession of Athletic Training as an educator and advocate and has also served the community in which they live and work. Dr. Sullivan is a physician for numerous New England Universities including the University of Rhode Island, Northeastern University, Bryant College, as well as numerous other organizations. Congratulations to Dr. Sullivan on receiving this prestigious award. He is also noted on our *special feature* website section.

Once again thank you to all the RIATA members contributing to make this association one of the strongest and productive within the country. I look forward to seeing all of you in May.

Sincerely,
Andy Llaguno, MEd, ATC, CSCS
RIATA President.

President-Elect Report

As we gear up for spring we have the opportunity to bestow honors on several deserving individuals. Therefore, on behalf of the RIATA, I invite members to submit nominations for the 2005 Awards.

Our Athletic Trainer of the Year Award is open to individuals whom you feel have made outstanding contributions to our state organization and the profession. All nominees must possess a current state license and national certification and have been a member of the Rhode Island Athletic Trainers' Association for a minimum of three years. In addition, candidates may only be nominated by a current RIATA member.

The RIATA Service Award is an opportunity for us to thank a non-RIATA individual for service and dedication to the organization and athletic training profession. Nominations for this award must be completed by a current RIATA member as well.

The call for nominations will be open from March 15, 2005 to April 15, 2005 and awards will be presented at the RIATA family picnic in May. Nomination forms can be found in the awards/nominations section of this website. Please forward all applications/nominations to me at:

Jennifer Brodeur
Athletic Training Room-Alumni Hall
549 River Avenue
Providence College
Providence, RI 02918

Please feel free to contact me at 401.865.2251 if you have any questions or concerns.

Thank you.
Jennifer

Past-President Report

WET FLOOR SIGNS

By Mike Monteiro, MS, ATC, CSCS

As many of you know, I work as an Ergonomic Consultant for the Beacon Mutual Insurance Company; a worker's compensation insurer in the state of Rhode Island. In the process of assisting my accounts with preventing musculoskeletal injuries, I find myself walking through many different types of businesses. Although there are many structural and mechanical differences between each facility that I visit specific to the product being produced, there is one thing that I find in all facilities that is universal and generates an immediate mental response whenever I come across one; wet floor signs. It's not just me, either! I am confident, as I write this letter, that every single reader has the exact same visual image of a wet floor sign at this time; a plastic, yellow structure of a stick figure slipping on a wet surface with the words, CAUTION: WET FLOOR. Am I right? It is almost inconceivable to believe that someone, upon seeing the sign, fails to change their gait pattern and/or the way that they proceed. Seeing this sign made me think that, at some point in history, it was decided that a message had to be created since, apparently, people were not taking adequate precautions and, as a result, were suffering injuries. Yes, the end result came with variations, such as folding signs, cones, etc. But the message was the same: CAUTION. I see the same approach with the plight of Athletic Trainers. People are getting injured at work and at play and they are looking for solutions. Athletic Trainers are the solution, but we need to put that sign out! Hang posters, put something in your email address, verbalize the term "Athletic Trainer" when talking about yourself and/or colleagues, volunteer to speak at a secondary school career day. Different variations, but the message is the same; Athletic Trainers prevent injuries.

Public Relations Update

We've had another successful quarter on the PR front. During the big blizzard we issued a press release on warming up and preventing injuries while shoveling snow. Mike Monteiro appeared on NBC Channel 10's Health Beat segment with Barbara Morse-Silva. In addition, our press release ran in the Cranston and Warwick newspapers and got mention in a combined article in the Providence Journal.

We are working hard for press coverage during March, National Athletic Training Month. We issued a press release, in conjunction with the Rhode Island Interscholastic League, on the importance of certified athletic trainers in the high school setting and the lack of them in the Ocean State. We will continue to pursue this important message.

Please contact me with any PR ideas or concerns. Thanks for your support.

Rob Lawton
PR Chair, RIATA
800-877-7946
rlawton@swimex.com

Webmaster Update

Welcome to the Spring 2005 Online Newsletter. As we get into March's Athletic Training Month, we have continued to improve our organization's website (www.riathletictrainers.org). Not only have we continued our recent press releases, but we are also well on our way to getting sponsors to support not only our website, but the RIATA, as well. Some of the things we are currently incorporating into the website are the specific sponsor area to give direct access to their websites. Also, we should have a job opening area for summer camps for easier access to schools to find certified athletic trainers and for ATC's to find some extra work in the summer-time.

Understandably, athletic trainers are always busy, but whenever you can find time, please visit the website for some input, and you will also find new state awards to nominate fellow ATC's worthy of statewide recognition.

Good luck on a healthy and happy spring season. See you on the website!!!

Garrett DeGroot
RIATA Webmaster

Visit www.riathletictrainers.org

Secretary/Treasurer Report

Welcome RIATA to the second addition to our online newsletter! As of March 21, 2005 we have \$989.41 in our general account which does not include '05 dues received from the NATA. Our Legislative account is currently at \$655.19.

As an Executive Board we are working on various concepts and ideas to help our membership. Since we live in such a small state and there are so few of us, we believe our Association would be more effective if we have an annual family picnic. We are planning for a weekend in May; details will be available soon so please stay tuned. The place for the picnic has not yet been determined so if you have any ideas please feel free to email me at tombelmaggio@yahoo.com.

Thank you and have a great spring.

Tom Belmaggio