

Raider Athletic Training News

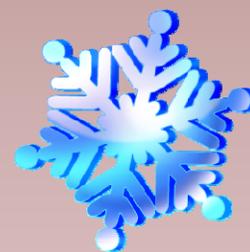
Winter 2013-14

The Sports Performance Model at Colgate University

By Steve Chouinard

We are excited to announce that in the fall of 2013, the two areas of Colgate Sports Medicine and Colgate Strength and Conditioning joined forces and became "Sports Performance." This is a concept that we have been contemplating for some time, and is a trend that is on the cutting edge in Division I athletics. Historically, these two areas have been entities that worked mutually exclusive of themselves. Strength and Conditioning professionals push student-athletes athletically and Athletic Trainers safeguard student-athletes. The reality is that there is tremendous overlap between the two professions and, in the end, we are all working toward the same goals - success and safety. All strength and conditioning professionals list "injury prevention" as one of, if not the most important aspect of what they do. Injury prevention is one of the most important domains of Athletic Training and Sports Medicine. In the same vein, all Athletic Trainers must consider: strength, conditioning, overall fitness, and functional ability as they return students to play. With two missions that are so similar, the Sports Performance model is one that allows us to better function as a unit, and in return better prepare and serve our student-athletes.

As we continue to evolve this model, I envision a Sports Performance staff filled with professionals experienced in both Sports Medicine and Strength and Conditioning. For now, currently, I serve as the Athletic Trainer for Men's Hockey, Track/Cross Country, and Golf. I am also the Strength and Conditioning professional for Men's Hockey, Women's Hockey and Golf. The student-athletes now complete much of their rehabilitation in the weight room, reducing the number of trips down from the hill on certain days. I am at all Men's Hockey practices and games, seeing any physical deficiencies; creating plans to help them improve their athletic performance; and detecting areas where weakness, instability or imbalance may create a safety issue. Under the previous model, strength and conditioning professionals could only see their athletes in action on a very limited basis. Their actual assessment was minimal outside of the weight room. Another improvement is that Athletic Trainers are now in the weight room more often. Adjustments due to injury are accomplished on the spot, rather than through a phone call, a dash across the street (our Athletic Training Room and Weight Room are on separate sides of Broad Street), or worst yet, by guessing. The more time Athletic Trainers spend in the Weight Room, the better chances that they are present in the event of injury. Injuries during weight training are relatively rare, but the Athletic Trainer is an expert in this area and their presence is invaluable in these events.



This change to our model has been an extremely positive move for our staff, our coaches, and most importantly for our student-athletes. At Colgate, we continually work to find new and better ways to do what we do. We need to make sure that we are providing the very best athletic health care to Colgate's student-athletes. Relying on "the way it's always been done" doesn't sustain quality forever. Many thanks to Vicky Chun, Athletic Director, and Ann-Marie Guglieri, Senior Associate Athletic Director for their support and leadership in allowing us to embark on this model that is first in class and cutting edge.

On our website, in newsletters like this, and on various sweatshirts and t-shirts, you will see "Sports Performance" more and more. However, the function of the Athletic Training Room and the Sports Medicine area will remain the same as it has always been. Student Assistants will continue to be an invaluable part of this great program. Our history will never be forgotten nor will any of the founding principles be compromised. We're merely adjusting things to adapt to the ever-changing and competitive world of Division I athletics.

Thank You

A very special thank you to all of you who have supported Colgate Sports Medicine. Your generosity is so important to helping us maintain a very high level of care for Colgate's student-athletes. Below are those who have donated to our program since the last newsletter:

Martin and Jane Erb

Franklin G. Goodhart, Jr. and Patricia Goodhart P'97

Kirstin J. Shepperson '92

If you would like to donate, simply go to:

<http://www.gocolgateraiders.com/>

Click on "Give to `Gate" at the top right of the page, then on the contribution form simply designate your gift for Sports Medicine. Moving forward, as described in the story above, supporters will be able to contribute to the joint effort between Colgate Sports Medicine and Colgate Strength and Conditioning by designating their gift to "Sports Performance." We have many initiatives we would like to pursue in the near future including new and improved taping stations to fit the new orientation of the Athletic Training Room. In Strength and Conditioning we've identified a machine which will enable students with lumbar disc issues to strengthen their legs without back squatting and unnecessarily risking irritating their condition. Obviously, a purchase like this benefits both areas and maximizes the health and safety as well as the performance of our student-athletes.

New Techniques Show Benefit

By Cody Herbert, ATC - Assistant Athletic Trainer

Last winter, I was lucky enough to travel to Las Vegas to partake in a continuing education opportunity known as Active Release Technique (ART). ART is a soft tissue manual mobilization technique that has gained vast popularity over the last few years. It is different than normal massage or pressure point therapy in the way that the athlete actively moves the muscle through a range of motion while the clinician holds tension over the muscle or tendon adhesion. It is most popular in the worlds of chiropractic, physical therapy, and endurance racing (ironman sponsor). Although it has started to gain popularity in the athletic training world, use of this technique is still far behind other practices. To illustrate that point, of the 100 people attending this three-day hands-on seminar, I was one of only four certified athletic trainers present. That is the exact reason I felt taking this class would be beneficial to myself as a clinician and, more importantly, our student-athletes. After first hearing about the technique and researching it I believed it could have great usage in the collegiate athletic world.

Treatments usually only take 10-15 minutes depending on which part of the body is injured and being worked on. So far I have loved the results I am seeing with ART on soft tissue injuries. The athletes are also excited about the results they are seeing and feeling. Using ART along with other treatments, rehab, and modalities has shown a decrease in pain and tightness earlier in the injury process. Some athletes now come in requesting an ART treatment which shows they are excited about the process as well. The technique is showing promising results and is easily applied in the college athletic training setting.

The ability to further our professional education and improve our clinical skills by attending seminars and classes such as this one on ART is very important. We are lucky that these opportunities are made available to us while working at Colgate University.

Men's Soccer Competes in California

By Vicky Szymula, ATC - Assistant Athletic Trainer

This fall, the Colgate Men's Soccer team traveled to Northern California. The trip began at 3:30 a.m. on September 19. The team loaded onto the bus and headed to the Syracuse airport. We landed in San Francisco at noon, West Coast time. The team then went on a lunch trip to the local market for a variety of California-style Mex-Asian-influenced food. After lunch, they traveled to Cal-State Berkeley for a late afternoon practice to get the blood pumping. While they practiced, I took advantage by enjoying the view from the practice field that overlooked the hazy bay and the city of San Francisco.



The next day, the team took on the No. 4 nationally ranked Cal Golden Bears. Unfortunately, we lost 3-0, but the Raiders battled from start to finish against a very talented team. The day after the game was used for sightseeing and free time. Some players went with parents while others attended various sporting events or toured San Francisco. Along with two of the assistant coaches and several players, I went to enjoy a meal at a local gourmet burger joint. The diner was about a 40-minute drive from the hotel through the scenic hills of San Francisco to a tiny diner made popular by The Food Network's *Diners, Drive-Ins and Dives*. While at Joe's Cable Car, we enjoyed the juiciest and most flavorful burger we had ever tasted. Afterward, we took a short trip to famous Baker's Beach. While there, we enjoyed a relatively rare fogless day at San Francisco Bay. Some of us hiked the sand dunes, while others climbed the rock formations with the Golden Gate Bridge in the background.

On September 22, we played against Stanford. The Raiders made their way past Facebook headquarters toward Palo Alto. The Stanford campus was impressive. The athletic complex, affectionately dubbed "The Zoo" by our players, comprised of row after row of walled-in athletic fields. Each team, it seemed, had a recently updated stadium with locker rooms and press boxes. We parked next to the famous football stadium and then made our way to the state-of-the-art soccer field. It was a natural grass field with amphitheater-style seating and bleachers which sat directly above both benches. The Raiders played very well, but lost 1-0 in overtime.

In that game, though, I played my most important role as one of our midfielders, while trying to clear a Stanford corner kick, was tossed backward into the goalpost. The back of his head struck the post while his body was still in mid-air. The hit forced his body to spin out of bounds. He stood up and walked several feet and then knelt down and requested assistance. It didn't take very long for me to evaluate him on the sideline and recognize that he had sustained a concussion. He was transported off the sideline to the stadium's athletic training room for evaluation by the Stanford team physician. After a short period of time, the student-athlete complained about some numbness and weakness in his arms and legs. With his mechanism of injury and these symptoms, we decided to be very careful and conservative. Emergency Medical Services were called and I provided stabilization to our player's head and neck. Once EMS arrived, a cervical collar was applied and our player was placed on a spine board. I went with him to the Stanford Medical Center for further evaluation and testing. A spine specialist performed an evaluation and ordered x-rays and a CT scan. After an anxious wait for both of us, we learned that he could be released. He was diagnosed with cervical spine sprain and a concussion. One of the things taken for granted is the logistics of transporting injured athletes. Travel plans and distance can certainly complicate matters. Luckily, there was plenty of time before our flight and we were able to meet up with the team and make it to the San Jose airport in time for the flight.

Athletic Trainers are the first to respond to injuries when they occur. This differentiates us from other medical professionals. Our training and our knowledge of both the sport and our players' personalities are vital to helping recognize injuries and react to severity. Concussions and neck injuries can be catastrophic if not treated quickly and properly. It should be noted that the Stanford Athletic Training and medical staff were fantastic and made this process go very smoothly. Our player was unable to return this season due to lingering effects of the injury. He is currently participating in mild aerobic activity as well as a full workload in school. Everyone is hopeful that he will be able to return to play for the spring season. I know everyone associated with the team is looking forward to the day he can lace up the cleats again and take the field.

Perspective from Two Levels of Intercollegiate Athletics

By Emily Stoeckel, ATC - Assistant Athletic Trainer

For the last five years, both as an undergraduate and graduate student, I have worked as an Athletic Trainer within a Division III athletics program. My position at Colgate has now given me the opportunity to move to the Division I level. At first glance, there doesn't appear to be much of a difference between the two levels. However, I have learned that many differences do exist. The largest is the level of dedication the student-athletes put into their sport. Division III does not offer scholarships for athletics; therefore, there is often less pressure placed on Division III athletes. In Division I, there is a tangible increase in the pressure to succeed. In turn, there is greater pressure on Athletic Training Staffs to keep athletes healthy and return them to their sport as quickly and safely as possible. Usually, the healthier the team, the more successful the season.

Another difference between the two levels lies in the access we have to various equipment and materials. All colleges have the equipment needed to provide basic treatment and rehabilitation. But generally Division I level, there is access to better equipment and a larger variety of taping and treatment supplies. For example, at Colgate, we have the luxury of an anti-gravity treadmill and a large cold whirlpool. The treadmill allows us to get athletes walking and running at a much earlier stage in the rehabilitation process, which allows for an earlier return to sport. The whirlpool can handle between 10-15 student-athletes at a time, allowing us to deliver this therapy to hundreds of students per day. While these items may not be entirely essential to the daily care of our student-athletes, they certainly do go a long way toward helping us provide the very best athletic medical care. An Athletic Trainer's goal is always to keep those under their care as healthy as possible and help them return from their injuries regardless of division in which they play. At Division I, I have certainly experienced many differences in my first half-year at Colgate.

Holiday Happenings!



Leslie and Maddie Chouinard open a gift.



Staff Photo from the holiday party at the Tepee. We had food, played games and exchanged gifts. The "Chuck" T-shirt was a big hit! We had some junior members join us with Will Chouinard on the far left and Maddie in Dad's lap. Colin Murphy sported the Chuck shirt as well in the back middle.



A Yankee Swap!



On the staff annual shopping trip, Heather decided to get everyone their own "critter hat". The waitress at Dave and Busters was happy to take this silly photo! Yikes!

Six Students Added to the Staff

By Heather Corey, ATC - Assistant Athletic Trainer

As many of you know, student interest in the sports medicine department has skyrocketed in the last few years. In the last three years, we have received upwards of 30 applicants each fall semester. Students that apply for our program are put through a rigorous hiring process. This process begins with an initial sports medicine informational meeting, followed by a question and answer session. After that initial meeting, students are given an observation log, along with a packet of pertinent information.

Now, this is the part that is new. In the past, students were assigned days and hours to report for observations. Last year, we implemented a voluntary three-week observation period. Students are encouraged to sign up to observe sports they may be interested in, but they are no longer assigned times, nor are they assigned mandatory hours. This completely voluntary period is designed to assess student interest and dedication without influence from the current staff. At the end of the observation period, students turn in their logs and the hiring process begins. Students are chosen based on their level of dedication to our program, personality, and work ethic.

This year, we are excited about the addition of six students to our staff. This information should help you get to know them!

Sarah Barns

Hometown-Syracuse, NY
Major-Biology
Favorite Colgate hangout-The Coop
Rapid fire:
Coffee or tea-coffee
Earth or Mars-Earth
Pen or pencil-pen
Android or iPhone-iPhone



John Duong

Hometown-Vietnam
Major-Biochemistry
Favorite Colgate hangout-Townhouse 9A
Rapid fire:
Coffee or tea-coffee
Earth or Mars-Earth
Ice cream or candy-ice cream
Pen or pencil-pencil
Android or iPhone-iPhone



Courtney Elston

Hometown: Buffalo, NY
Major: Geography
Minor: Art History
Rapid Fire:
Coffee or tea-tea
Earth or Mars-Earth
Pen or pencil-pen
Android or iPhone-iPhone



Elana Galassi

Hometown-Port Washington, NY
Major-Anthropology/pre-med
Favorite Colgate hangout-Heiber Café
Rapid fire:
Coffee or tea-tea
Earth or Mars-Earth
Ice cream or candy-ice cream
Android or iPhone-iPhone



Meghan Herlihy

Hometown: Long Island
Major: Biochemistry, Neuroscience
Favorite Colgate Hangout: The Coop
Rapid fire:
Coffee or tea-coffee
Earth or Mars-Earth
Pen or pencil-pen
Android or iPhone-iPhone



Allison Zengilowski

Hometown-Hinesburg, VT
Major-Psychology
Favorite Colgate hangout-The Ho
Rapid fire:
Coffee or tea-tea
Earth or Mars-Mars
Candy or ice cream-ice cream
Pen or pencil-pencil
Android or iPhone-iPhone

