

AAATA NEWSLETTER

ALAMO AREA ATHLETIC TRAINERS ASSOCIATION

FEBRUARY 2005

P.O. Box 780726 SAN ANTONIO, TEXAS 78278

[HTTP://WWW.NEISD.NET/MADISON/ATHLETICS/TRAINERS/AAATA.HTM](http://www.neisd.net/madison/athletics/trainers/aaata.htm)

Student Trainer Workshop Update

This year's workshop is full of fun and enjoyment. Plans are still for it to be held at Taft High School on May 7th. Still planned are shortened round robin classes, multiple contests and door prizes. In addition, we plan to have a 5/6 person team from each school participating in a Student trainer Obstacle Course. This Obstacle Course will have a relay race effect with students filling cups and carrying them through running ropes, backboard carry with a patient, ice bag toss, and a few other activities. This will hopefully bring a little excitement and physical competition to the workshop.



Student Trainers

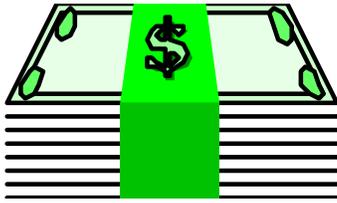
Student Trainers are more than just the people who give out water at football practice. They are the backbone of all sports. They are the people who make all the difference. They are the ones who make everything runs smoothly during, before and after a game. They are the ones who find, solve and fix the problem. They are sometimes assistant coaches when the matter comes up and help run drills out on the practice field. They are the ones who make sure the star quarterback has everything he needs from pickle juice to a hand warmer to a cut towel. They are the ones willing to give up three jackets and gloves so that the team members who have to play in the game can keep warm. They are the ones who wait out in the freezing cold or 113-degree heat when they don't have to, just in case someone gets hurt. They are there around the clock, you know where to find them when you need them and it is rare that they are not there. Unlike most sports, our season is not three months long. It is from two a days before the start of school until the last game of the school year, which may be after the school has had graduation in the spring. They are there for you, not being paid. Most of the time they are out there without presence of being known. They are onsite when the team arrives, and the last ones to leave when the games are over. They cater to all kinds of athletes. They are helpers, coworkers and friends.

THEY ARE STUDENT TRAINERS!

Sarah Davis, Sophomore Student Athletic Trainer

From Bryan High School, Athletic Training Program Newsletter, Vol. 2, No. 3, December 1, 2000

Charles Cortez Scholarship Information



The 2005 Cortez Scholarship Application deadline must be post-marked on or before Friday, April 15th. This is a \$1000.00 scholarship for a Alamo Area Student Trainer that is accepted into a College/ University Athletic Training Program. You can download a copy of the application from the AAATA web site.



SHIN SPLINTS Definition

Shin Splints account for 10% to 15% of all injuries due to running exercises, and 60% of pain in the lower legs.* It is normally in the front of the shin, or the anterior tibialis, but also occurs on the inside of the shin, or the posterior tibialis. Shin Splints can be caused by physical factors: faulty posterior alignment, flat feet (hyperpronation), or exercise factors: muscle fatigue, overuse.

SHIN SPLINTS Treatment

Often a physician or physical therapist can find the source of the pain - lack of conditioning, overuse, change of playing surface to harder court, or simply fatigue. They can also check if it is a physical problem rather than an exercise problem.

There are many treatments, including:

- Icing after exercise to reduce inflammation
- Resting from the aggravating activity
- Taping for extra support
- Orthotics for flat feet
- Stretching exercises including Therabands
- Cushioning of the feet for less impact
- Strengthening of the muscles in the shin and feet

Shin Splints - details, treatment and exercises, <http://www.jumpusa.com/shinsplints.htm>

CornishMedical
ELECTRONICS

Mueller

SPORTS MEDICINE

AAATA Web Site

<http://www.neisd.net/madison/athletics/trainers/aaata.htm>

It is under the Madison HS Web site:

<http://www.neisd.net/madison/athletics/trainers/mooreindex.htm>

AAATA Newsletter - Editor: Tim Moore, AAATA Newsletter is published by: Tim Moore, Madison High School 637-4400x287

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This Year's Contests...

Obstacle Course -

Each school needs to plan on having 5-6 students participating in the Obstacle Course. If you have any ideas for an event, contact Tim Kloewer, Taft HS.

Quiz Competition -

We would like to add new and current questions to the Quiz Database. The questions should be relevant for today's "advanced" student trainers. We would like five general questions from each school. Please e-mail these to Andi Green, Lehman HS.

Ankle Taping Contest...HELP -

This is probably the most popular contest we have. While many student trainers participate, there are few ankle volunteers/judgers. We need all professionals that have a contestant wrapping ankles to donate their ankles and judging skills. The more ankles we have the faster it will go.

Special Seniors -

This year we would like the senior student trainers to have something special. Their names will be selected from a special "Door Prize" box. This is to reward them for their hard work and dedication to your program. We are doing this to be sure that a senior will win a sought out door prize instead of getting pot luck. Be sure to have two senior names you would like to be eligible for a special door prize and turn them in during the business meeting.

From the Treasure

This past year we have paid out on two \$1000.00 scholarships. That is great news knowing that we have contributed to our field by helping students continuing their



education. Please help the association by paying your yearly membership dues. If you know that you will not be attending this year's workshop at Taft, mail in your check for \$20.00 to John Young. Remember, in order for your student trainer to be eligible

for the Cortez Scholarship, you must be a member in good standing. That means you must be current on your membership dues.



Mail payments to:

MacArthur High School

Attn: John Young, AAATA Treasurer

2923 Bitters Road San Antonio, TX 78217



If you would like to submit any sections to this newsletter, please feel free and e-mail it to me. I would like to see this newsletter be a point of more interest to all ATC / LAT. Your involvement is what keeps this association active.

2004-2005 Board Members & Officers

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