



# Georgia Athletic Trainers' Association



Spring 2006

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## MESSAGE FROM THE PRESIDENT

Dear GATA Members,

Thank you to everyone who attended OUR GATA meeting in January, it was great to see everyone. Chuck Conner and the Education Committee, once again, put on another outstanding program. I think having our Georgia Board of Athletic Trainers as our keynote address was a great time for all of us to put faces with names and hear how the Board deals with situations. I encourage EVERYONE to act as eyes and ears for our association, and if you know someone is acting illegally, please turn them in to the Board. We must take pride in our profession AND our law. I personally enjoyed seeing Dr. Chandler receive the physician of the year award, we could all see how honored he was by the emotions he displayed. Our high school student athletic trainer symposium was a great hit again this year. Jeff Hopp, Chip McCarty, and Joe Tallent did a fantastic job putting together the agenda.

I wanted to update you on some things that your executive committee has been working on since our last newsletter. Paul Higgs and I have been in contact with Stacey Sabiston with Conference Direct concerning our meeting for 2007. According to the responses to the survey we recently posted, you all voted for a January meeting and wanted it to be in the metro Atlanta area. Stacey has been working diligently contacting hotels and getting prices from everyone and as soon as we have everything finalized we will get that information out to you. As you are all aware, the travel industry has rebounded since the 9/11 attack and prices are not as low as they have been in the past. However, please know that Stacey is doing everything possible to get us desirable rates.

The GATA has now officially created a 501c3 status and your executive committee is working on organizing that side of our association. This will be a tremendous help to those vendors and others who support our association and will help us as we continue to grow in the coming years.

Please remember the Georgia Games are quickly approaching and Eric needs our help. The Georgia Games has supported our association in MANY ways and we all need to pitch in and help out with this year's Georgia Games.

Also, as we are all aware, the NATA is in **ATLANTA** this year and our association needs to step up to the plate and help make this a successful meeting. Jay Shoop and Jerry Rhea are doing a wonderful job as our hosts, but we have to help with volunteers. The NATA requests 250 volunteers for this meeting and we are below that number at this point. The forms are on the SEATA website ([www.seata.org](http://www.seata.org)). Remember, if you put in 20 hours, you will get 50% of your meeting registration reimbursed to you. This is a WONDERFUL opportunity to get involved and see how such a large meeting is organized. IF you are wondering where to help, I would like to encourage all of you to sign up to help with the "program." Of course, this is a selfish request because I am heading up this group and would love to have all of you working with me!

Please keep in mind, Donna Sledge is our new Public Relations Chair and she would LOVE to hear from you! Donna will be the person that gets info to the district and national levels regarding anything our members are doing in Georgia. Be proud of your accomplishments, or promote those accomplishments of your colleagues, let's continue to be a front runner in promoting our profession.

For those who have not looked at the webpage lately, Paul Higgs had done a great job to give it a new look. Your input is appreciated. One thing we are going to add to our page, is a sort of "classified ad" for equipment. There are times our members have equipment they no longer need, and this would be a great place to list this information. Please send your list of items to Paul and he will get this going.

In closing, I would like to ask all of you to step up and get involved. Our association needs YOU and there are many areas that you can become involved. If you are looking to help, please contact your region reps and they will point you in the right direction. Our association relies on its members to thrive.

I look forward to seeing you in June! Always know, if I can do anything for you, please do not hesitate to call!

Lori  
Lori Groover, MS, ATC, LAT  
President.



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## **Athletic Training Recognitions**

Dr. Bud Cooper, Ed.D., ATC, LAT  
Georgia College & State University

Paul Higgs (Head ATC at Georgia College & State University) and I will be receiving the "Athletic Training Service Award" at the NATA convention this summer in Atlanta, Ga.

I was also the co-chair for the 1st Biennial SEATA Educator's Conference, held Feb 10 & 11 2006 in Atlanta, Ga.

## **Education Committee Report**

Chuck Conner, ATC, LAT – Chair, Education Committee  
Valdosta State University

On behalf of the GATA Education Committee, I would like to thank each member for attending the 2006 Georgia Athletic Trainers' Association Annual Meeting and Educational Symposium. I would like to also thank the following for giving their time to present at the meeting:

Ross Brakeville, Jeff Chambers, Ron Courson, Michael Doscher, Russ Hoff, Kevin McCurdy, Robert Leslie, Carole Middlebrooks, Lisa Norton, David Wright, Donna Hagin, Larry Mullis, Phillip Pieplow, and Jeff Quinn.

I believe that we had an outstanding faculty that catered to our diverse membership population. The diversity of the topics that were presented on benefited our entire membership. Many of the topics for the 2006 meeting centered around topics that the members had requested. One of the major initiatives that the GATA Education Committee has is to address items and topics that most interest our members. The education committee would welcome any suggestions that you have regarding presentations and topics. We want the educational portion of the meeting to be of interest to all of our members. Please send any suggestions to the following:  
[cconner@valdosta.edu](mailto:cconner@valdosta.edu)

## **High School Athletic Training News**

Jeni Evans, ATC, LAT – Cedar Shoals High School

In support of National Athletic Trainers Month my Intro to athletic training class at Cedar Shoals High School did poster presentations on common sports injuries and also one on career opportunities in athletic training. After the presentations the students proudly displayed their posters in the main building for others to view.

## **Athletic Training Seminars**

Mike Dew, ATC, PT, CSCS - University of Georgia

University of Georgia Sports Medicine in coordination with Athens Orthopedic Clinic and the Georgia Sports Medicine Institute is pleased to announce the 2<sup>nd</sup> Annual Georgia Sports Medicine Symposium to be held May 18-20, 2006, in Athens. This year's program promises to provide up to date sports medicine continuing medical education for those interested in sports medicine.

Common injuries of the knee, foot and ankle and their relevant rehabilitation will highlight the orthopedic topics discussed this year, along with many pertinent primary care issues. The symposium will also include a half-day lab/lecture mini-course on various emergency medicine topics. Please call 706.433.3239 for more information.

## **Online High School Athletic Trainer Directory**

Lori Groover, ATC, LAT—GATA President

An online high school athletic trainer directory is available on the GATA website, [www.athletictraining.org](http://www.athletictraining.org) I, with the help of Anne Felts and Jim McNeil, have begun collecting information. If the high school you cover, both public and private schools, is not on there, or the information is incorrect, please contact your REGION REP. The region reps will collect information and send it to me periodically and we will update the list. If you do not want your information listed on this document, please let your region rep know and we will delete the information. This is a great tool for those of us working at the high school level. Your region representatives are listed in the Directory section of the Newsletter.

If you have any questions, please feel free to contact your region rep, or me!

## **Reporting Non-Licensed Athletic Trainers in Georgia**

Paul Higgs, ATC, LAT—GATA Vice-President

I spoke with Yvonne LeSane of the Georgia Board of Athletic Training in Macon. This conversation was prompted by an email to her from a GATA member inquiring how to report a person practicing athletic training in Georgia without a license.

Here are excerpts from the email, including responses from Ms. LeSane:

1. What is the formal process in which I could report a potential violation of someone within the state that is practicing without a state license?

*- Since I have your address, I will mail you a complaint form, however, you may simply put your complaint in writing to the Board giving as much information as you possibly can, including any witness, proof of the infraction, etc.*

2. What are the penalties? I was just made aware they had been increased?

*- Penalties are set by the Board.*

3. Will I be notified of any investigation being conducted or that my report of violation has been acted upon?

*- You will be notified that your complaint has been received. Once a resolution has been reached, you will be notified.*

4. Will my name be a matter of public record and/or shared with anyone other than the Board members?

*- We maintain confidentiality of the reporting individual. If the case is taken to court by the Board attorney, you "may" be called to testify, if necessary.*

5. Should my accusation become false after investigation am I liable for defamation of character?

*- You should seek legal counsel regarding lawsuits*

*against you.*

Ms. LaSane stressed the need for athletic trainers to remain up to date on our practice act and check the Board website for the very latest in our profession.

All reports must be in writing and must be signed. The report will then be reviewed by the Board at its next meeting. The Board, however, will take up the matter at that point and investigate the charges. If the charges are proven factual, the Board will first issue a Cease and Desist Order. If the Order is ignored, fines may be imposed and the matter taken to court.

All reports of illegal practice should be made in writing to the Georgia Board of Athletic Trainers:

Yvonne LeSane, Board Secretary  
Secretary of State  
Professional Licensing Boards Division  
237 Coliseum Drive  
Macon, GA 31217  
Tele: (478) 207-1622  
Fax #: (478) 207-1633

## **Energy Drink Position Statement**

**Paul M. Mills M.Ed/ATC-LAT, PES  
Head Athletic Trainer GMC-JC**

### **Re: The Promotion of High Caffeine Drinks on This Campus and The effects of Caffeine on the Athletic Population of Georgia Military College**

**\*Done by request and submitted to the Athletic Director of GMC for consideration re: NJCAA entering into a partnership with the Red Bull distributors.**

As a Healthcare Professional I am aware of the harmful, negative effect of even limited caffeine use while participating in intercollegiate sports. Conversely, as a Performance Enhancement Specialist, I am aware of the ergogenic, positive effects of caffeine use in endurance athletes. Finally, as a Health Educator, I know that there is no nutritional need for caffeine in the human body. Thus, this request poses an interesting quandary for me.

As a Certified Athletic Trainer, I must go on record as being adamantly apposed to the free distribution of high caffeine drinks to collegiate athletes currently participating in their given sport. The potential effects are well documented and they include:

**Cardiac Arrhythmias:** Caffeine will intensify certain irregular heartbeats in susceptible individuals. This year alone, we identified 5 individuals with cardiac abnormalities during our Pre-Participation Physical Exams here at GMC. Are we going to tell these athletes they cannot have these drinks but everyone else can? If we promote the consumption of these drinks and then require them to participate in athletic activities, we are knowingly endangering their physical well-being.

**Dehydration:** Caffeine works against the body in two ways:

1. It has a dehydrating effect because it is a diuretic and it increases the need to urinate.  
Caffeine causes the evacuation of fluid stores in the body, which then leads to a dehydrating effect. This is obviously not conducive to athletic activities, as fluid is needed for the transfer of nutrients to facilitate muscular growth and repair. It is also important when considering the excessive loss of fluid while exercising in hot environments. Dehydration is the main contributing factor to the onset of Heat Related Illness.
2. Large amounts of caffeine cause the body to lose calcium and potassium, decreasing contractile function of muscles and thus, decreasing performance in anaerobic activities. (short burst of maximal exertion) It also inhibits nutrient absorption which delays muscle repair and intensifies the effects of Delayed Onset Muscle Soreness (DOMS). This leads to delayed recovery times after activity.

We cannot expect these athletes to be able to differentiate between false advertisement and physiological facts. These drinks are advertised as "energy" drinks, when in actuality they deplete the body of everything needed to produce energy and stimulate the Central Nervous System, to induce a false sense of energy.

**Blood Pressure:** Caffeine also elevates your heart rate and blood pressure. Over time, as your body gets used to caffeine, it requires higher amounts to get the same effects and your body reacts to this by releasing hormones to lower BP. Certainly, having your body in a state of hormonal emergency all day long isn't very conducive to athletic participation. Currently, we have 9 athletes that could be clinically diagnosed as Hypertensive. Should we profit from facilitating this potentially devastating condition?

**Sleep Disturbance:** Perhaps the most important long-term problem is the effect that caffeine has on **sleep**. The half-life of caffeine in the body is about 6 hours. If you drink a beverage with 200 mg of caffeine (equivalent to 1 cup of coffee) at 4PM, at 10PM you still have about 100mg in your body. By 4AM, you still have 50mg floating in your system. Even though you may be able to sleep, you will not be able to obtain the restful benefits of deep sleep. Thus your body is unable to recover from the days activity. What's worse, the cycle continues.....you awake feeling tired and reach for a high caffeine drink in hopes of getting a pick-me-up. You use more and more caffeine in hopes of counteracting this deficit. When in actuality, you are continuing the cycle.

Caffeine is a potent chemical with psychoactive effects. The human body has absolutely no requirement for caffeine. It is a challenge to get the nutrients needed for athletic activity into the daily diet of most athletes. Now we propose to add something that is, not needed and harmful?

Research has indicated that caffeine can interfere with our brain chemistry and therefore can be a factor in contributing to and/or exacerbating, stress, anxiety, panic, depression and insomnia. Caffeine stimulates the release of excess stress hormones via its stimulant effects on the adrenal glands. It stimulates the pancreas to secrete insulin which lowers blood sugar so the body has to compensate by releasing stress hormones which cause the body to release energy, fat and glucose reserves to stabilize blood sugar levels.

As a Health Educator, it is easy to identify the need to eliminate caffeine in the athletes diet. Some people are more sensitive to caffeine's effects than others so their tolerance for caffeine can be far less than other people. Even small amounts of caffeine found in decaffeinated versions of tea and coffee can cause them problems. Research has shown people prone to stress and anxiety tend to be especially sensitive to the effects of caffeine, removing caffeine from the diet can be a great help in relieving stress, anxiety, depression and related problems. Yet we propose to endorse it's use?

Caffeine can exacerbate or even cause stress, anxiety, depression and insomnia because it interferes with a tranquilizing

neurotransmitter chemical in the brain called adenosine. This is the chemical which turns down our anxiety levels - it's our body's version of a tranquilizer. Caffeine blocks the receptor for adenosine and regular use of caffeine is enough to produce anxiety and depression in susceptible individuals.

As a Performance Enhancement Specialist, I can confirm the results of numerous epidemiological studies concerning the effects of caffeine and delayed glycogen depletion. Despite considerable research in this area, the role of caffeine as a performance enhancing drug is still controversial. Some of the data are conflicting, which is in part, due to how the experimental studies were designed and what methods were used. However, there is general agreement in a few areas:

- 1.) Caffeine does not appear to benefit short term, high intensity exercise (eg. sprinting)
- 2.) Caffeine can enhance performance in endurance sports.

Glycogen is the principal fuel for muscles and exhaustion occurs when it is depleted. A secondary fuel, which is much more abundant, is fat. As long as there is still glycogen available, working muscles can utilize fat. Caffeine mobilizes fat stores and encourages working muscles to use fat as a fuel. This delays the depletion of muscle glycogen and allows for a prolongation of exercise if it is a sustained endurance activity.

Caffeine is well absorbed by the stomach and intestine, and peak blood levels occur about 45 - 60 minutes after ingestion. Once in the blood stream, caffeine causes a number of responses in the body. It is well known for it's stimulant effects on the brain, but there are a number of other physiologic effects that occur. Blood pressure, pulse rate, and stomach acid production are increased, fat stores are broken down, and fatty acids are released into the blood stream. To the elite athlete this is a positive effect. The fatty acids are consumed as fuel and prolonged endurance is the effect. But to an athlete with a compromised metabolism, this is a recipe for a coronary event. Releasing fatty acids into the blood over time, can cause the formation of coronary obstructions if these acids are not consumed by the working muscles.

In endurance sports, it is a certainty that these fatty acids will be consumed, given the intensity of the activity and the specificity of dosage. This is not true for the average football or soccer player. These effects can last from a few hours to as long as 12, but within 4 days of regular use, the body develops tolerance to many of the positive effects of caffeine. **Thus, the performance enhancing effect is negated by regular use.** These are facts that are routinely omitted by proponents of caffeine use.

Do you think we could convince any of the athletes that use these drinks that, the effect you get from using high caffeine drinks are not real and won't last....I don't think so!

In conclusion, If we had a competitive cycling team here at GMC, I would advocate the controlled administration of pre-competition caffeine supplementation in specific doses. But we do not have a cycling team or any competitive endurance sports. Therefore, I cannot condone the free distribution of any drinks containing caffeine to competitive athletes, regardless the monetary gains it may generate for the institution.

It is my professional opinion that, it would be unrealistic to think that in today's college environment, we can eliminate the use of caffeine as a supplement. But given the information listed here, it would be irresponsible to promote it, unethical to facilitate it and shamefully deplorable to profit from it.

For more information regarding this position please contact:

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By Karen Cantrell, ATC, LAT

It's that time of year again. Athletes from all over the state of Georgia will come together in Metro-Atlanta to compete in the GEORGIA GAMES CHAMPIONSHIPS. GEORGIA GAMES are designed to help promote amateur sports, for athletes of all ages. This is the 16<sup>th</sup> season for the Georgia Games. The Championships, which will be held, July 8-17, will include more than 50 sporting events at 55 venues. This means volunteers are needed badly. The GEORGIA GAMES have been successful, due to the hard work and dedication of all the volunteers, both medical and non-medical. For those who have volunteered in the past, you can agree, these wide varieties of sporting events are not only exciting to watch, but allows you the opportunity to meet interesting people from all over the state.

We are now looking for Volunteers as more than 1500 volunteers, medical and non-medical, are needed. The Championships are just around the corner, and the first events are even closer. Please if you are interested in Volunteering, go to [www.georgiagames.com](http://www.georgiagames.com) and fill out the form on the Volunteer page. As Athletic Trainers, as an appreciation for volunteering for the GEORGIA GAMES, you will receive the right to participate in a FREE 8 hour CEU course held after the events. For those who have participated in the past, you will notice a few changes. Karen Pfeifer, Head Athletic Trainer for Kennesaw State University, usually heads up the medical volunteers. Therefore, the CEU course has been held there at KSU. However, this year Karen is taking a vacation from the GEORGIA GAMES. We would like to THANK HER tremendously for all her hard work and dedication as she continues to assist me as she passes on the torch.

My name is Karen Cantrell, ATC, and I have been asked to help direct the medical coverage. I have been privileged to volunteer as an Athletic Trainer for the GEORGIA GAMES for the past two summers. I look forward to assisting with the GEORGIA GAMES. I just hope I can be half as helpful as Karen Pfeifer has been in the past. Like I've said we are looking for both medical and non-medical volunteers so please feel free to pass this information on to parents, coaches, and other volunteers within the community. Have them go to the GEORGIA GAMES website and volunteer online.

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