



# Georgia Athletic Trainers' Association



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## MESSAGE FROM THE PRESIDENT

Dear GATA Members,

I hope everyone had a great summer and fall is going well. Our annual meeting is coming in January and Chuck Conner and the education committee have worked very hard to put together another fantastic agenda. Please mark your calendar for January 20-21, 2006 for the annual GATA meeting and symposium. It is not on the usual long weekend due to conflicts with the hotel, so make your plans now to attend. It will be held again at the Wyndham Hotel in Peachtree City. I met with the hotel staff recently, and the entire hotel is going through improvements so I know you will all be pleased with the facilities. Please keep in mind that those members with last names beginning with A-G must report 25 CEU's by December 31<sup>st</sup> 2006—it will now be a staggered reporting period. We only have to report 75 CEU's total, with CPR being required but will NOT go towards your CEUs. With the change in reporting, we have added more lectures to the annual meeting in order for you to receive more CEU's; there will be an on-site social (thanks to DonJoy) Friday night, and our annual awards will be done on Saturday at the luncheon. Please check the website for registration forms. I look forward to seeing all of you there!

We will also be hosting our annual high school athletic trainer symposium on Saturday January 21<sup>st</sup> so please help spread the word about this fantastic opportunity for high school students. Jeff Hopp, Joe Tallent, and Chip McCarty have planned another exciting program for the students that will include a dissection again. All information will be posted on the GATA website.

Please continue to keep our colleagues who were affected by Hurricane Katrina and Rita in your thoughts as the holidays approach. So many of them lost everything and they continue to need our support. The message board is still on the NATA website and I encourage all of you to visit it and help in any way possible.

We are at the end of our 3 year contract with the Wyndham for our annual meeting. During our business meeting on Saturday, January 21<sup>st</sup>, we will address site location and dates for the next 3 years. Please keep this in mind and bring your ideas and questions to the business meeting. We want to do all we can to make our meeting possible for the majority of our membership and we need your input to succeed.

If there is anything I can do for you, please do not hesitate to call me. See you in January!

Lori Groover,  
GATA President



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**Governmental Affairs Report**

Tom Bair, ATC, LAT—Chair, Legislative Committee

John Bozeman who for the past several years has been our lobbyist has resigned his position with Georgia Link to accept the position of Director of Governmental Affairs in the office of Governor Sonny Purdue. Our association with Georgia Link will continue and Mr. Trip Martin will be our new lobbyist. Mr. Trip Martin is a founder and senior partner of Georgia Link and will continue to represent us well with both legislative and regulatory issues.

Governor Sonny Purdue had made new appointments to the Georgia Board of Athletic Training. The new Board will consist of, by statute, two Athletic Trainers whom are Ross Hoff - Valdosta and Warren Morris - Athens, one Physician, Dr. Scott Malone - Macon/Warren Robbins, and one consumer Mr. Jeff Treadway - Macon. Mr. Treadway is from Griffin and played several years of professional baseball including many years with the Atlanta Braves.

**Education Committee Report**

Chuck Conner, ATC, LAT - Chair, Education Committee

The GATA Education Committee is very excited about the list of topics that will be presented on at this year's meeting. Several of the topics are based on suggestions from the membership. We have an outstanding list of faculty that will be presenting this year and I would like to take this time to once again thank each one of them for accepting the invitation to be a part of the educational symposium. A complete schedule will be available soon on the GATA website, but for now, please see the following list of topics:

- Workshop: Ligamentous and Special Test Review (tentative)
- Orthopedic Conditions Review
- Biomechanics/Ergonomics
- Core Strengthening

- Case Studies
- Presentation and Panel Discussion: Employment Settings Across the State
- Sports Specific Training
- Keynote Speaker Presentation
- Drug and Alcohol Issues
- MRSA
- The ATC/Strength and Conditioning Coach Relationship
- Marketing, Public Relations, and Athletic Training

The GATA Education Committee has worked very hard to ensure that there is something for each ATC at the state meeting, no matter what the area of employment might be. The goal this year is to have a few more CEU's available at the 2006 meeting. Due to changes in the reporting schedule with the BOC beginning in 2006, members will have to report CEU's at different times depending on each member's last name. Please see the "Board of Certification" website for more information on CEU reporting. We look forward to seeing you in Peachtree City in January.

**GATA High School Athletic Trainers Meeting**

Jeff Hopp, ATC, LAT

This year's upcoming Student Athletic Trainer Workshop will kick off on Saturday January 21<sup>st</sup> at the Peachtree Wyndham Hotel. The itinerary will be as follows:

8:00 – 8:30 Registration  
 8:30 – 9:00 Anatomy of the Ankle  
 9:00 – 10:00 Cadaver Dissection of the Ankle  
 10:00 – 10:10 Break  
 10:10 – 11:00 Ankle Surgeries  
 11:00 – 11:30 Weather Emergencies  
 11:30 – 12:00 Heat Injuries  
 12:00 – 1:00 LUNCH  
 1:00 – 2:00 Medical Emergencies in Athletics  
 2:00 – 3:00 Lab "Care of the Spine Injured Athlete"

Registration is \$35 before January 6<sup>th</sup> and \$50 after January 6<sup>th</sup>. Lunch will be provided. More information can be found at [www.athletictraining.org](http://www.athletictraining.org). Contact Jeff Hopp at (770)428-2631 ext 2508 with any questions.

### **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—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

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

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

\*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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## **Georgia Games Wrap-Up**

By Karen Pfeifer, MS, ATC, LAT

Another summer has come and gone and with it another successful Georgia Games Championships season. The GATA was once again a very supportive partner of the Georgia Games, by providing excellent medical coverage to the almost 9,000 participants. In appreciation of the ATC's that volunteered for the Games, the Georgia Games sponsored the Sports Medicine Symposium, which provided CEU's, on July 23. Our presenters were excellent this year and everyone seemed to enjoy the social element, as well as the education.

The Georgia Games has been able to attract some medical volunteers from other disciplines, but the ATC's are the backbone of the medical coverage. Of the 34 medical volunteers, 25 of them were athletic trainers. We hope to continue to expand our coverage and the number of medical personnel providing that coverage.

We appreciate any help that the GATA members can provide. No amount of time is too small. Please mark your calendars for next year – **June 9-11 & July 7-16**. Once again, the Games will be held in the Greater Atlanta area. The Georgia Games are a great opportunity to volunteer your valuable services, see some "out of the norm" events and earn CEU's.

The Georgia Games would like to specifically thank those who volunteered for the 2005 Games. We appreciate you sharing your time and talent and conducting yourselves so professionally. The Georgia Games is only as successful as the volunteers that provide support.

Deloss Brubaker, Karen Cantrell, Vince Dicrischio, Kara Dolling, Rick Flateau, Tara Gochenour, Michelle Grinkewich, Lori Groover, Cindy Jaworski, Daniel Tribby, Taz Kicklighter, Justin Kilgore, Maureen Lankes, Garrett Law, Kelli Manning, Joanna Mattox, Allison Murphy, Karen Pfeifer, Travis Randolph, Michael Redd, Gary Schmitt, Laura Taylor, Terry Trundle, David Ward, Kim Winn



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