

## Special Interest Articles:

- Athletic Trainers, Head Coaches, and Athletic Directors- The Odd Couple Plus One.



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## Save the Date!!!

By: Sarah Lang, MEd, ATC, NHSSM Historian

On March 7, 2009, Ms. Cindy Kramer at Notre Dame High School and her NHSSM students are hosting a NHSSM Healthcare Symposium. This symposium is geared toward high school students enrolled in Sports Medicine or other healthcare programs. It will be a fun-filled day of speakers and hands-on athletic training skills in the afternoon.

See flyer for contact information. Athletic trainers will be needed the day of event for skills sessions. Please contact Cindy Kramer if you are available.

## 1st Annual NHSSM Healthcare Symposium



Hosted by  
Notre Dame High School  
Date: 03/07/09

- \*Interact with healthcare professionals.
- \*Learn about current healthcare issues.
- \*Find out how to enter a healthcare field.

This symposium is for high school students and their instructors.

For more information contact

Cindy Kramer  
Notre Dame High School  
Phone: (818) 933-3637  
Email: kramer@ndhs.org

## Letter from the President

The NHSSM is thriving! As we come to an end of 2008, our organization is thriving. Currently our chapter count is nearly 30 and growing. Chapters are established in California, Washington, Nevada, and Idaho with new schools in several states beginning the application process.

This past summer, we were given words of support and encouragement from the NATA. Although not an endorsement, the ground work is being laid. We are striving to firmly establish our organization as the

premier health care honor society for secondary school students in the nation.

Remember to read the website! Criteria for the national chapter awards will be uploaded before the end of January 2009. I'm sure your school administration would revel in your accomplishments if your chapter was to "Bring home the Gold". We will also be announcing information regarding our Inaugural NHSSM National Symposium. It will be held in Sherman Oaks, CA. March, 2009.

Further information will be posted at [www.nhssm.org](http://www.nhssm.org) in the upcoming weeks.

Let us never forget, the NHSSM is all about our students. We should always strive to support them, encourage them and develop them. They are not just the future of our organization or healthcare, they are the future!

Sincerely,  
*Eli Hallak* ATC, EMT  
President  
NHSSM

## National Honor Society Sports Medicine Board of Directors- New Board Members

### Mike West- NHSSM PR Chair



Michael West, MS, ATC, is a certified athletic trainer and assistant principal at Patriot High School in Riverside, CA. West has worked in education since 1994 as an athletic trainer as well

as teaching high school and college courses in sports medicine, physical education, and world history.

West serves as the Governmental Affairs Chair for the California Athletic Trainers' Association (CATA). In this position, West has been responsible for introducing legislation calling for a defined scope of practice for athletic trainers in California.

West lives in Riverside with his wife Rhonda and his 3 children.

### Kirsten Farrell- NHSSM Member at Large



Kirsten Farrell, MS, ATC started her career in Elementary Education , teaching second grade in Tokyo, Japan for a few years before attending graduate school at the University of Vermont. While at UVM she

completed her Athletic Training coursework and received her Master's in School Counseling. After graduation she worked at Leysin American School in Leysin, Switzerland as the school counselor and athletic trainer before returning to the United States and settling in California. Ms. Farrell is currently the Head Athletic Trainer and a sports medicine teacher at Venice High School. She also works with West Coast Sports Medicine in Manhattan Beach, as an outreach athletic trainer to high schools in Los Angeles.

## Woodside Priory's NHSSM Chapter

By: Angela Nakahara NHSSM-WP President, Servando Barriqa NHSSM-WP VP, and Melissa Perna NHSSM-WP Sec

2008 marks the first year that the Woodside Priory School in Portola Valley, California has started the National Honor Society for Sports Medicine Program. Composed of seven students, the program hopes to grow along with the already established kinesiology class at the school. The kinesiology program has been a science elective class available for the students since 2004 and teaches basic anatomy, diagnosis, treatment, and rehabilitation of injuries and teaches the skills of an athletic trainer.

Additionally, students are required to spend twenty hours each semester in the athletic training room, learning first hand how to deal with injuries and to interact with the athletes.

In order to expand this program, a chapter of the National Honor Society of Sports Medicine has been formed and has already held several meetings regarding service project ideas and elections of board positions.

We have participated in a variety of service projects during this last year. We

taught CPR to a Girls Scout troop and will soon be offering weekend courses to parents in the community. Most recently, we participated in a benefit walk in cooperation with Habitat for Humanity at Stanford University. During this walk, we were stationed at halfway points to oversee runners and to help the Emergency Medical Technicians. Some of our members even learned techniques from several EMTs, such as administering emergency oxygen and inserting oral and nasal airways!

While at Stanford University

we had the opportunity to visit their athletic training room where we were allowed to spend some time observing. We also listened to one of the Assistant Athletic Trainer who explained the new athletic training room equipment.

We truly hope that this honor society in cooperation with the kinesiology class will expand into the future and will become a substantial part of our school.

## 6th Annual High School Sports Medicine Competition

By: Adrial Dahl NHSSM-SFHS Member

Sports medicine, at the high school level, is rapidly growing each year. But, for most high school student athletic trainers, there are limited opportunities to participate on an interscholastic level. Most other student organizations have their own competitions: sports teams, academic decathlon, etc. In 2002, St. Francis High School in La Canada, CA, started the Annual High School Sports Medicine Competition. Students finally had a way to compete and interact with other local schools. There is only so much

that a student athletic trainer can learn while secluded within the walls of their own school. The competition allows us to foster our own interests in sports medicine and to share in the experience with others students.

On April 19<sup>th</sup>, 2008, St. Francis held its sixth annual competition. Every year since the inception of the event, participation and interest has grown. This year's competition featured over thirty schools from all over California and others from as far as the state of Washington. The competition involves two main sections: written and

practical. The point of emphasis for last year's competition was head injuries.

Following the tests, the students could talk with the student's from other schools or visit a number of representatives and sponsors from local athletic training related businesses. The main point of the competition is not to find a single winner from a huge list of talented students, but rather foster an interest in sports medicine. The day of the competition felt more like a gathering or convention of student athletic trainers than a test. The sports medicine

competition allows them to get an idea of how much more they need to learn. All of the student athletic trainers involved probably left the competition with a renewed thirst for knowledge in sports medicine.

Every year the Saint Francis Sports Medicine Competition grows in participation as well as in its reputation in the community. It is endorsed by the CATA and will probably grow to be a nationally renowned event. Growth will only bring good things to the field of sports medicine.

## Knowledge, Knowledge, Knowledge!!!

By: Emily Elam NHSSM-Valencia VP and Alex McIntyre NHSSM-Valencia Secretary

Valencia High School's Sports Medicine Team has been extremely busy learning and interning! Our Sports Med Team has the honor and privilege to work with two very highly praised physicians, Dr. Karzel from Southern California Orthopedic Institute and DJ from Synergy Performance Health and Fitness. Our class has the pleasure of working with both the doctor and physical therapist about three or four times during the week and outside of school.

Two of our students recently watched a former Viking's ACL reconstruction surgery. The experience was truly enlightening. The students were able to view the

entirety of the surgery. They were very surprised to learn about all the preparations and hard work for the surgery. They learned what happens during surgery including an "inside view" of the knee through a scope. It was an experience that will never be forgotten.

Another one of our students also got to watch two knee reconstructions as well as a shoulder reconstruction with the same doctor. Our sports med team and athletes are so fortunate to get to work with a physical therapist and doctor. Our team learns new treatments for different injuries each time they come. They also teach us how to look for signs of

injury and how to help them immediately. Our physical therapist has also taught us new ways of massaging an injury so that we don't harm our own hands/thumbs while helping an athlete.

We have also been very fortunate to attend two colleges to see their campuses and athletic training programs. La Verne and Azusa Pacific warmly welcomed our team to their facilities. Our students got to learn what it takes to be a Certified Athletic Trainer as well as what the education is like and what to expect. At La Verne, our students got to experience a college class! It was very educational. This opened our eyes to what we are really aiming for.



Valencia HS students with Univ. La Verne students in a lower extremity class on our field trip.

## Athletic Trainers, Head Coaches, and Athletic Directors- the Odd Couple plus one

By Mike Stephenson, AD- St. Augustine High School

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*“There are three basic components to a successful relationship:*

- 1) *Communication...*
- 2) *Trust...*
- 3) *Communication...”*

The high school athletic trainer is charged with protecting the health of student athletes. Most understand that they need to get players back on the field as soon as possible, without jeopardizing the athlete's health. The head coach is charged with preparing his or her team to compete and win on a daily basis. Sometimes the athletic trainer and the coach conflict on the best way to perform their respective duties. This can often times result in a tug of war with the athlete in the middle.

It is during times like this that the Athletic Director should become the voice of reason in working out difficulties. It is crucial for the success of your overall program that all of the coaches and the athletic trainer work together as much as possible to keep difficulties to a minimum.

All successful coaches and athletic trainers are passionate about their

jobs. When you have two passionate people who disagree on the proper course of action for an athlete it usually requires some mediation to come to a decision that benefits the team, the athletic trainer, and ultimately the athlete.

There are three basic components to a successful relationship:

- 1) **Communication-** All parties should be in constant communication about the current and projected health of an athlete. This is a very dynamic issue in that health and knowledge of readiness are constantly changing. Regular updates to coaches can eliminate many issues before they have a chance to boil over.
- 2) **Trust-** Coaches and athletic trainers must believe that they are both doing what is in the best in the athlete first.

- 3) **Communication-** (I know this is here twice, but it is that important). All conversations between coaches and athletic trainers should be held in confidence. Parents and athletes should never be included in correspondence. Confidence in each other that your conversations, discussions, and disagreements will be kept in house will help build a strong trusting relationship.

Always keep in mind that the athlete is the most important part of the equation. Keep everyone informed, and keep all parties up to date on how an athlete is progressing. And above all, remember that the passion each of you brings to your job is no different from each other.

Remember: Don't sweat the small stuff...and that it's all small stuff.



## Students Attend National Youth Leadership Forum on Medicine

By: Jacob Corso, NHSSM-SAHS President c/o2009

This past summer I attended the National Youth Leadership Forum on Medicine (NYLF), at UCLA. The forum spanned ten days and I was among approximately four hundred other students from every corner of the United States, and even Puerto Rico. The basis of these ten days were to expose you to almost every health-related profession that is available, answer any questions you had, and participate in various activities to spark your interest.

On a typical day, we would wake up at a certain time for breakfast, then break into our smaller "med session" groups which were composed of about twenty students each. In these groups we would discuss important issues in today's medical society, have a

planned activity such as a mock interview for applying to a medical school, or even hold medical debates. Then throughout the day there would normally be guest speakers, presentations, or hands-on activities to take part in. On one day in particular we all watched a live surgery broadcasted from Ohio. Our NYLF group at UCLA along with other NYLF groups in Philadelphia and Houston watched a total knee replacement, and we were able to ask questions to the doctors in the room while they were performing the operation. Although it may seem very monotonous, these ten days are filled with fun activities as well. Almost every night there was a social for students to meet and talk to each other, and just hangout. Also we had free time to go swimming, visit other parts

of the UCLA campus, and buy souvenirs or see what was going on at the De Neve Plaza. Then towards the last couple days we went to Santa Monica beach, Universal Studios, and had a closing dinner dance gala.

Overall I would say that my experiences at NYLF were fun, and I learned a lot of information that will help me in deciding what field of medicine I want to pursue. I still keep in touch with many of the friends I made while I was there, and some of them are even planning a reunion. I would definitely recommend anyone even slightly considering a medical profession to attend one of these forums because they are very informative and can help immensely in making your decision.




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*"I would definitely recommend anyone even slightly considering a medical profession to attend one of these forums..."*

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*"Here at Saint Francis we plan to greatly exceed that number with a donation of over 75 units, and we are well on our way to complete this goal."*

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## DIG PINK

By: Mike Diaz NHSSM-ND Historian

Its second year in the action, the National Honors Society of Sports Medicine received its first group task at the Dig Pink fundraiser. **DIG PINK** is the breast cancer awareness project of the Side-Out Foundation. Notre Dame High School's volleyball program decided to participate in this great event on October 28th game against Flintridge Sacred Heart Academy. The fundraiser, which

benefits breast cancer research, was an exciting chance to help both our school and the community. NHSSM got to the game just before the start of the Junior Varsity game wearing the pink shirts to show our support. Mrs. Hayes, the project coordinator, assisted us in what our main tasks for the night would be. We split the group in half so that a part of us would sell t-shirts and others would be in

the gym helping with the opening ceremonies by gathering donations. The event was a huge success netting approximately \$8,000.

If you would like information about this project or the Side-Out Foundation, click on [http://www.side-out.org/news-events/dig\\_pink/](http://www.side-out.org/news-events/dig_pink/)



## National Honor Society Sports Medicine

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NEWSLETTER INQUIRIES  
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We're on the Web!

See us at:  
[www.nhssm.org](http://www.nhssm.org)

## Calendar of Events

**December 13<sup>th</sup>** Mike West addressing the San Diego HSATA  
**February 22<sup>nd</sup> -24<sup>th</sup>** Educating for Careers, Orange County, CA  
**March 7<sup>th</sup>** NHSSM Inaugural National Convention, Sherman Oaks, CA  
**April 17<sup>th</sup>** High School Student Athletic Trainer Day, San Diego, CA  
**April 17<sup>th</sup>-19<sup>th</sup>** FWATA Annual Symposium, San Diego, CA  
**April 25<sup>th</sup> 7<sup>th</sup>** Annual St. Francis High School Athletic Training Competition  
**June 17<sup>th</sup>-20<sup>th</sup>** NATA Annual Convention, San Antonio, TX

## Career Paths Decided by Taking Sports Medicine Course

By: Thomas McGrath, SAHS Student c/o 09

I took Sports Medicine last year as a junior not knowing really what to expect. I was excited to walk in the first day because I was eager to learn my first lesson. We first learned to tear tape; it sounded easy until I tried the first twenty times. From there I learned my first lesson in perseverance and technique. It was important to really focus on what and also who you are working with. Coach

Lang was also able to incorporate the need to always pay attention in the class so that we are prepared to help those who need assistance. She also taught the importance of technique. That performing a task requires full attention and a 100% quality of work. Furthermore what really solidified my confidence in going into medicine was the High School Sports Competition held at St. Francis High School.

Although we arrived late to the competition, our team took 2<sup>nd</sup> in the small schools division. This experience was the main reason why I decided to choose nursing for my major in college. By taking this class and performing well in the competition, it has given my incentive to pursue a career in medicine. I have been accepted to three nursing schools and cannot wait to choose my path.

## National Honor Society Sports Medicine Mission Statement

The purpose of this organization shall be to create enthusiasm for scholarship in the area of sports medicine and other fields directly related to sports medicine, to stimulate a desire to render service in the community, to promote leadership, and to assist in the development of character in the students of secondary schools.



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Supporting the NHSSM