



Ohio Wesleyan University- Athletic Training Athletic Training Newsletter

Fall 2010. Volume 1, Number 1

Welcome—What am I Reading?/ Resources, Resources, Resources!!!

Upcoming Dates:

- * November 8, 2010 -Coaches CPR @ Westerville Medical Campus
- * December 13, 2010-Coaches CPR @ Eastside Health Center
- * January 24-28th, 2011—Rickey Week at OWU, details to follow
- * February 2, 2011—Healthy Bishop Day—Benes Rooms, HWCC, All Day.

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Welcome to the inaugural edition of the OWU Athletic Training Newsletter! It is the goal and purpose of this newsletter to provide information pertinent to the student-athletes, coaches, and administration in the Department of Athletics and beyond at Ohio Wesleyan University. At this point, we will aim to produce two newsletters a year, one per semester. If we find that this little idea becomes a success, we may start to do one per module. The newsletter will include athletic training related articles that can provide you information that can enhance your experience as a student-athlete, coach, or administrator. Sometimes, like in this issue, there will be guest columnists. Other times, it will just be us, addressing a common issue/injury that we are seeing and

how to treat and, more importantly, how to prevent that injury.

Issue Overview

This issue is going to focus on some of the different on-campus resources that can help you with your overall welfare while being a student at OWU: The Wellness Center, Dining Service, Weight Room, and Counseling Center, can all provide assistance to help you reach your potential, you just need to utilize the services they offer. Each has been given a opportunity to explain what they provide and how they can best assist you.

The article by the AT staff is regarding concussions and the policies that we have put in place along with the NCAA policy. While we have gone over concussions with individual teams, at student-athletes meetings, and at coaches staff meetings, we will take

this opportunity to discuss the OWU Concussion Policy in greater detail. We have also included an article, authored by student-athlete Sharif Kronemer, about a new campus program called the Healthy Bishop Initiative.

Finally, on the last page will be an article that I have titled, "Thoughts from Henry St.", which will give me the opportunity to voice whatever my thoughts may be that day. This issue's column deals with the subject of Adversity. Occasionally, I may list a good book as a recommended reading. If you have any ideas or thoughts about content or subject matter for a future newsletter, please feel free to email me or talk to me concerning your ideas. I hope you enjoy this new venture and any and all feedback is welcome.

Concussions: NCAA, OWU, and You - by Todd Miller

In the spring of 2010, the NCAA Executive Committee, implemented a new Concussion Policy for all of its members to follow. Important points of this policy are:

- Institutions shall have on file a concussion management plan for any student athlete that has a mild brain injury.
- Any student-athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be removed from play, and see an athletics health care provider.

- Student-athletes diagnosed with a concussion, shall not return to participation that day.
- Medical clearance will be determined by the team physician or his/her designee according to concussion management plan.
- All Student-Athletes must sign a statement in which they accept responsibility for reporting their injuries to institutional medical staff.

At Ohio Wesleyan University we implemented our own concussion policy during the fall of 2009. The Athletic

Training Staff and Team Physicians felt that we were handling concussions very well and thought it to be important to put this process in writing.

OWU Concussion Policy

The complete policy can be found on the athletic training website, with the direct link being in the margin on page 3. However, here is a basic overview of the policy: Beginning in the Spring of 2009, through our relationship with OhioHealth, the department of athletics was able to have all student athletes take part (continued on page 3)

Student Wellness Center— by Deb Ames, Patient Care Coordinator

Team Physicians are available in the Selby Athletic Training Room on Monday and Thursday at 1pm and Wednesday at 2:30pm.

The Student Wellness Center, located on the residential side of campus in Stuyvesant Hall, is available to all full time students, and is much like your family physician's office at home. Office hours are: Monday thru Friday, 8:30 a.m. to noon and 1 to 5:00 p.m. Appointments are recommended. Walk-in's may be worked into a busy schedule only if symptoms warrant, and usually these students have to wait to be seen. Marsha Tilden, Director of the Health Center, is an Adult Nurse Practitioner and is available to see students Monday thru Friday. Sport Medicine trained family physicians, Jason Diehl, MD and Joel Shaw,

MD, are available Monday and Thursday mornings. Dr. Diehl and Dr. Shaw are also available to see student athletes on Monday and Thursday afternoons (1pm-2:30pm) at Selby Athletic Training Room. Dr. Patricia Hubbell, a local family practitioner is available to see students Tuesday and Friday mornings and Wednesday afternoon. The Health Center has the resources to perform lab work, such as throat cultures, mono tests, urine cultures, STD screenings, that are ordered by the medical staff. The Health Center also has a pharmacy and can provide students medications in addition to written prescriptions for

the student to take to a local pharmacy to be filled. The staff is rounded out by, Heather Klumpp, RN, Jan Hiestand (Lab Technician/Medical Assistant) and Deb Ames (Patient Care Coordinator). Each Student Health Center staff member is approachable, helpful and willing to assist students in anyway. There is never an "office visit charge" to be seen at the Health Center, however, there is a charge for labs and medication. These charges can go to the student account which goes home to parents as a "wellness charge", or students may pay by cash or check!

The Healthy Bishop Initiative is a campus program dedicated to improving the health and welfare of OWU students, faculty and staff members.

Healthy Bishop Initiative — by Sharif Kronemer, OWU Student

The Healthy Bishop Initiative (HBI), which consists of students, faculty members, and administration, is dedicated to the health and fitness needs on campus. The HBI aims to survey campus health and fitness requirements, and to facilitate the fruition of these improvements on campus. In

accordance, the HBI will be organizing a Healthy Bishop Day, Wednesday, February 2. This event will give an opportunity for various organizations on campus to advertise their fitness or health related goals and programs. The capstone of the Healthy Bishop Day will be a presentation hosted in

the Benes Rooms by college sport nutritionist Tim Weirman. This presentation will provide the necessary knowledge to be healthy eaters both on and off campus. If you have any questions or concerns contact Craig Ullom (ceullom@owu.edu) or Sharif Kronemer (sikronem@owu.edu). Save the date: February 2, 2011!

Counseling Center - by Eric Johnson, Assistant Director of Counseling Services

The Counseling Center is located in HWCC, Room 324 and is open Monday-Friday, 8:30am -Noon and 1:00pm — 5:00pm

Increasingly, professional sports organizations, university athletic departments, coaches, and student athletes are recognizing the importance of maintaining good mental health, as well as physical health, for the general well being of an athlete and for improving an athlete's performance. There are times when "sucking it up" and pushing through the pain are what's required for success in athletics and there are times when it's counterproductive. There is wisdom in knowing the difference between the two. The Counseling Services office at OWU is here to help our student athletes navigate a wide variety of challenges they may face, in and out of athletic competition. Our

office is staffed by 3 full-time, doctoral level clinicians who are experts in working with a wide range of psychological concerns and who have considerable experience working with student athletes. Some common presenting concerns include depression, anxiety (including performance related anxiety), eating and body image concerns, relationship concerns, substance abuse, and stress management, to name a few. We provide individual counseling for students, as well as consultation, workshops, training, emergency services, and referral services for the entire campus community. Our services are both free and confidential. Appointments can be made by calling 368-

3145, or by stopping in during our regular business hours. It is important to note that due to heavy demand on our services at different points throughout the year, students may not be able to get in immediately to see a counselor. When this is the case, we give students the option of being referred to a counselor in the community or being placed on a wait list. We work diligently to get our students connected with services as quickly as possible. So whether you are struggling to cope with a sidelining injury, to overcome performance related anxiety, or to confront family problems at home, Counseling Services is here to help.

Edwards Gymnasium Weight Room - by Seth McGuffin, Weight Room Coordinator

There are some new changes in the Edwards Gym Weight Room. There is a new look and there is plenty more to come. Under new leadership, the weight room has been given a new "makeover" that make it more user friendly.

The weight room is staffed every hour it is open. Most of the changes made have to deal with liability and overall

improvement. There have also been new rules and regulations posted. This is to ensure that the longevity of the weight room and equipment is not short-lived. The weight room staff has full responsibilities that include cleaning, minor maintenance and much more.. More equipment is being ordered to make sure that each person

using the weight room has full access to their needs.

The future of the weight room will be taking a giant leap forward and right now we are preparing for this upcoming improvement. With the enforcement of the new rules and new changes, we are expecting a higher volume of use. There are limited hours during school breaks.

Weight Room Hours:

M-Thurs 6am-10pm

Fri: 6am - 8pm

Sat/Sun: 12pm - 6pm

Dining Services - by Daniel Magee, Director of Dining Services

"We are all athletes, although some of us are not in training". I can't recall where or when I came across that saying, but it has influenced my lifestyle and diet.

This adage also reflects the work we do in dining services everyday. People make a choice to embrace a healthy lifestyle. The most important part of my job is giving my customers healthy alternatives.

We know that our customers will find the burgers and pizza, but did they

also know that we have vegetarian or vegan items at all of our locations. The bakers crust station at Smith offers fresh vegetarian composite salads. Our outtakes coolers at Thomson, Welch, University Hall coffee cart and the Conrades Science Center coffee cart offers vegetarian wraps, salads, and yogurt parfaits that are a healthy alternative to pastries.

A wide variety of fresh fruits and vegetables are available at all of our twelve outlets. We have dairy free alternatives

such as soy milk, almond milk; we carry gluten free breads, cereals, pasta, pizza crust, and desserts. Thomson Convenience store stocks more than seventy-five organic products, some of these include soups, cereals, and frozen entrees. Ohio Wesleyan University Dining Staff is committed to consistently delivering healthy choices to our student athletes. We would love to hear from you, how we can make your dining service better.

"We are all athletes, although some of us are not in training."

Concussions (continued from page 1)

in computer based neuropsychology testing (ImPact testing). ImPact testing is used as a tool to prevent athletes from returning too early from concussions, therefore, placing them at risk for Second Impact Syndrome. Second Impact Syndrome is a very serious issue that has led to brain swelling and possible death. All student-athletes that participate in "at-risk" sports for concussions will take part in baseline ImPact testing. When a student-athlete sustains a concussion they will be seen by a member of the athletic training staff and referred to see a team physician. Each day the student-athlete will be required to check in with the athletic training staff and complete the concussion symptom checklist. Once the concussion symptom checklist has a score of

zero, the student athlete will proceed by taking a post-concussion ImPact test. The results of the post concussion test are compared to the baseline and the results will show if the person is cognitively ready to return to participation. If the student-athlete has a "passing" score they will proceed with a return to participation progression. If they do not have a "passing" result, they will follow-up with a team physician, who will decide when the return to participation progression will begin. The progression is as follows:

- Day 1 - 30 minutes of biking
- Day 2 - 30 minutes of running
- Day 3 - Noncontact drills
- Day 4 - Full practice/game

If at any time during the progression symptoms return, the student-athlete will discontinue the activity for the day and follow-up with a member of the athletic training staff. If the person does not experience a recurrence of concussion symptoms (headache, dizziness, nausea, ringing ears, etc...), they will be full participation as scheduled on Day 4.

Conclusion

Concussions are very serious injuries, that require a comprehensive policy for return to participation like we have in place at OWU. The purpose of this policy isn't to hold anybody out of practices or games, but to prevent our student-athletes from having further injury when they have yet to fully heal from an initial concussion.

The complete OWU Concussion Policy can be found on the OWU Athletic Training Website at:

athletictraining.owu.edu/concussionPolicy.html

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Recommended Reading:

Power Sleep: The Revolutionary Program that Prepares your Mind for Peak Performance

By: James B. Maas

A great resource that covers the benefits from a good nights sleep. One good nugget discussed is that we don't deprive ourselves food all week and get "caught up" on the weekend, why do we expect to be able to do it with sleep. Pick it up at your local library over winter break.

Ohio Wesleyan Univeristy—Athletic Training Mission Statement

The Ohio Wesleyan University Athletic Training Staff will strive to provide a comprehensive medical approach to the care delivered to Ohio Wesleyan University Student Athletes. We will provide accessible, professional and timely health care that allows the student athletes to participate in intercollegiate athletics. When decisions are made concerning student athlete's participation status, the Ohio Wesleyan University Athletic Training Staff will keep overall student athlete welfare as the cornerstone. Care includes, but is not limited to; Prevention, Evaluation and Rehabilitation of athletic related injuries, Referrals to on and off campus medical providers, and open communication with Student Athletes, coaches, physicians, administrators, and parents when applicable.

This medical plan will have a multi-disciplinary approach making sure that care includes both physical and mental well being, and not only helping student athletes with participation status in athletics but will also provide life skills that they will be able to use long after graduation from Ohio Wesleyan University. In order to have this type of approach many resources, both on and off campus will be utilized. These resources include but are not limited to: 1. Ohio Wesleyan University Student Wellness Center, 2. Ohio Wesleyan University Student Counseling Center, 3. Team Physicians from Max Sports Medicine, 4. Diagnostic Radiology and Emergency Medical Care from Grady Memorial Hospital, 5. Auxiliary Medical Services provided to Ohio Wesleyan University by OhioHealth, 6. Other resources as needed. The Ohio Wesleyan University Athletic Training Staff will work hard to continue to build and maintain strong working relationships with the resources listed above.

Thoughts From Henry St.— by Todd Miller

I recently watched a documentary titled "Into the Wind", part of the "30 for 30" series on ESPN. It told the story of Terry Fox, a 20 year old collegiate student-athlete from Canada that was diagnosed with cancer in 1980 and shortly thereafter had his right leg amputated. After being released from the hospital, he proceeded to be fitted for a prosthetic leg and set out to run across Canada to raise awareness and funding for cancer research. To date, the Terry Fox Foundation has raised more than \$500 million to fund cancer research in Canada.

It made me think about Adversity and how we handle ourselves when it presents itself. Defined by Diction-

ary.com as, "*a condition marked by misfortune, calamity, or distress*", in athletics adversity may come in many forms (losing games, injuries, bad calls by officials, etc...). There is such an emphasis placed on winning and succeeding that we tend to forget that some of the best life lessons are learned while dealing with a loss or a difficult situation. Whether it is in athletics, academics, or our personal life, at some point we will face an issue that will test us as an individual. These issues and situations cause us to mature, grow, and share with others who we really are as an individual.

Adversity requires Perseverance (*steady persistence in a course of action, a purpose, a state, etc., esp. in*

spite of difficulties, obstacles, or discouragement). Perseverance builds Character (*qualities such as honesty, courage, and integrity*), and Character leads to Success.

If you don't think you can do it, don't worry you already have. Each of us as infants, while learning how to walk, fell down. We didn't stop trying, we didn't make excuses, we didn't give up. We stood up and tried again and again and again, until we were able to walk. We need to view adversity as an opportunity, an opportunity to improve ourselves. By facing adversity positively, we not only become a better person, we have a greater appreciation for our accomplishments when we succeed.