



Ohio Wesleyan University– Athletic Training

Athletic Training Newsletter

➤➤➤ Fall 2012. Volume 3, Number 1

Ohio Wesleyan University Athletic Training FAQ's

Upcoming Dates:

October 15-19—Student Wellness Center is closed

October 17-21—Fall Break

October 22—Student Wellness Center Re-opens in Stuyvesent Hall

November 17-25 —Thanksgiving Break

What's New at the Wellness Center?

- The Student Wellness Center will be closed for the week of October 15-19 so they can move back to the Stuy Hall location. They will re-open on Monday, October 22nd.
- It's that time of year! The Wellness Center is offering flu shots, please call x3160 to make an appointment. The cost is \$20, payable by cash, check, or it can be placed on your student account.

- **I am injured – what do I do?**
Contact your team's athletic trainer. The ATR is located in Selby Stadium under the west side stands and is open 10a-3p for evaluations. Selby Athletic Training Room Phone: 740-368-3747
- **I am sick – what do I do?**
Call the Student Health Center: 740-368-3160 or go to health.owu.edu and click on Student Health link to schedule an appointment online. They are open 8:30-12; 1-5 M-F.
- **How do I make an appointment with a doctor when school is in session?**
Contact your team's athletic trainer for injuries, or the Student Health Center for illnesses.
Regular physician hours at the Student Health Center – call for an appointment or go to health.owu.edu:
Mon, Tues, Thu and Fri: 9a-11:30 and Wed: 1-3:30 (Mon/Thurs A.M. are DWU team physicians)
Regular physician hours at the ATR – no appointment necessary
Mon: 1-3p; Wed: 2:30-4p; Thurs: 1-3p
- **How do I see a doctor while school is on break?**
If you are in the Columbus area – contact your team's athletic trainer. We can arrange for a physician to come to campus, or get you an appointment at one of their offices.
If you are at home – see your personal physician. Bring back a physician note so that we may continue your care on campus.
- **I got injured at an away game that our athletic trainers did not travel to – what do I do?**
Contact your team's athletic trainer. If you were treated at a hospital/clinic – please bring the notes from your visit, so we may continue your care on campus.
- **I got an x-ray or MRI – What do I need to do about payment?**
Visit the following website for information:
<http://athletictraining.owu.edu/studentAthleteInsurance.html>
- **Do our team physicians have a private practice?**
Our team physicians are part of Max Sports Medicine. Dr. Diehl has an office in Dublin: 614-764-0057.
Dr. Shaw has an office in Columbus: 614-586-1220.

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Recommended Reading:

Why We Suck: A Feel Good Guide to Staying Fat, Loud, Lazy, and Stupid

By Dr. Denis Leary

A very comical look at ourselves as individuals and a country. If you enjoy Denis Leary as a comedian, this book is for you. 240 pages of him going off on rants about Dr. Phil, his family, Anna Nicole Smith, to name a few. Disclaimer: at some point you will be offended in reading this book, I was. But as the author points out, "There are endless things you can buy in America—but a sense of humor isn't one of them." As I have always said, if you can't laugh at yourself, you shouldn't laugh at others.

Meet New AT staff member Julie Houston

Birthplace: Augsburg, Germany

High School: Whetstone – Columbus, OH

Undergraduate Degree: The Ohio State University – Columbus, OH. 2006. B.S. in Athletic Training. While at OSU, Julie was an Athletic Training Student and completed assignments with Men's Volleyball, Women's Basketball, Baseball, Crew, and Women's Gymnastics teams.

Graduate Degree: Ohio University – Athens, OH. 2007. M.S. in Athletic Training. While at OU, Julie was a graduate assistant athletic trainer with the football and track & field teams.

Previous Employment: Julie was an athletic trainer for Columbus City Schools for 5 years. Most recently, she was the athletic trainer for Africentric Early College, Briggs High School, and Columbus South High School. During her time in CCS, the Africentric Girls Basketball team won the OHSAA tournament twice and placed 2nd once. The Africentric Boys Basketball team made Final Four appearances twice in the OHSAA tournament. She was the also athletic trainer for Eastmoor Academy in 2008 when they placed 2nd in Football in the OHSAA tournament.

Current Employment: By OhioHealth and joined the Ohio Wesleyan University staff in the fall of 2012. At OWU, her primary responsibilities include field hockey, women's volleyball, women's basketball, women's lacrosse, and softball.

Hobbies: Dominates Champps Wednesday Night Trivia with friends, plays sand volleyball, reading, playing cards.

Last good Movie I saw: Bridesmaids

Last good Book I read: Hunger Games Series

Favorite Restaurant and Menu Item: Chipotle, Chicken Fajita

Fun Fact: Was raised as a "Military Brat", hence why she was born in Germany. Also lived in the following cities while growing up: Pensacola, FL, Manassas, VA, Fort Meade, MD, and Columbus, OH.

Thoughts from Henry St.—Todd Miller

Every year over Memorial Day weekend, my family visits the In-Laws. Usually, I spend the majority of the time helping my father-in-law finish planting his soybean and corn fields. Since I tend to get distracted by coyotes, deer, or extended Allman Brothers Band guitar solos, I have an inability to drive a tractor in a straight line. Therefore, I am not allowed to actually drive the planter, but I help by driving a tractor that prepares the fields for planting. Every year I ask him how he is able to drive such straight lines, he always has the same response: "You need to find one point at the other end of the field, and focus on it the entire length."

It is the beginning of another academic and athletic year, and with a new year comes the opportunity to set goals. We should all set realistic, measurable goals to work towards over the entire year. But setting goals is the easy part. My roommate in

college would set goals prior to the start of every semester. His first goal was always "Set Goals". Therefore, he could always say he accomplished one goal. Yes, it seems like cheating, and shockingly it was normally the only goal he ever achieved. But why is it that we don't achieve our goals? What does our mindset need to be when striving towards our yearly goals? I would never argue with the lesson I have shared above, "You need to find one point at the other end of the field, and focus on it the entire length."

We will always face distractions, it is part of life. When we face distractions, we have the opportunity to make a choice. Our choices speak volumes about the importance of our goals. If making Dean's List is an academic goal, what are you doing instead of getting a head start for the next exam? If winning an NCAC Championship is a goal, what are you doing

instead of practicing hard, hitting the weight room, eating right, etc...? The difference in achievement and failing to reach our goals can be as easy as how we respond to the distractions that will ultimately occur in our lives.

Realistically, for me planting a field of corn or soybeans is not that important of a goal. I like to look at coyotes, deer, and listen to extended Allman Brothers Band guitar solos. Plus, it is seriously hard to drive one of those big tractors in a straight line for half a mile. Either way, if that is a goal I do not attain this lifetime, I'll be okay.

Do you feel you reach the goals you set for yourself every year? If not, how can you better find one point at the end of your field and focus on it the entire length? Hopefully, if you are able to answer the previous questions and make the necessary adjustments, you will have a great year.