For the very first time, there are three full-time faculty teaching in the UCF Athletic Training Program. This is such an exciting time for us! With the additional faculty member, we can now accomplish so much more for our students, our alumni and preceptors, and for our own professional development. With only two faculty members, managing a program this size means you are usually only one or two days ahead of whatever is coming your way. The day to day things that need to be done are done with excellence, but future planning gets left by the wayside. As you know, we have always had strong BOC pass rates and we have always had wonderful feedback about how well prepared for the workforce our graduates are. What has been missing is the ability to plan for what we want the program to become down the road.

So what kind of things do we hope to do? With regard to students, the third faculty member allows us to have more “hands on deck” in lab sections of our courses and provide more one-on-one advising. Course instructors can be assigned based on their content expertise and students will see a greater variety of teaching styles. For our alumni and preceptors, we can offer more continuing education opportunities and even plan a few social events that foster networking and deepen the connection to the program. Finally, with regard to faculty professional development, we will have time to develop ourselves as professionals and perhaps contribute to important UCF, BOC, CAATE and/or NATA efforts. This kind of activity will increase the visibility and prestige of the UCF Athletic Training Program. We look forward to what this new year will bring!

Greetings from the Program Director

Fall 2013

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Program Hires New Instructor

The start of the Fall 2013 semester brought with it a new instructor for the UCF Athletic Training Program - Mr. Carlos Gual. Mr. Gual graduated from our program as the outstanding student of 2009. After graduation he took a position with the University of Maryland as an assistant athletic trainer. He eventually moved to Albuquerque to pursue his MS in Sports Administration. Before coming back to UCF, Mr. Gual was a lecturer and clinical coordinator for the athletic training program at the University of New Mexico. We asked Mr. Gual to share a little bit about himself so students and alumni can get to know him.

(See Page 2)
Ignorance, Fear, and Failure!

by Carlos Gual

One of my mentors at the University of New Mexico challenged me to select three words at the start of every semester that reflected what I wanted to accomplish. Prior to the Fall 2011 semester, I thought about what words I should pick, and finally I chose the words ignorance, fear, and failure. I realize these three words usually have a negative association, but they were ultimately responsible for getting me where I am today and will continue to play a role in my future.

Socrates has been quoted as saying, “The only true wisdom is in knowing that you know nothing.” Being knowledgeable is not about how much information you have in your head but rather understanding that you do not know it all. It does not matter that I graduated from a CAATE accredited program or that I hold my ATC credential. If the magic number to truly master this craft is 10,000 hours (approximately 10 years) of devoted and quality practice, then I am today and will continue to play a role in my future.

The last word, failure, I hold personally responsible for the past 6-7 years of my life. As an undergrad I switched my major to athletic training because I failed an exam that caused me to change my career path from pharmacy to physical therapy. I still remember going into my senior year in the UCF Athletic Training Program wanting to be a physical therapist. I had a five year plan and I was determined to stick to it. During my senior year, however, I realized that my true passion was athletic training. The people, experiences, and accomplishments have been far greater than I could have ever imagined in my original five year plan. Failure is responsible for putting me on a successful career path as an athletic trainer and educator.

I have come full circle and am now an instructor in the same program I graduated from. I am excited to be able to give back to the program that invested so much in me. It is truly an honor and a privilege. Although it feels a little strange to now be on the other side of the desk instructing future athletic trainers, I wake up every morning excited to get to work. I owe it all to my mentor and those three words, which, when combined, create the statement: “ignore the fear of failure.”

A New Scholarship for AT!

We are thrilled to announce that the Orlando Orthopaedic Center Foundation, already a huge supporter of the Athletic Training Program at UCF, is now offering a yearly scholarship in the amount of $1,500!

To be eligible for the scholarship, students must be enrolled as full-time undergraduates and admitted into the restricted-access Athletic Training major.

The demands of the program are high, and between coursework and practicums, students frequently have a difficult time finding even part-time jobs that do not conflict with their academic schedules. This creates a challenge for many athletic training students who try to support themselves financially (and pay tuition) while going to school.

A big thank you to Ms. Jennifer Taggart, executive director of the Orlando Orthopaedic Center Foundation, and Mr. Bob Hammons, director of client services and sports medicine outreach coordinator for Orlando Orthopaedic Center for facilitating the implementation of the OOC Foundation Scholarship!
The Student Athletic Training Organization (SATO) is looking to continue its path toward excellence during the 2013-2014 academic year! Guest speakers within the athletic training profession, as well as within the medical field, will continue to share their knowledge and past experiences with SATO members. We are working to schedule guest speakers with knowledge and/or backgrounds in nutrition, X-games, World Wrestling Entertainment (WWE), men’s health, orthopaedics, resume building, and other topics of interest to athletic trainers. Our focus this year is on professional development, post-graduation. We are asking program alumni to come in and share their experiences with SATO members.

One goal for SATO this year is to become more involved with the community and involve our members in more philanthropic causes such as the Orlando Orthopaedic Center Foundation. SATO members will continue to assist with local high school physicals hosted by the Orlando Orthopaedic Center and volunteer with Epic Sports Marketing at triathlons.

We had students attend the annual Athletic Trainers’ Association of Florida (ATAF) symposium held in Orlando this year. Our very own Brooke Griffin, a senior in the program, was presented with "The Legacy Award", a $500 scholarship based upon GPA and an essay outlining their plans within the field of athletic training. Brooke and fellow seniors Chris Mings and Angela Pectol also participated in the Florida Hospital Sports Medicine and Rehabilitation case-study poster contest, and all received awards for their presentations. Way to go!!

As we continue toward excellence, we encourage all students interested in the field of athletic training to get involved with SATO. For more information regarding upcoming SATO meetings, events, and organization news, visit us at KnightConnect, Facebook (UCF Athletic Training Program) or Twitter (UCF_SATO).

We are looking forward to another positive year!

Anthony Catoni  
Student Athletic Training Organization President

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**Former AT Student Chosen Outstanding Alumni of Year**

Each year the College of Health and Public Affairs (COHPA) recognizes the accomplishments of one alumni from each department within the college. This year we are pleased to announce that former Athletic Training student John Burnside is the Department of Health Professions Outstanding Alumni of the year for 2013.

John graduated from the program in 2002. He was an exceptional student, and his impressive work ethic was evident even then. He went on to earn his MS at Louisiana State University and made a clear impact working with LSU track and field and then football. He spent a year with NFL Europe and a year interning with the NFL Carolina Panthers before becoming an assistant athletic trainer at McNeese State University. John came back to Florida in 2006 and is now the head athletic trainer for Florida Atlantic University.

John continues to keep in touch with the UCF Athletic Training Program and has been very supportive of our graduates. He has hired several students to be graduate assistants and staff athletic trainers since becoming the head athletic trainer. There are currently two UCF alumni on his staff. Events honoring COHPA Outstanding Alumni will take place this fall. Congratulations, John Burnside!
Learning that UCF athletic training alumni Sean Hutchison (Class of 2010) successfully stabilized a high school football athlete with a C4 fracture was an immediate reminder of the importance of keeping current with emergency procedure skills. What do your policies and procedures require if an athlete went down on the field and was unconscious and not breathing? What is your protocol for an athlete complaining of neck pain and numbness in the extremities? Who is in your chain of command and what are the steps you would take to providing life-saving emergency care?

Often we overlook refreshing our emergency skills because we are constantly focused on evaluating non-life-threatening orthopedic injuries. The National Athletic Trainers’ Association recommends each athletic training organization design and utilize a written emergency action plan in consultation with local emergency medical services. As athletic trainers we should review our emergency action plans every year for every venue at our organization, and that review should also encompass repeated practice of emergency response protocols with all of the personnel involved in responding to an emergency situation.

Individual emergency skills such as in-line stabilization, spine boarding, CPR, and application of an AED should not just be read over but practiced routinely throughout the year. It is crucial that athletic trainers in emergency situations have the ability to execute techniques with knowledge and control only gained through repeated practice.

Outside of a recertification course, when was the last time you practiced CPR or spine boarding skills using realistic scenarios? Remember that one can never practice these skills enough, especially when saving a life is involved. Great job Sean Hutchison!

With the holidays approaching, we ask that you consider making a tax-deductible donation to the UCF Athletic Training Program. Contributions are used to enhance academic programs, support students, and enable us to continue offering preceptor training and other events. To donate online please visit UCF Foundations and choose the Athletic Training Program under “Donation Information.” Thank you!