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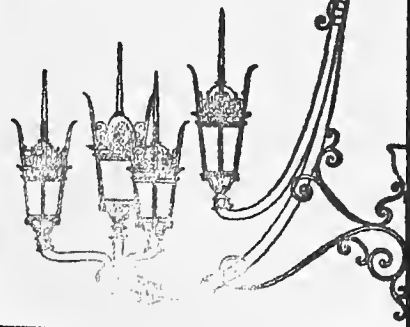
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Bay State Youth Sports Guide: Resources for Sports Injury Prevention

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Produced by
Statewide Comprehensive Injury Prevention Program
Bureau of Parent, Child and Adolescent Health
Massachusetts Department of Public Health
150 Tremont Street
Boston, Massachusetts 02111

In collaboration with
Massachusetts Sports Injury Prevention Task Force

1989

THE
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ATTORNEY GENERAL
STATE OF TEXAS
AUSTIN, TEXAS

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Inclusion of organizations and/or materials does not necessarily mean endorsement or recommendation by the Massachusetts Department of Public Health (MDPH) and the Massachusetts Sports Injury Prevention Task Force, except those that are part of or produced by MDPH.

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Table of Contents

	Page
I. Introduction	1
Sports Injuries: An Overview	1
Massachusetts Sports Injury Prevention Task Force	4
II. Massachusetts Resources	
Sports Injury Prevention Agencies	5
Courses and Programs in Athletic Training	8
Sports Medicine Practices and Facilities	10
Sports Injury Prevention Specialists	13
Massachusetts High School Athletic Regulations	26
III. National Resources	
Sports and Fitness Associations	27
Sports Injury Prevention Specialists	45
Events	48
IV. Educational Materials	
SCIPP Injury Prevention Resource Library	51
Other Reference Sources	60
Injury Reporting Systems	66
Free Safety and Health Booklets	68
Audiovisual Resources	70
Curricula	73

I. INTRODUCTION

The Bay State Youth Sports Guide is a comprehensive directory of existing resources on adolescent sports injury prevention. This guide will be valuable primarily to high school principals, athletic directors, coaches, athletic trainers, school nurses and physicians, emergency medical technicians, and summer camp staff. By reading through the lists of resources, you can acquaint yourself with agencies and programs that may be very useful to your high school or summer camp athletic program. In addition, the guide provides information on continuing education and staff training, how to obtain a guest speaker or film, and updates on the latest developments in the field.

SPORTS INJURIES: AN OVERVIEW

Why focus on sports injuries?

Sports injuries are a widespread problem in the United States. The U.S. Consumer Product Safety Commission reports that 3 to 5 million sports-related injuries are treated in emergency departments each year. Excluding bicycle-related injuries, football, baseball, and basketball are the sports most likely to cause injury among boys aged 5 to 14, while skating, gymnastics, and volleyball are the sports most likely to cause injury among girls of the same ages.

Football and rugby are perhaps the most studied and hazardous sports. The highest rates of head and neck injury for organized high school sports occur among football and rugby players. Sixty-six percent of the cervical spine injuries among adolescents occur while playing football. In the 1987 season, 37% of the one million high school football players missed a practice or a game due to an injury: 75% of the injured athletes missed seven days or less; 16%, two to three weeks; and 9% missed more than three weeks of play.

Similarly, Massachusetts' young athletes are also vulnerable to injury. According to data collected by the Massachusetts Statewide Comprehensive Injury Prevention Program from 1979 to 1982, 17% of all injuries to children 0-19 resulted from sports activities. One in 27 children sustained a sports injury requiring hospital care. Sports injuries are most problematic for adolescents: half of all sports injuries occurred among 10- to 15-year-olds, and they were the leading cause of injury among 12- to 16-year-olds. The rate of injury for boys is twice that of girls.

One-third of these sports injuries were sprains and strains, one-fifth were contusions, and another fifth were fractures. Head injuries and sprains or strains were disproportionately high in football and basketball. That is, football represented 18% of all sports injuries yet accounted for 26% of all head injuries from sports. Similarly, basketball contributed to 17% of sports injuries and 25% of sprains and strains from sports injuries.

Approximately 160,000 high school athletes participate in a variety of contact and non-contact sports in 353 Massachusetts high schools. It is estimated that each year 19,600 public and private high school athletes in Massachusetts will be admitted to a hospital or require emergency department treatment, and another 39,800 will miss at least seven days of practice or competition due to a sports injury.

Can sports injuries be prevented?

Sports injuries can be minimized or avoided if certain preventive strategies are incorporated into athletic training and recreational play. The most important and effective preventive steps that can be taken include: thorough pre-participation physical exams, proper strength and conditioning workouts, use of appropriate safety equipment, proper supervision, adequate hydration and rest, and sufficient rehabilitation after an injury.

A review of the national literature has shown that injuries occur for a variety of reasons related to a child's physical and emotional preparedness to play and environmental factors affecting the conditions under which a child plays. These include:

- Poorly trained coaches--reportedly more than 50% of high school coaches are inadequately trained in injury prevention, recognition, treatment, and rehabilitation.
- Overtraining--Insufficient rest and overtraining causes overuse injuries, especially of major joints, including the shoulders, elbows, and knees.
- Playing hurt--Inadequate rehabilitation accounts for the 20% re-injury rate of organized sports.
- Grouping teams by age--Many children play against other children who are the same age but twice their size.
- Improper equipment--Football paralysis decreased from 34 cases in 1976 to 5 cases in 1984 as a result of improved helmets and the ban on head-first tackles.
- Hazardous playing fields--Seven deaths were reported in 1986 due to the failure of goal posts and baseball backstops. Potholes, trash, glass, and other debris on the field, as well as wet fields, create hazards.
- Inadequate physical exams--Seventeen deaths occurred in 1986 from chest impacts associated with cardiac arrest or arrhythmias. These conditions should have been identified in a pre-season exam.
- Stress--Highly stressed football players are reportedly five times more likely to be injured than their less-pressured teammates.
- Slow and inadequate medical attention.

How can this guide help you?

By providing you with easy access to practical resources and information, we hope to further your goal of providing an athletic program that strongly emphasizes the prevention of injuries. Parts II and III of the guide provide detailed and up-to-date information about state and national organizations involved with sports injury prevention. Part II lists Massachusetts agencies whose work includes sports injury prevention, academic training programs that offer courses and degrees in athletic training, sports medicine facilities and specialists available to provide training or workshops, and the Massachusetts laws governing high school sports. Part III lists associations, events, and

specialists from across the country that address sports injury prevention. Part IV lists reference sources, curricula, audiovisual materials, published reports, injury reporting systems around the country, and other materials devoted to sports injury prevention.

Although this guide is very comprehensive, you may have discovered additional resources or materials that have been useful for your athletic program. Please contact the Sports Injury Prevention Task Force in care of the Massachusetts Department of Public Health's Statewide Comprehensive Injury Prevention Program, (617) 727-1246, so that we may share this information with others.

MASSACHUSETTS SPORTS INJURY PREVENTION TASK FORCE

The Sports Injury Prevention Task Force is a multi-agency group convened by the Massachusetts Department of Public Health in 1987 to provide leadership and advocacy in the promotion of sports injury prevention among adolescents. The Task Force works to expand the communication and dissemination of knowledge among groups, organizations, and individuals working in sports injury prevention.

In its first year, the Task Force set two major objectives: to assess the status of the injury prevention aspects of scholastic athletic programs and to create a directory of resources available to those programs.

The Task Force achieved the first objective through a survey mailed to all Massachusetts high school athletic directors in late 1987. This survey produced valuable information which is being used by the Task Force to advise the Massachusetts Department of Education, the Massachusetts Department of Public Health, and the state legislature on policies, programs and issues affecting sports injury prevention. To receive the results of this survey, contact the Statewide Comprehensive Injury Prevention Program (SCIPP) at the number listed below.

During the past year, the Task Force has worked to produce this document, the Bay State Youth Sports Guide: Resources for Sports Injury Prevention. We believe that it represents the first attempt at compiling information which cuts across the boundaries of specific organizations and associations to provide a comprehensive selection of resources.

Membership in the Task Force is open to both individuals and organizations committed to working toward the reduction of injuries among student athletes. Task Force meetings are held four times a year and designated subcommittees meet as needed. Participating agencies include: Athletic Trainers of Massachusetts; Childhood Injury Prevention Resource Center of the Harvard School of Public Health; Children's Hospital Athletic Medicine Preventive Screening; Center for Study of Sports in Society, Northeastern University; Coalition Organized for Health Education in Schools; Department of Health, Physical Education and Recreation of Bridgewater State College; Department of Orthopedic Surgery of the Tufts New England Medical Center; Department of Orthopedic Surgery of the University of Massachusetts Medical Center; Division of Local Mandates; Division of Sports Medicine, The Children's Hospital; the Governor's Committee on Physical Fitness and Sports; Lexington Eye Associates; Massachusetts Association for Health, Physical Education, Recreation and Dance; Massachusetts Department of Education; Massachusetts Department of Public Health; Massachusetts General Hospital Institute of Health Professions; Massachusetts Interscholastic Athletic Association; Massachusetts Secondary Schools Athletic Directors Association; Massachusetts School Nurses Organization; Massachusetts Medical Society; National Youth Sports Foundation, Inc.; New England Baptist Hospital; South Shore Sports Therapy; Sports Medicine Clinic of The Children's Hospital; Sports Medicine Merrimac Valley; Sports Therapy for Athletic Rehabilitation and Treatment; SportsAid, the Sports Medicine Center at The Malden Hospital; and Stewart Sports Medicine and Physical Therapy Center. In addition, high school athletic directors and athletic trainers and individuals representing the fields of exercise physiology and sports psychology are Task Force members. If your organization is not represented here and you would like to learn more about joining the Task Force, please contact the Statewide Comprehensive Injury Prevention Program at the Massachusetts Department of Public Health, (617) 727-1246.

II. MASSACHUSETTS RESOURCES

SPORTS INJURY PREVENTION AGENCIES

The following is a list of Massachusetts agencies whose work includes sports injury prevention. These agencies may assist you to collect data on a particular injury topic, undertake prevention strategies, secure ongoing funding for injury prevention programs, and publicize the magnitude of the problem and the value of prevention. This list is not comprehensive, and many sports injury prevention agencies may not be included. If your agency would like to be included in future editions, please contact the Massachusetts Sports Injury Prevention Task Force in care of the Massachusetts Department of Public Health at (617) 727-1246.

The Athletic Trainers of Massachusetts' (ATOM) purpose is the advancement, encouragement and improvement of the athletic training profession in all of its aspects. The organization encourages better working relationships among all persons interested in and working on the problems inherent in the care of the health and well-being of athletes. ATOM encourages the improvement, promotion, and expansion of health services for physical education; intramurals; athletics for special-needs groups; elementary and secondary schools; and collegiate, amateur, and professional levels. 91 School Street, Springfield, MA 01105, (413) 788-6195. Contact: Public Relations Committee.

The Childhood Injury Prevention Resource Center's (CIPRC) purpose is to share information and to provide practical, technical assistance to state and local maternal and child health agencies and academic programs seeking to develop or expand childhood injury prevention programs. CIPRC emphasizes long-term planning of comprehensive injury prevention programs and their integration into existing state and local programs. CIPRC is staffed by national experts in the field of childhood injury prevention with expertise in program operation, policy development, staff training, and research. Center staff have a unique and comprehensive understanding of the needs and services of regional, state, and local government agencies and academic programs. Harvard School of Public Health, Department of Maternal and Child Health, 677 Huntington Avenue, Boston, MA 02115, (617) 732-2123/1079. Contact: Alison Dana.

Coalition Organized for Health Education in Schools (COHES) is a statewide, voluntary organization committed to establishing comprehensive health education in Massachusetts schools. Since 1975, a group of agencies and individuals, organized by the Massachusetts Health Council, has been dedicated to improving the health of young people by working with school and community leaders responsible for health education policy and programs. The overall goal of COHES is to implement health education programs which are on parity with traditional curricula for all Massachusetts schools. The specific objectives are to: promote school health education at the local community level; encourage legislative and institutional support for school health education; promote community and school linkage; identify and develop appropriate resources; and provide a forum for professionals concerned with school health education. 1672 Beacon Street, Waban, MA 02168, (617) 332-4629. Contact: Carolyn Darack.

The Governor's Committee on Physical Fitness and Sports is comprised of 20 gubernatorial appointees representing sports, medicine, government, business, education, and media. By Executive Order, the responsibilities of the Committee are: assessing and making recommendations to the Governor on fitness and sports programs throughout the state; acting as a clearinghouse and forum for fitness and sports information; promoting a wide variety of fitness and sports programs; stimulating physical fitness research and improving fitness programs; and honoring outstanding personalities in fitness and sports in Massachusetts. One of the primary objectives of the Committee is to advance fitness activities which improve the health and well-being of all people in Massachusetts. Executive Office of Human Services, Office of Representative A. Saggese, Jr., State House, Room 155, Boston, MA 02133, (617) 722-2870. Contact: Paul Torney, (617) 963-8116.

Massachusetts Interscholastic Athletic Association, Inc. is a non-profit educational organization which exists to serve its 352 voluntarily affiliated member high schools (155,000 students) in promoting athletic participation opportunities for young men and women across the Commonwealth. In pursuing the commitment to organize, regulate, and promote interscholastic athletics for secondary schools of Massachusetts, the Association is committed to securing uniform regulations throughout the state to provide equitable competition as an integral part of the education of secondary school students. Constitutional mandates of the Association include promoting safety and health of participants, developing programs that encourage all that is honorable and sportsmanlike in all branches of sports, and developing uniform standards and procedures for determining championships at the end of the season. 83 Cedar Street, Milford, MA 01757, (508) 478-5641. Contact: William Gaine.

Massachusetts Medical Society Committee on Student And Sports Medicine addresses various issues that affect student health and sports medicine in Massachusetts schools, reinforcing the Massachusetts Medical Society's commitment to improving adolescent health. The Committee provides a forum in which school-based physicians, health educators, and others can meet and exchange information, and sponsors educational programs that examine many aspects of student health issues today. The Committee also supports the work of the Massachusetts Interscholastic Athletic Association (MIAA), and plays an active role in the Coalition of Health Education in Schools (COHES), a group that brings diverse organizations together to work for health education in schools. 1440 Main Street, Waltham, MA 02254-9118, (617) 893-4610. Contact: Staff Liaison, Committee on Student and Sports Medicine.

Massachusetts School Nurses' Organization (MSNO) is a professional organization of school nurses. School nursing is a dynamic discipline embracing a variety of functions which fall under the broad categories of assessment, planning, implementation, evaluation, study, and research. Three broad characteristics are health education, a concern for a healthy environment, and general first-aid. 17 Brookfield Road, Dover, MA 02030, (508) 785-0971. Contact: Anne C. Kinsley.

National Youth Sports Foundation for the Prevention of Athletic Injuries, Inc. is an organization established to ensure the well-being and safety of all youth participating in organized sports. The goals of the Foundation include: research of athletic injuries and ways to prevent them; research of communities', clubs', and institutions' requirements of education and experience for prospective coaches; creation of a national Bill of Rights for

Athletes; distribution of the athlete's Bill of Rights to all participants and their parents; awareness among parents and youth regarding requirements to coach in this country; improvement of the standards for education and requirements necessary to coach sports; and provision of resource services. 10 Meredith Circle, Needham, MA 02192, (617) 449-2499. Contact: Rita Glassman.

The Statewide Comprehensive Injury Prevention Program (SCIIPP) was created in 1979 to address the problem of injuries in Massachusetts. SCIIPP's goal of reducing injuries among Massachusetts citizens is being met through: research into the causes of injuries; the development of strategies and training materials to help integrate injury prevention into ongoing public health services; and the dissemination of information and coordination of injury prevention efforts. SCIIPP offers assistance for program implementation, library holdings and referral information, and computerized databases of injury-related data. Massachusetts Department of Public Health, 150 Tremont Street, 3rd Floor, Boston, MA 02111, (617) 727-1246. Contact: Cindy Rodgers.

COURSES AND PROGRAMS IN ATHLETIC TRAINING

American International College
1000 State Street
Springfield, MA 01109
(413) 737-7000
Day courses

Boston College
Chestnut Hill
Boston, MA 02167
(617) 552-3000
Day courses

Boston University
285 Babcock Street
Boston, MA 02215
(617) 353-2000
Day course in first aid and CPR

Bridgewater State College*
Kelly Gymnasium
Bridgewater, MA 02324
(508) 697-1200
Day, evening and summer courses

Curry College
1071 Blue Hill Avenue
Milton, MA 02186
(617) 333-0500
Day courses

Dean Junior College
Department of Physical Education
and Athletics
Franklin, MA 02038
(617) 528-9100

Eastern Nazarene College
23 E. Elm Street
Quincy, MA 02169
(617) 773-6350
Day courses

North Adams State College**
Church Street
North Adams, MA 01247
(413) 664-4511
Day and evening courses

Northeastern University*
360 Huntington Avenue
Boston, MA 02115
(617) 437-2000
Day, evening and summer courses

Salem State College**
352 Lafayette Street
Salem, MA 01970
(508) 745-0556
Day and summer courses

Smith College
Northampton, MA 01060
(413) 584-2700
Day courses

Springfield College*
263 Alden Street
Springfield, MA 01109
(413) 787-2000
Day, evening and summer courses

Tufts University
Medford, MA 02155
(617) 628-5000
Summer workshop

University of Lowell
One University Avenue
Lowell, MA 01854
(508) 452-5000
Day courses

**University of Massachusetts,
Amherst**
Boyden Building
Amherst, MA 01002
(413) 545-2000
Day, evening and summer courses

**University of Massachusetts,
Boston****
Harbor Campus
Boston, MA 02125
(617) 929-7584
Day, evening and summer courses

*National Athletic Trainers
Association accredited
educational curriculum
programs.

**Offer NATA Internship Programs

Wellesley College
Department of Physical Education
and Athletics
Wellesley, MA 02181
(617) 235-0320
Day courses

Wheaton College
Clark Gymnasium
Norton, MA 02766
(508) 285-7722
Day courses

Westfield State College
Western Avenue
Westfield, MA 01086
(413) 568-3311
Day courses

For additional athletic training career information and services:

Career Information and Services

Jim Langhane
University of Massachusetts
Boyden Building
Amherst, MA 01002
(413) 545-2866

Certification

Paul Grace
Massachusetts Institute of Technology
Cambridge, MA 02139
(617) 253-5272

**NATA District 1: Connecticut, Maine, Massachusetts,
New Hampshire, Rhode Island, Vermont, Quebec**

Director:
Charles Redmond
Springfield College
Springfield, MA 01109
(413) 788-3231

SPORTS MEDICINE PRACTICES AND FACILITIES

The following sports medicine practices and facilities provide such services as diagnosis and treatment of sports injuries, exercise and rehabilitation, fitness evaluations, nutritional counseling, cardiological exams, stress management sports clinics, preventive care, education, and sports psychological and preseason screenings for local high schools. Staffing of these facilities may include physicians--such as cardiologists, orthopedic surgeons, chiropractors, podiatrists--and physical therapists, athletic trainers, nutritionists, registered nurses, and exercise physiologists. The equipment utilized and the staff providing the sports medicine services vary according to each facility. This list is not comprehensive, and some sports injury prevention agencies may not be included. If your agency would like to be included in future editions, please contact the Massachusetts Sports Injury Prevention Task Force in care of the Massachusetts Department of Public Health at (617) 727-1246.

Atlantic Sports Medicine

790 Broadway
Revere, MA 02151
(617) 286-4200

also

602 Broadway
Everett, MA 02149
(617) 389-7211

also

467 Rear Main Street
Melrose, MA 02176
(617) 662-4290

Boston Evening Medical Center

314 Commonwealth Avenue
Boston, MA 02115
(617) 267-7171

Boston University Sports Medicine Clinic and Physical Therapy Department

75 E. Newton Street
Boston, MA 02118
(617) 638-7860

Braintree Hospital's Sports Medicine Clinic

250 Pond Street
Braintree, MA 02184
(617) 848-5353

Cardiovascular Health and Exercise Center

Northeastern University
360 Huntington Avenue
Boston, MA 02115
(617) 437-3144

Charles River Sports Therapy

Zero Emerson Place, Suite 2-D
Boston, MA 02114
(617) 720-1872

also

Linden Street
Wellesley Hills, MA 02181
(617) 237-5585

also

425 Revere Street
Revere, MA 02151
(617) 284-9395

also

Nautilus Plus Fitness Center
Rt. 114
Danvers, MA 02193
(508) 777-9878

Children's Hospital Athletic Medicine Preventive Screening

300 Longwood Avenue
Boston, MA 02115
(617) 735-6028

Division of Sports Medicine

The Children's Hospital
300 Longwood Avenue
Boston, MA 02115
(617) 735-6028

Fitcorp Health Care Center

133 Federal Street
Boston, MA 02110
(617) 542-1010

also

One Monarch Drive
Quincy, MA 02171
(617) 472-8746

Framingham Affiliated Sports Treatment Program (FAST)
Framingham Sports Medicine, Inc.
61 Lincoln Street
Framingham, MA 01701
(508) 626-3546

Kramer Physical Therapy Associates
637 Washington Street
Brookline, MA 02146
(617) 734-6135

Lahey Clinic Medical Center Sports Medicine Division
41 Mall Road
Burlington, MA 01803
(617) 273-5100, ext. 2196

Leonard Morse Hospital Sports Medicine
67 Union Street
Natick, MA 01760
(508) 653-3400, ext. 2759

Lowey Chiropractic Health Centre
1280 Centre Street
Newton Centre, MA 02159
(617) 332-9080

Magill & Gardner Physical Therapy, PC
760 Rte. 3A
Cohasset, MA 02025
(617) 383-9848

Massachusetts General Hospital Physical Therapy Department
Fruit Street
Boston, MA 02114
(617) 726-2963

Medical Care Affiliates/Health Promotion Affiliates
One Boylston Plaza
Prudential Center
Boston, MA 02199
(617) 262-1500

Medscan
12 Harris Street
Newburyport, MA 01950
(508) 462-1134

Middlesex Rehabilitation Hospital
276 Everett Street
Brighton, MA 02134
(617) 782-3568

National Athletic Training and Fitness Institute, Inc.
1395 N. Main Street
Randolph, MA 02368
(617) 963-8116/8117

New England Baptist Hospital Sports Injury Center
91 Parker Hill Avenue
Boston, MA 02120
(617) 738-5800

New England Medical Center Sports Medicine Clinic
750 Washington Street
Boston, MA 02111
(617) 956-6014/5175

New England Memorial Hospital Physical Therapy
5 Woodland Road
Stoneham, MA 02180
(617) 665-1740

New England Orthopedic Surgeons, Inc.
300 Carew Street
Springfield, MA 01104
(413) 785-4666

North Shore Sports Medical Center
Four State Road
Danvers, MA 01923
(508) 777-3220

Orthopaedic Surgery & Sports Medicine Group
32 South Street
Waltham, MA 02154
(617) 893-0500

Precision Athletics
1018 Commonwealth Avenue
Boston, MA 02215
(617) 277-0032

**St. Elizabeth's Hospital
Sports Medicine Clinic**
736 Cambridge Street
Brighton, MA 02135
(617) 789-3000

**SportsAid: The Center for
Sports Medicine at The Malden
Hospital**
Hospital Road
Malden, MA 02148
(617) 397-6510

**SportsAid: The Center for
Sports Medicine at CMK**
300 Wildwood Street
Woburn, MA 01801
(617) 932-9520

**Sports Clinic at Massachusetts
Osteopathic Hospital**
222 S. Huntington Avenue
Jamaica Plain, MA 02130
(617) 522-1302

SportsMedicine Boston
One International Place
Suite 420
Boston, MA 02110
(617) 330-8888

SportsMedicine Brookline
830 Boylston Street
Brookline, MA 02167
(617) 739-2003

SportsMedicine Haverhill
800 Broadway
Rt. 97
Haverhill, MA 01832
(508) 372-2728

**Sports Medicine Clinic
Massachusetts General Hospital**
Fruit Street
Boston, MA 02114
(617) 726-2760

**Sports Medicine Clinic/Runners
Clinic
University of Massachusetts
Medical Center**
55 Lake Avenue North
Worcester, MA 01605
(508) 856-5811

**Sports Medicine, Inc.
Cooley Dickinson Hospital**
30 Locust Street
Northampton, MA 01060
(413) 582-2000

Sports Medicine Merrimac Valley
800 Broadway, Rte. 97
Haverhill, MA 01830
(508) 372-2728

**Sports Medicine Rehabilitation
Center**
Aldrin Road
Plymouth, MA 02360
(508) 747-0552

SPORTSMED
85 Park Street
Stoughton, MA 02072
(617) 341-1258
also
1996 Centre Street
West Roxbury, MA 02132
(617) 232-0666
also
40 Willard Street
Quincy, MA 02170
(617) 770-1696

Sports Podiatry Resource
1443 Beacon Street
Brookline, MA 02146
(617) 277-2662

S.T.A.R.T., Inc.
91 School Street
Springfield, MA 01105
(413) 788-6195

**Stewart Sports Medicine and
Physical Therapy Center**
300 Carew Street
Springfield, MA 01104
(413) 739-2519

**University Hospital Sports
Medicine**
75 E. Newton Street
Boston, MA 02118
(617) 638-5633

W. F. Doherty & Associates, Inc.
288 Wood Road
Braintree, MA 02184
(617) 848-0304

SPORTS INJURY PREVENTION SPECIALISTS

The following individuals work in the field of sports injury prevention. These professionals may be contacted to speak at conferences, lead training workshops, and/or provide technical assistance.

Some services are offered free of charge while others require some degree of compensation. This list is not comprehensive, and many sports injury prevention specialists may not be included. If you would like to be included as a specialist in future editions, please contact the Massachusetts Sports Injury Prevention Task Force in care of the Massachusetts Department of Public Health at (617) 727-1246.

Tenley Albright, MD

110 Francis Street
Boston, MA 02215
(617) 735-8822

Current Professional Position: General surgeon with sports medicine and endocrine research on exercise and long-term health.

Areas of Expertise: Co-author of an ongoing Advanced Medical Research Foundation study sponsored by Arthur D. Little; Admissions Committee of Harvard Medical School; Special Advisory to President's Council on Fitness and Sports.

Sports Injury Prevention Experience: U.S. Olympic Committee, U.S. Council on Olympic Sports Medicine (1956 Olympic Women's Figure Skating Champion--Gold Medalist).

Consultation: Small discussion groups, keynote speaker.

Donna Bernhardt

PT Associates
50 Staniford Street
Boston, MA

Current Professional Position: Assistant Professor, MGH Institute of Health Professions, 15 River Street, Boston, MA 02108, (617) 726-3107.

Areas of Expertise: Sports therapy; prevention and training; injury rehabilitation and return to sport; adult and pediatric disabled athletes; orthopedic therapy.

Sports Injury Prevention Experience: Medical Director for the Bicycle Trek, American Lung Association Boston. Provided all screening, evaluation and medical management for the Disabled Winter Olympics, Geilo, Norway, 1980. Medical triage team member for 600-person basketball camp for boys aged 8-18 years, Chapel Hill, North Carolina.

(con't)

Consultation: Training workshops, small discussion groups, and keynote speaker.

Stephan A. Black, MEd

S.T.A.R.T. Inc.
91 School Street
Springfield, MA 01105
(413) 788-6195

Current Professional Position: Director and public relations contact for sports medicine practice.

Areas of Expertise: Organization/administration; athletic training services and responsibilities; injury prevention/care/rehabilitation; sports medicine programming; and sports medicine education.

Consultation: One-on-one technical assistance, training workshops, small discussion groups, and keynote speaker.

Robert B. Burke, LATC

Cambridge Rindge and Latin School
495 Broadway
Cambridge, MA 02138
(617) 498-9200, x9457

Current Professional Experience: Athletic trainer managing all aspects of sports health care for a large high school athletic and physical education department.

Areas of Expertise: Organization of high school sports programs; evaluation of sports medicine programs of high schools; emergency care and evaluation of sports injury; and the athletic trainer-physician-layman "interface."

Sports Injury Prevention Experience: Six years as an EMT and 15 years as an athletic trainer.

Consultation: One-on-one technical assistance, training workshops, small discussion groups, keynote speaker and management assistance.

Denis P.A. Byrne, MD

Medical Director, Sports-Aid
138 Main Street
Melrose, MA 02176
(617) 665-6600

Current Professional Experience: Orthopedic surgeon with emphasis on sports medicine, prevention and treatment.

(con't)

Areas of Expertise: Pre-participation screening of athletes; development of training programs for different athletic activities; and medical coverage for athletic events.

Sports Injury Prevention Experience: Presenting clinics on prevention and care of injuries for Melrose area parents, coaches and other professionals.

Consultation: One-on-one technical assistance, training workshops, and small discussion groups.

Bruce A. Cerullo Sports Medicine Systems, Inc.
830 Boylston Street
Brookline, MA 02167
(617) 232-7720

Current Professional Position: Manager of National Operations responsible for the profitability and quality of all existing SMS sports medicine centers.

Areas of Expertise: Sports medicine center operations and exercise physiology.

Consultation: Keynote speaker.

John F. Duff, MD Director of North Shore Sports
Medical Center
4 State Road
Danvers, MA 01923
(508) 774-3400

Current Professional Position: Orthopedic Surgeon and Director of North Shore Sports Medical Center.

Areas of Expertise: Orthopedic surgery and sports injuries.

Sports Injury Prevention Experience: Chair of the M.I.A.A. Committee on Sports Medicine and coordinator of the North Shore Sports Injury Conference.

Consultation: Keynote speaker.

Daniel A. Dyrek, MS, PT MGH Institute of Health Professions
Graduate Program in Physical Therapy
15 River Street
Boston, MA 02108
(617) 726-3157

(con't)

Current Professional Position: Orthopaedic physical therapist and assistant professor of physical therapy and coordinator of the Orthopaedic and Sports Physical Therapy Graduate Program at the MGH Institute; consultant to Boston Celtics; private practitioner.

Areas of Expertise: Orthopaedic physical therapy; extremity and spinal joint mobilization; advanced physical examination of the spine and extremities; clinical implications of tissue deformation; and treatment of overuse injuries.

Sports Injury Prevention Experience: Consultant to the Boston Celtics basketball team since 1985; consultant to Boston University Sports Medicine Unit; primary practitioner to over 20 world, national, Olympic, and collegiate running and track athletes. Consultant to North Carolina State track team for four patients since 1986.

Consultation: One-on-one technical assistance and professional experience, training workshops, small discussion groups, and keynote speaker.

Sheryl L. Fairchild, RPT

HEALTHCORP/SPORTSAID DIVISION
Hospital Road
Malden, MA 02148
(617) 321-9538

Current Professional Position: Director of Operations, HEALTHCORP/SPORTSAID Division responsible for budget development, facilities, planning, marketing strategies and operations management.

Area of Expertise: Sports medicine center program development; treatment of athletic injuries; and education on the treatment and prevention of athletic injuries.

Sports Injury Prevention Experience: Physical therapist with 20 years' experience.

Consultation: One-on-one technical assistance; training workshops; small discussion groups; keynote speaker; feasibility study for a sports medicine center; facility planning; and operations planning and implementation.

William N. Gaine, Jr.

Massachusetts Interscholastic Athletic
Association
83 Cedar Street
Milford, MA 01757
(508) 478-5641

Current Professional Position: Assistant Executive Director for M.I.A.A.; Assistant Executive Secretary for Mass. Secondary School Administrators Association.
(con't)

Areas of Expertise: Chemical health of the student athlete; workshops for administrators, parents, coaches, athletic directors, and high school captains on the role of each in promoting chemical health.

Sports Injury Prevention Experience: Program Director for the M.I.A.A. Sports Medical Committee and staff liaison to Mass. Medical Society and Department of Public Health regarding all related health and safety issues of high school athletes.

Consultation: One-on-one technical assistance, training workshops, small discussion groups and keynote speaker.

Susan S. Gallagher, MPH Childhood Injury Prevention Resource Center
Harvard School of Public Health
677 Huntington Avenue
Boston, MA 02115
(617) 732-1079

Current Professional Position: Director of Resource Center. Provide technical consultation to state and local health agencies and academic centers seeking to establish or expand injury prevention or training programs.

Areas of Expertise: Injury surveillance and data gathering; program planning and implementation; evaluation methods for programs and research; epidemiology of injuries; and general childhood and adolescent injury prevention strategies.

Sports Injury Prevention Experience: Analyzed sports injury data from the hospital-based SCIPP injury surveillance system and have done national presentations relating to this data set; organized an evening seminar on sports injury prevention for coaches (Malden Hospital, 1981).

Consultation: One-on-one technical assistance and keynote speaker.

Sharon O. Gilligan, RN Division of Sports Medicine
Children's Hospital
300 Longwood Avenue
Boston, MA 02115
(617) 735-6028

Current Professional Expertise: Nurse clinician, nurse manager of sports medicine.

Areas of Expertise: Sports injury prevention health care; running consultant/coach.
(con't)

Sports Injury Prevention Expertise: Worked in profession for 4 1/2 years; competitive runner for 13 years.

Consultation: One-on-one technical assistance, training workshops, small discussion groups, and keynote speaker.

Theresa P. Glove, MA, PT Atlantic Sports Medicine
790 Broadway
Revere, MA 02151
(617) 286-4200

Current Professional Position: Director, Atlantic Sports Medicine. Coordinator of ATC contracts with surrounding school systems. Direct patient care.

Areas of Expertise: Co-author of "Non-Operative Treatment of Torn Anterior Cruciate Ligament," published in JBJS, 1983. Coordination/organization of outpatient orthopedic/sports facilities.

Sports Injury Prevention Experience: Boston Marathon Triage, 1983-88; interscholastic athletics pre-season fitness assessments.

Consultation: Training workshops and small discussion groups.

Judith A. Gorbach Adolescent Health Services
Department of Public Health
150 Tremont Street, 3rd Floor
Boston, MA 02111
(617) 727-0941

Current Professional Position: Director of Adolescent Health Services. Administers and provides technical assistance to programs for adolescent health throughout the Commonwealth.

Areas of Expertise: Risk-taking behaviors of adolescents; pregnant and parenting teens; sexuality and family planning; pregnant and parenting teen services; school-based clinics; and health education.

Sports Injury Prevention Experience: Indirectly through many years of working with teenagers, school personnel and parents on risk-taking and morbidity and mortality of adolescents.

Consultation: One-on-one technical assistance, training workshops, small discussion groups, and keynote speaker.

Cary Gray, LATC

Stewart Sports Medicine and Physical
Therapy Center
300 Carew Street
Springfield, MA 01104
(413) 739-2519

Current Professional Position: Director of Athletic Training Services. Responsible for the coordination of athletic training and clinical services and public relations.

Areas of Expertise: Weight training and acute management of sports injuries.

Consultation: One-on-one technical assistance, training workshops, and small discussion groups.

Kathleen Helsing, MPH

Statewide Comprehensive Injury
Prevention Program (SCIPP)
Department of Public Health
150 Tremont Street, 3rd Floor
Boston, MA 02111
(617) 727-0947

Current Professional Position: Assistant Director of Research for SCIPP.

Areas of Expertise: Data collection and analysis; injury surveillance systems; bicycle and playground injuries.

Sports Injury Prevention Experience: Analysis of Massachusetts High School Athletic Health Care Systems Survey; Co-Chair, Massachusetts Sports Injury Prevention Task Force.

Sandra McKay, RN

Boston Back Center
91 Parker Hill Avenue
Boston, MA 02120
(617) 739-5246

Current Professional Position: Orthopedic clinical nurse specialist and coordinator of the Boston Back Center.

Areas of Expertise: Back- and hip-related problems.

Sports Injury Prevention Experience: Teaching orthopedic medicine.

Consultation: Training workshops, small discussion groups, keynote speaker.

Lyle J. Micheli, MD

Division of Sports Medicine
The Children's Hospital
319 Longwood Avenue
Boston, MA 02115
(617) 735-6751

Current Professional Position: Director, Division of Sports Medicine; assistant professor of orthopedic surgery, Harvard Medical School; associate in orthopedic surgery.

Areas of Expertise: Orthopedic medicine, back care, and sports medicine.

Sports Injury Prevention Experience: Physician to Boston Ballet; Director Sports Medicine, Children's Hospital; and national and international consultations on sports injuries in children.

Consultation Keynote speaker.

Edward B. Murphy, Jr., MD

New England Baptist Hospital
125 Parker Hill Avenue
Boston, MA 02120
(617) 738-7300

Current Professional Position: Clinical instructor in ophthalmology - Harvard Medical School; assistant surgeon in ophthalmology - Massachusetts Eye and Ear Infirmary; ophthalmologist - Medical Center of Boston at New England Baptist Hospital.

Areas of Expertise: Ocular microsurgery, treatment and rehabilitation of ocular injuries of the athlete.

Sports Injury Prevention Experience: Consultant to Red Sox and Celtics for athletic ocular injuries.

Consultation: Keynote speaker, training workshops, small discussion groups.

Barbara Poremba, MS, MPH, RNC

Salem State College
Salem, MA 01970
(617) 745-0556, ext. 254

Current Professional Position: Assistant Professor, Nursing.

Sports Injury Prevention Experience: Research on skiing and water-slide injuries; CPR and first-aid instructor for 15 years.

Consultation: Small discussion groups.

Joseph Rice, LATC

SportsAid: The Center for Sports
Medicine at The Malden Hospital
Malden, MA 02148
(617) 397-6510

Current Professional Position: Head Athletic Trainer/Coordinator of Athletic Training Services.

Areas of Expertise: Injury prevention programs; management and administration of athletic training; and evaluation, treatment and rehabilitation of athletic injuries.

Sports Injury Prevention Experience: Served as clinical instructor for the Sports Medicine Program at UMass/Boston; head hockey trainer for Yale University; head athletic trainer for Merrimack College; and head athletic trainer for Southeastern Massachusetts University.

Consultation: One-on-one technical assistance, training workshops, small discussion groups, and keynote speaker.

John C. Richmond, MD

Sports Medicine Clinic
New England Medical Center
750 Washington Street
Boston, MA 02111
(617) 956-6014

Current Professional Position: Director of orthopedic sports injury clinic; team physician at Tufts University.

Areas of Expertise: Sports injury treatment; education on diagnosis, treatment, and prevention of sports injuries.

Consultation: One-on-one technical assistance, training workshops, small discussion groups, and keynote speaker.

Daniel S. Rooks, MS

Children's Sports Medicine Foundation
The Children's Hospital
300 Longwood Avenue
Boston, MA 02115
(617) 735-6028

Current Professional Position: Director, CHAMPS Program, Sports Medicine, Children's Hospital, Boston; doctoral candidate, applied physiology.

Areas of Expertise: Sports injury prevention, sports conditioning, pre-participation physiological assessments.
(con't)

Sports Injury Prevention Experience: Fitness consultant to professional baseball and hockey teams, Division I college athletes, and national-level athletes.

Consultation: Keynote speaker, training workshops.

Arnold D. Scheller, Jr., MD 25 Sunset Street
Boston, MA 02120
(617) 738-8642

Current Professional Position: Team physician - Boston Celtics; staff orthopedic surgeon at Sports Medicine Boston/Brookline; staff orthopedic surgeon at New England Baptist Hospital.

Areas of Expertise: Sports medicine; reconstructive orthopedic surgery.

Sports Injury Prevention Experience: Off-season strength and flexibility program - Boston Celtics; pre-season screening for athletic teams; post-season strength training and rehabilitation of sports injuries.

Consultation: Keynote speaker

William D. Shea, MD SportsMedicine Boston
One International Place, Suite 420
Boston, MA 02110
(617) 330-8888

Current Professional Position: Medical Director, SportsMedicine Boston.

Areas of Expertise: Orthopedic surgery, sports medicine.

Sports Injury Prevention Experience: Conduct pre-season screening for contact sports; consultant to professional athletic teams.

Consultation: Keynote speaker.

Joseph H. Sklar, MD President of New England Orthopedic Surgeons, Inc.
300 Carew Street
Springfield, MA 01104
(413) 785-4666

(con't)

Current Professional Position: Orthopedic surgeon. Attending staff New England Orthopedic Surgeons, Inc., Baystate Medical Center, Mercy Hospital, and Shriners Hospital for Crippled Children. Assistant Clinical Professor, Boston University School of Medicine, and Professor, Department of Physical Therapy and Athletic Training, Springfield College.

Areas of Expertise: Orthopedic surgery, adult and pediatric spine and sports medicine.

Sports Injury Prevention Experience: Physician for Western New England College, Elms College, and several area high schools.

Consultation: Keynote speaker and small discussion groups.

Harriet S. Stern Corporate Services
New England Baptist Hospital
91 Parker Hill Avenue
Boston, MA 02120
(617) 738-5800, x5006

Current Professional Position: Vice President responsible for strategic planning, marketing, public relations, governmental relations, community relations, medical staff relations.

Areas of Expertise: Planning, program development, physician relations, and community relations.

Sports Injury Prevention Experience: Established a Sports Injury Center and a Center for Sports Medicine at New England Baptist Hospital in conjunction with Dr. William Shea and Dr. William Southmayd.

Consultation: One-on-one technical assistance and keynote speaker.

Jeffrey A. Stone, LATC Natick High School
15 West Street
Natick, MA 01760
(508) 651-7173

Current Professional Position: Athletic trainer, Natick High School.

Areas of Expertise: Care and prevention of athletic injuries; sports liability; athletic training administration; and drugs in sports.

Sports Injury Prevention Experience: Twelve years collegiate experience, Framingham State College; all sports, trainer; Sports Information Director; trainer, EMT, coach and athletic director.
(con't)

Consultation: One-on-one technical assistance, training workshops, small discussion groups, keynote speaker, planning workshops and retreats.

William K. Thierfelder 1018 Commonwealth Avenue
Boston, MA 02215
(617) 277-0032

Current Professional Position: Director, Precision Athletics Sports Medicine.

Areas of Expertise: Sport psychology--performance enhancement; skill acquisition; stress; strength and speed development; applied biomechanics; and periodization of training.

Sports Injury Prevention Experience: Master's and doctoral work in sports psychology; 3 years as director/partner of sports medicine facility.

Consultation: One-on-one technical assistance, training workshops, small discussion groups, and keynote speaker.

Chris Troyanos, ATC Charles River Sports Therapy West
200 Linden Street
Wellesley, MA 02181
(617) 237-5585

Current Professional Position: Head Athletic Trainer, Babson College.

Areas of Expertise: Care, prevention and treatment of athletic injuries; design and planning phases for athletic facility or sports medicine clinic. Product review and evaluation (fitness oriented). Large scale planning and medical coverage of Bay State Games. Planning and design of finish line medical area for Boston Marathon.

Sports Injury Prevention Experience: Babson College; Boston Marathon (Director, 7 years); Bay State Games (Director, 4 years); Charles River Sports Therapy West (Owner/therapist); and Sports Medicine Consultants (Owner/President).

Consultation: One-on-one technical assistance, training workshops, small discussion groups, and keynote speaker.

Paul Vinger, MD

Vision Performance and Safety Committee
United States Olympic Committee
99 Waltham Street
Lexington, MA 02173
(617) 862-1620

Current Professional Position: Ophthalmologist, with interest in prevention of sports-related eye injuries.

Areas of Expertise: Eye injuries, their medical and surgical treatment; prevention of eye injuries; development of standards for sports eye and face protectors; and data collection and research on prevention of sports injuries.

Sports Injury Prevention Experience: Active in the prevention of eye and face injuries in sports, primarily with regard to the hockey full-face shield, racquet sport eye protectors, and the baseball face shield.

Consultation: One-on-one technical assistance, training workshops, small discussion groups, and keynote speaker.

MASSACHUSETTS HIGH SCHOOL ATHLETIC REGULATIONS

These are current Massachusetts General Laws that have some bearing on public high school athletic programs:

Chapter 40, Section 5 (40A) - School Services. Relative to athletic participation, communities may appropriate money (through the school committee) for the payment, by providing insurance coverage or otherwise, of the reasonable hospital, medical and surgical expenses incurred by a student while participating, or practicing or training for participation, in any game, meet or contest held in connection with the athletic program.

Chapter 71, Section 47 - Athletic Programs; school organizations; regulations. Enables the school committee to control all athletic organizations; provide proper apparatus, equipment, supplies, athletic wearing apparel; employ athletic directors to supervise physical education, sports, games and play; appropriate funds for the employment of coaches, transportation and expenses of public school athletic teams.

Chapter 71, Section 47A - Athletic coaches; employment. Enables the school committee to contract to employ athletic coaches for no more than three years. A contract must be formally prepared and submitted to and approved by the school committee.

Chapter 71, Section 53 - School physician and nurses. Requires the school committee to appoint one or more school physicians and nurses, and to provide them with proper facilities for the performance of their duties.

Chapter 71, Section 54A - Physician or person trained in emergency medical care; assignment to interscholastic football games. Provides that a physician or emergency medical care professional paid by the home school committee shall be assigned to every interscholastic football game involving public secondary schools.

Chapter 71, Section 57 - Physical examination of pupils. Requires the school committee (or board of health responsible for school health services) to cause every child to receive periodic physical examinations, in accordance with the regulation (Regulation for the Physical Examination of School Children--105 CMR 200.000) of the Department of Public Health, to prevent injury to the child, and to require documentation of the physical record on forms provided or approved by the Department. Physicals are required annually prior to sports participation.

Chapter 667, Section 23N, Acts 1982 - Pertains to licensure of athletic trainers. Provides that no one but a board-licensed athletic trainer may practice athletic training in the Commonwealth of Massachusetts.

In addition to the Massachusetts General Laws, the Massachusetts Interscholastic Athletic Association (MIAA) has a set of 44 rules and regulations, and each league has its own set of league rules governing high school athletic programs. The MIAA booklet, "Rules and Regulations Governing Athletics," is available for a minimal fee from the MIAA Headquarters, 83 Cedar Street, Milford, MA 01757, (508) 478-5641.

III. NATIONAL RESOURCES

SPORTS AND FITNESS ASSOCIATIONS

The following is a list of organizations from across the country who provide services, resources, and information regarding the promotion of sports activities and prevention of sports injuries. This list is not comprehensive, and many organizations may not be included. If your association would like to be included in future editions, please contact the Massachusetts Sports Injury Prevention Task Force in care of the Massachusetts Department of Public Health at (617) 727-1246.

Academy for Sports Dentistry (ASD)

c/o Jim Gallman, DDS (Secretary/Treasurer)

12200 Preston Road

Dallas, TX 75230

(214) 239-7223

President: Robert Morrow, DDS

Publication: *Sports Dentistry Newsletter*

Purpose: To promote the advancement of research pertaining to sports dentistry, and to communicate the advancements to members.

Amateur Athletic Union of the United States (AAU)

AAU House

Box 68207

Indianapolis, IN 46268

(317) 872-2900

President: Richard E. Harkins, Sports Medicine Committee

Co-Chairs: Robert Goldman, DO; Ronald L. Lawrence, MD

Publication: *InfoAAU*

Purpose: To improve and promote amateur sports.

Amateur Basketball Association of the United States (ABAUSA)

1750 E. Boulder Street

Colorado Springs, CO 80909

(303) 632-7687

Purpose: To serve as the national governing body for the sport of basketball. They will respond to requests for information on their programs.

Amateur Hockey Association of the United States

2997 Broadmore Valley Road

Colorado Springs, CO 80906

(719) 576-4990

Purpose: To develop and promote the sport of hockey.

Amateur Softball Association of America

2801 N.E. 50th Street

Oklahoma City, OK 73111

(405) 424-5266

Purpose: To develop and promote the sport of softball on an organized basis.

American Academy of Orthopaedic Surgeons (AAOS)

222 S. Prospect

Park Ridge, IL 60068

(312) 823-7186

(con't)

President: Reginald R. Cooper, MD

Director: Thomas C. Nelson

Publications: *AAOS Report, The Bulletin*

Purpose: To provide education and practice-management services for orthopedic surgeons and allied health professionals; to serve as an advocate for improved patient care; and to inform the public about the science of orthopedics. The academy has a number of committees that focus on sports-related injuries and issues.

American Academy of Pediatrics (AAP) Committee on Sports Medicine

141 Northwest Point Blvd.

Box 927

Elk Grove Village, IL 60009-0927

(800) 433-9016 (Outside Illinois)

(800) 421-0589 (Within Illinois)

Chair: Paul G. Dymont, MD

Publications: A manual, checklist, and policy statements on health care for young athletes.

Purpose: To educate the pediatrician and the public on exercise and fitness for children and on the care of the young athlete.

American Academy of Physical Medicine and Rehabilitation (AAPMR) Special Interest Group on Sports Medicine

122 S. Michigan Avenue

Suite 1300

Chicago, IL 60603

(312) 922-9366

Chair: Glen A. Halvorson, MD

Publications: *Archives of Physical Medicine and Rehabilitation, Journal of Physical Medicine*

Purpose: To promote interest in and provide educational opportunities for physical medicine specialists involved in treating sports-related injuries.

American Academy of Podiatric Sports Medicine (AAPSM)

1729 Glastonberry Road

Potomac, MD 20854

(301) 424-7440

President: Michael W. Heaslet, DPM

Executive Director: Larry Shane

Publication: *AAPSM Newsletter*

Purpose: To promote podiatric sports medicine through education, research, and communication.

American Academy of Sports Physicians

7535 Laurel Canyon Blvd.

North Hollywood, CA 91605

(213) 877-9475

Purpose: To educate and inform physicians whose practices comprise mainly sports medicine and to register and recognize physicians who have an expertise in sports medicine.

American Alliance for Health, Physical Education, Recreation and Dance (AAPHERD)

1900 Association Drive

Reston, VA 22091

(703) 476-3400

(con't)

President: Robert A. Pestolesi, PhD

Executive Vice-President: Hal Haywood, PhD

Publications: *Research Quarterly; Health Education; Journal of Physical Education, Recreation and Dance;* and pamphlets such as "Physical Education and Sport for the Secondary Student," "Guidelines for Children's Sports," and "Nutrition for Sports Success"

Purpose: To offer support, encouragement, and assistance of member groups and their personnel as they seek to initiate, develop, and conduct programs in health, leisure, and movement-related activities for the enrichment of human life.

American Amateur Racquetball Association (AARA)

815 N. Weber Street

Colorado Springs, CO 80903

(303) 635-5396

Purpose: To promote the sport of racquetball. They will respond to requests for information on racquetball.

American Athletic Association for the Deaf (AAAD)

3916 Lantern Drive

Silver Springs, MD 20902

(202) 224-8637

Purpose: To provide physical recreation activities for members, refer deaf persons to a local club, and answer inquiries on subjects pertaining to athletics for the deaf. They also promote participation in the World Games for the Deaf.

American Association for Leisure and Recreation (AALR)

1900 Association Drive

Reston, VA 22091

(703) 476-3490

Purpose: To promote school, community, and national programs of leisure services and recreation education. Affiliated with AAPHERD.

American Athletic Trainers Association (AATA) and Certification Board, Inc.

660 W. Duarte Road

Arcadia, CA 91006

(818) 445-1978

Chair: Joe S. Borland, LTC

Director: Terry Johnson

Publication: *AATA Newsletter*

Purpose: To establish national minimum competency standards for the prevention and care of athletic injuries by athletic trainers.

American Coaching Effectiveness Program

Box 5076

Champaign, IL 61820

(217) 351-5076

Purpose: To provide an educational program geared toward increasing coaches' understanding of sports medicine and science and help them teach sports more effectively.

American College of Emergency Physicians

Box 619911

Dallas, TX 75261

(214) 550-0911

(con't)

Purpose: To improve training of emergency care physicians and treatment available in emergency medicine departments. Makes available information on emergency medicine.

American College of Sports Medicine (ACSM)

Box 1440

401 West Michigan Street

Indianapolis, IN 46202

(317) 637-9200

President: Barbara Drinkwater, PhD

Executive Director: Hubert Dagley

Publications: *Medicine and Science in Sports and Exercise* (bimonthly),

Sports Medicine Bulletin (quarterly), *Exercise and Sport Sciences Reviews*

Purpose: To communicate research about the effect of sports, exercise, and other activities on the general health of human beings of all ages to its members and the general public.

American College of Sports Medicine, New England Chapter

Human Performance Laboratory

Memorial Hospital of Rhode Island

111 Brewster Street

Pawtucket, RI 02860

(401) 722-6000, ext. 2261

President: Carol Ewing Garber

Publication: *Max! Newsletter*

Purpose: To promote and advance medical and other scientific studies dealing with the effect of sports and other physical activities on the health of human beings at various stages of life.

American Council for Drug Education

204 Monroe Street

Rockville, MD 20850

(301) 294-0600

Purpose: To produce educational materials, review scientific findings, and develop educational media campaigns. Its council has produced and distributed a series of materials to prevent drug abuse by several high-risk groups, including adolescents, young working adults, women of childbearing age, and the elderly.

American Junior Golf Association

2415 Steeplechase Lane

Roswell, GA 30076

(404) 998-4653

Contact: Dave Linden or Scott Hodoval

Publication: *AJGA Tour Talk Newsletter* (bimonthly)

Purpose: To provide information on junior golf, rules, recruiting, etc.

American Kinesiotherapy Association

c/o David Ser

259-08 148th Road

Rosedale, NY 11422

(718) 276-0721

President: David Semlow

Executive Director: David Ser

Publication: *American Kinesiotherapy Journal*

(con't)

Purpose: To provide a forum for kinesiotherapists involved in developing, implementing, evaluating, and modifying adapted-exercise programs for persons with diseases, injuries, congenital defects, and other functional disabilities.

American Legion Baseball Board

Box 1055

Indianapolis, IN 46206

(317) 635-8411

Purpose: To set standards, rules and recommendations regarding high school baseball.

American Medical Soccer Association (AMSA)

c/o Gordon Spink, DO

3910 Sandelewood Drive

Okemos, MI 48864

(517) 353-4730

President: Robert M. Cosby, MD

Vice-President: Patrick Daley, MD

Publication: *AMSA Newsletter*

Purpose: To exchange medical and general information about soccer.

American National Standards Institute

1430 Broadway

New York, NY 10018

(212) 642-4900

Purpose: To coordinate development of voluntary American national standards.

American Optometric Association (AOA) Sports Vision Section (SVS)

243 N. Lindbergh Blvd.

St. Louis, MO 63141

(314) 991-4100

Chair: N. James Carlson, OD

Executive Manager: Joan M. Florence

Publication: *SVS News and Views*

Purpose: To provide education, research, and vision evaluation and enhancement programs in the area of sports vision.

American Orthopaedic Society for Sports Medicine (AOSSM)

70 West Hubbard Street

Suite 202

Chicago, IL 60610

(312) 644-2623

President: George A. Snook, MD

Executive Director: Sanford Hill

Publication: *The American Journal of Sports Medicine* (bimonthly)

Purpose: To conduct educational and research programs that benefit all professionals involved in sports medicine as well as the general public.

American Osteopathic Academy of Sports Medicine

1551 NW 54th Street, Suite 200

Seattle, WA 98107

(206) 782-3383

Purpose: To promote education, development of high ethical standards and communication and research in the field of sports medicine.

American Physical Therapy Association (APTA)

1111 N. Fairfax Street

Alexandria, VA 22314

(703) 684-2782

President: Jane Mathews, MPH, PT

Executive Vice-President: William D. Coughlan, CAE

Publication: *Physical Therapy*

Purpose: To promote the professional practice of, research by, and education of APTA members.

American School Health Association (ASHA)

National Office

Box 708

Kent, OH 44240-0708

(216) 678-7848

Executive Director: Dana Davis

Publication: *Journal of School Health*

Coordinator of Study Committees: Larry K. Olsen, DrPH, FASHA

PEBE 208, Dept. of HPE

Arizona State University

Tempe, AZ 85287

(602) 965-0911

ASHA Study Committee on College Health Education and Professional Preparation

Chairperson: Barbara A. Rienzo, PhD

Dept. of Health Education

Bldg. 4 Florida Gym

University of Florida

Gainesville, FL 32611

(904) 392-0583

ASHA Study Committee on Drug Education

Chairperson: Susan R. Levy, PhD

University of Illinois at Chicago

Circle Campus

Box 4348

Chicago, IL 60680

(312) 996-7000

ASHA Study Committee on Nutrition

Chairperson: Beatrice P. Largay

Health Specialist

7711 Livingstone Road

Oxon Hill, MD 20745

(301) 567-9616

ASHA Study Committee on Physical Activities

Chairperson: James W. Lochner, EdD

Weber State College

Box 2801

Ogden, UT 84408

(801) 626-6140

ASHA Study Committee on Safety and Emergency Care

Chairperson: Ken Peden, EdD, FASHA
Professor of Education
College of Education
Clemson University
Clemson, SC 29634-0709
(803) 656-3311

ASHA Study Committee on School Health Education

Chairperson: Lorraine H. Jones, RN, MA, MSN
School of Nursing
Ball State University
Muncie, IN 47306
(317) 289-1241

ASHA Study Committee on School Nurses

Chairperson: Alicia A. Snyder, RN, MA
37 Rock Ridge Drive, NE
Albuquerque, NM 87122
(505) 296-5146

ASHA Study Committee on School Physicians

Chairperson: Vivian K. Harlin, MD, FASHA
Box 340
Ravensdale, WA 98501
Call: ASHA National Office

American Society for Testing and Materials (ASTM)

1916 Race Street
Philadelphia, PA 19103
(215) 299-5475
President: Joseph G. O'Grady
Publication: *ASTM 1987 Publications Catalog*
Purpose: To develop and publish technical information designed to promote the understanding of technology and ensure product safety.

American Swimming Coaches' Association

One Hall of Fame Drive
Ft. Lauderdale, FL 33316
(305) 462-6267
Executive Director: John Leonard
Publications: *A.S.C.A. Magazine* (bimonthly), *A.S.C.A. Newsletter* (bimonthly), and *Journal of Research* (quarterly)
Contact: Debbie Scheider
Purpose: To provide professional education and five levels of certification for coaches in all phases of American swimming and to promote and enrich the swimming community.

Association for Research, Administration and Professional Councils and Societies (ARAPCS)

1900 Association Drive
Reston, VA 22091
(703) 476-3490
Purpose: To coordinate the activities of the following special interest groups: aquatics, college/university administrators, city and county directors, outdoor education, physical fitness, measurement and evaluation, facilities, equipment and supplies, international relations, student members, and adapted physical activities. Affiliated with AAPHERD.

Association for the Advancement of Health Education (AAHE)

1900 Association Drive

Reston, VA 22091

(703) 476-3490

Purpose: To represent the interests of professional health educators working in schools, the community, and clinical settings. Affiliated with AAPHERD.

The Athletic Congress/U.S.A.

Box 120

Indianapolis, IN 46206

(317) 638-9155

Publications: *American Athletics Annual, 1988 U.S. Athletics Calendar.*

Purpose: To serve as the national governing body for track and field, road racing, and race walking.

Athletic Information Center

Johnson & Johnson Consumer Products, Inc.

199 Grandview Road

Skillman, NJ 08558

(800) 526-3967

Contact: Genevieve Norante, Manager, Professional & Consumer Response

Publications: *Athletic Uses of Adhesive Tape, Taping Guide, Taping Films*

Purpose: To serve consumers by providing information on all products marketed by Johnson & Johnson Consumer Products, Inc. (baby, sun care, health care, athletic care and dental care) as well as health care information related to them.

Athletic Institute

200 Castlewood Drive

North Palm Beach, FL 33408

(305) 842-3600

Purpose: To promote sports to the youth of America and the world by creating, funding or providing major development assistance to amateur sports associations and by producing and distributing sports and physical education programs.

The Center for Sports Law & Risk Management, Inc.

8080 N. Central Expressway, Suite 400

Dallas, TX 75206

(214) 360-9691

Executive Director: Ronald L. Baron, Esq.

Publication: *Risk Review Manual*

Purpose: To assist school districts through a risk review program to diminish the potential for sports injuries and lawsuits, upgrade safety for sports participants and spectators, and reduce insurance costs.

Center for the Study of Sport in Society, National University Consortium for Sport in Society

Northeastern University

271 Huntington Avenue, Suite 244

Boston, MA 02115

(617) 437-5815

Contact: Ann Pasnak, National Consortium Coordinator

Publications: *Journal of Sport and Social Issues, Arena Review, CSSS News Summary*

Purpose: To instill in young athletes via school outreach programs the importance of academic standards and achievement.

Childhood Accident Injury Prevention Program

Utah Department of Health
288 North 1460 West
Box 6650
Salt Lake City, UT 84116-0650
(801) 538-6140

Purpose: To collect data and document sports-related injuries occurring at school among children and adolescents.

Coalition of Americans to Protect Sports (CAPS)

200 Castlewood Drive
North Palm Beach, FL 33408
1 (800) 338-8678

President: John D. Riddle

Publication: *Sports Liability News*

Contact: Cinde A. Everett, Communications Director

Purpose: To lobby for tort reform to combat liability insurance premiums and to serve as the legislative arm for the entire sports and recreation community.

Drug Enforcement Administration (DEA)

Public Affairs Staff
1405 I Street NW
Washington, DC 20537
(202) 633-1000

Publications: *For Coaches Only: How to Start a Drug Prevention Program.* A videocassette, *Say No to Drugs: It's Your Decision*, is available from Bill Butler at the above address.

Purpose: To help educate the public about drug abuse. The DEA will also help arrange for appearance of sports figures at schools as part of the drug awareness program.

Exer-Safety Association

2044 Euclid Avenue
Cleveland, OH 44115
(216) 687-1718

Contact: Sharon Foy

Publication: *Exercise Safety News* (quarterly)

Purpose: To provide the latest information on injury prevention (particularly exercising to music) through basic training and continuing education programs.

Fitness Motivation Institute of America

36 Harold Avenue
San Jose, CA 95117
(408) 246-9191

Contact: Ron Useldinger

Publication: *FitFax*

Purpose: To improve the fitness level of all Americans.

Gatorade Sports Science Institute

The Quaker Oats Company
Box 81740
Chicago, IL 60681-0740
(312) 329-7650

Contact: David R. Lamb, PhD, Chairman
(con't)

Purpose: To provide current information on developments in exercise science and sports medicine and to support the advancement of sports science research. The institute is comprised of academicians and practitioners who serve on either the Education Advisory Board or the Sports Medicine Review Board.

Institute for Aerobics Research (IAR)

12330 Preston Road

Dallas, TX 75230

(214) 701-8001

Chief Executive Officer: Charles L. Sterling, EdD

Publication: *The Aerobics News*

Purpose: To advance an understanding of the relationship between living habits and health, and to promote the importance of this relationship in an effort to enhance the physical and emotional well-being of individuals.

International Amateur Swimming Federation (IASF)

200 Financial Center

Des Moines, IA 50309

(515) 224-1116

Purpose: To promote and encourage the development of amateur swimming, diving, water polo, and synchronized swimming.

International Federation of Sports Medicine

5800 Jeff Place

Edina, MN 55436

(612) 835-3222

Purpose: To maintain and improve physical and mental health through sporting activities.

International Society of Sport Psychology (ISSP)

Dept. of Exercise and Sport Sciences

College of Health and Human Performance

University of Florida

Gainesville, FL 32611

(904) 392-0584

President/Chair: Robert N. Singer, PhD

Publications: *ISSP Newsletter*, *International Journal of Sport Psychology*, *The Sport Psychologist*

Purpose: To promote the exchange of ideas by individuals and groups representing different countries and continents, and to produce a body of scholarly knowledge in sport psychology.

Joint Commission on Competitive Safeguards and Medical Aspects of Sports

Oklahoma State University Hospital and Clinic

Stillwater, OK 74078

(405) 744-7031

Chair: Donald L. Cooper, MD

Purpose: To promote communication among the various organizations interested in the health and safety of those engaged in athletics; to establish guidelines and research in the field of athletic medicine; and to formulate recommendations for the rules and administration of athletic programs.

Kansas Injury Prevention Program
Kansas Department of Health and Environment
Landon State Office Building, 10th Floor
900 SW Jackson
Topeka, KA 66612-1290
(913) 926-1205

Purpose: To prevent athletic injuries to school age children and youth.

Lake Placid Sports Medicine Society

Box 327
Lake Placid, NY 12946
(518) 523-1530
President: Edward G. Hixson, MD

Publication: *Sports Medicine Update*

Purpose: To disseminate clinical information on the treatment of injuries in winter sports.

National Academy of Sports Vision

200 S. Progress Avenue
Harrisburg, PA 17109
(717) 652-8080

President: Allan J. Ryan, MD

Executive Director: A.I. Garner, OD

Publication: *Sports Vision Highlights*

Purpose: To promote and advance research and education in sports vision, and to serve as a common meeting place for professionals involved in the field of sports vision.

National Association for Girls and Women in Sports (NAGWS)

1900 Association Drive
Reston, VA 22091
(703) 476-3490

Purpose: To serve those involved in teaching, coaching, officiating, training, and administering all sports as well as club sports and intramurals at the elementary, secondary, and college levels. The overall goal is to foster quality and equality in sports for women. Affiliated with AAPHERD.

National Association for Sport and Physical Education (NASPE)

1900 Association Drive
Reston, VA 22091
(703) 476-3490

Publications: *Journal of Physical Education and Recreation*, texts, manuals, AV aids, and books such as *Youth Sports Guide for Coaches and Parents*.

Purpose: To improve sports and physical education and to provide research and education programs, public information material, conferences, and symposia. Affiliated with AAPHERD.

National Association of Governors' Councils on Physical Fitness and Sports (NAGCPFS)

Pan American Plaza
201 S. Capitol Avenue
Suite 440
Indianapolis, IN 46225
(317) 237-5630

Executive Director: Jim Liston

Publication: *NAGCPFS Newsletter*
(con't)

Purpose: To promote, support and unify 50 state councils on physical fitness and sports by the year 1990, and to create opportunities for all Americans to experience healthy lifestyles.

National Association of Speed and Explosion (NASE)

Box 35111

Richmond, VA 23235

(804) 794-6034

President: George B. Dintiman, EdD

Vice-President: Bob Ward

Associate Director: Lynne Mohn

Publication: *Sportspeed*

Purpose: To disseminate information on the improvement of speed and explosion that can be applied by coaches and athletes in all sports.

National Athletic Health Institute

575 East Hardy Street

Inglewood, CA 90301

(213) 674-1600

Purpose: To conduct research, public and professional education, and community service programs in sports medicine, cardiovascular fitness and recreational health.

National Athletic Trainers' Association, Inc. (NATA)

1001 E. Fourth Street

Greenville, NC 27858

(919) 752-1725

President: Mark Smaha, ATC

Executive Director: Otho Davis, ATC

Publication: *Athletic Training Journal* (quarterly)

Purpose: To advance, encourage, and improve the athletic training profession, and to promote a better working relationship among those persons interested in the problems of training.

National Collegiate Athletic Association (NCAA) Committee on Competitive Safeguards and Medical Aspects of Sports

Box 1906

Mission, KS 66201

(913) 384-3220

Chair: James C. Puffer, MD

Publications: *The Sports Medicine Handbook, Injury Surveillance Annual Report*

Purpose: To optimize those conditions under which student athletes compete.

National Dance Association (NDA)

1900 Association Drive

Reston, VA 22091

(703) 476-3490

Purpose: To promote the development of sound policies for dance education through conferences, conventions, special projects, publications, and cooperation with other dance and performing arts groups. Affiliated with AAPHERD.

National Federation of Interscholastic Coaches Association

11724 Plaza Circle

Box 20626

Kansas, City MO 64195

(816) 464-5400

Executive Director: Brice B. Durbin

Purpose: To promote among its member state associations the belief that interscholastic activities programs are essential to the education of most youth, and are an integral part of school curricula.

National Fitness Foundation

2250 E. Imperial Highway, Suite 412

El Segundo, CA 90245

(213) 640-0145

Publication: *Body and Sports*

Purpose: To develop and conduct programs that encourage participation in physical fitness and sports activities. To provide and support educational programs and to assist non-profit tax-exempt organizations, government agencies and public bodies which promote or encourage physical fitness.

National Handicapped Sports and Recreation Association

Capital Hill Station

Box 18664

Denver, CO 80218

(301) 978-0564

Purpose: To promote physical activities for handicapped persons as a means of enhancing physical and mental well-being, and the overall quality of life. They can refer the inquirer to a local chapter.

National High School Athletic Coaches Association

1515 E. Silver Springs Blvd.

Suite 240W

Ocala, FL 32670

(904) 622-3660

Publication: *National Coach*

Purpose: To promote better cooperation among coaches, administrators, press, and public. The Association is becoming increasingly active in sports medicine.

National High School Athletic Trainers Committee

John Hersey High School

1900 E. Thomas Avenue

Arlington Heights, IL 60004

(312) 259-8505

Chairman: Hal Hilmer

Purpose: To promote the profession of athletic training, bring about awareness of the unique problems the certified athletic trainer experiences at the secondary school level, improve the quality of health care at the secondary school level, and improve the relationships between the National Athletic Trainers Associate and the State/National High School Athletic Association.

The National Institute for Fitness and Sport

901 W. New York Street

Indianapolis, IN 46223

(317) 274-3432

(con't)

President: Tony A. Mobley, ReD
Executive Director: Leroy "Bud" Getchell, PhD
Purpose: To promote the importance of an active lifestyle; to conduct research in exercise physiology, sports medicine, health, and fitness; and to provide services such as fitness evaluations, nutrition counseling, weight management, and stress management.

National Institute of Standards

U.S. Department of Commerce
Inquiry Services
El28 Administration Building
National Bureau of Standards
Gaithersburg, MD 20899
(301) 975-3058

Purpose: To develop the standards, measurement techniques, reference data, test methods, and calibration services that help to ensure national and international capability and compatibility.

National Intramural-Recreational Sports Association

Room 221, Gill Coliseum
Oregon State University
Corvallis, OR 97331
(503) 754-2088

Publication: *NIRSA Journal*, *NIRSA Newsletter*

Purpose: To establish and develop quality recreational sports programs and services.

National Operating Committee on Standards for Athletic Equipment (NOCSAE)

c/o Glen Meredith, PhD
11724 Plaza Circle
Box 20626
Kansas City, MO 64195
(816) 464-5470

President: John M. Miller, MD
Executive Director: Glen Meredith, PhD

Publication: *NOCSAE Manual*

Purpose: To commission research and establish standards for athletic equipment.

National Safety Council

Public Safety Department
444 N. Michigan Avenue
Chicago, IL 60611
(312) 527-4800

Publication: *Accident Facts*

Purpose: To serve as a national resource and to produce annual national estimates of injury statistics.

National Strength and Conditioning Association (NSCA)

300 Old City Hall Landmark
916 O. Street
Box 81410
Lincoln, NE 68501

(402) 472-3000

(con't)

President: Steve Bliss

Executive Director: Ken Kontor
Publications: *National Strength & Conditioning Association Journal, Journal of Applied Sport Science Research*

Purpose: To facilitate a professional exchange of ideas in the area of strength and conditioning development as it relates to the improvement of athletic performance and fitness.

National Wheelchair Athletic Association (NWAA)

2107 Templeton Gap Road, Suite C

Colorado Springs, CO 80907

(303) 632-0698

Purpose: To establish the rules and regulations for and to govern all wheelchair sports in the United States except basketball and bowling.

National Wheelchair Basketball Association (NWBA)

110 Seaton Building

University of Kentucky

Lexington, KY 40506

(606) 257-1623

Purpose: To serve as the governing body for all teams playing in organized competition in the United States. They provide information on wheelchair basketball, rules, and how to start a team, and can refer individuals to established local teams.

National Youth Sports Coaches' Association

2611 Old Okeechobee Road

West Palm Beach, FL 33409

(305) 684-1141

President: Fred C. Engh

Publications: *Insights* (quarterly) and *Youth Sports* (quarterly), *Youth Sport Guide Book Series*, cassettes and pamphlets

Purpose: To better youth league sport programming; research of athletic injuries and ways to prevent them; research of communities', clubs', and institutions' requirements of education and experience for prospective coaches; creation of a national Bill of Rights for Athletes; distribution of the athlete's Bill of Rights to all participants and their parents; promotion of awareness among parents and youth in regard to requirements to coach in this country; and improvement of the standards for education and requirements necessary to coach sports.

National Youth Sports Foundation for the Prevention of Athletic Injuries, Inc.

10 Merideth Circle

Needham, MA 02192

(617) 449-2499

Purpose: To ensure the well-being and safety of all youth participating in sports. Educational and research foundation as well as a clearinghouse for information.

North American Youth Sport Institute

4985 Oak Garden Drive

Kernersville, NC 27284

(919) 784-4926

Director: Jack Hutslar

Publications: *Sport Scene, NAYSI Resource List*

Purpose: To write, edit, research, conduct trainings, and consult in sport, recreation, education, fitness, and health for national youth organizations.

Physical Medicine Research Foundation

207 W. Hasting Street

Suite 215

Vancouver, BC V6B 1H7

(604) 684-4148

President: John Yates, PhD

Chair: John McM. Mennell, MD

Director: Marc I. White

Publication: *Physical Medicine Newsletter*

Purpose: To pursue and fund clinical research and education in the field of physical medicine.

President's Council on Physical Fitness and Sports (PCPFS)

450 Fifth Street NW

Suite 7103

Washington, DC 20001

(202) 272-3421

Chair: George Allen

Executive Director: Ash E. Hayes, EdD

Publications: *PCPFS Newsletter*, general publications on fitness and physical fitness and sports medicine bibliographic references

Purpose: To promote physical fitness and sports participation among Americans of all ages.

Recreational Safety Institute

1500 Lakeland Avenue

Bohemia, NY 11716

(516) 563-4806

President: Arthur H. Mittelstaedt, Jr., EdD

Publication: *Leisure Litigation Digest*

Purpose: To provide information and assistance and to conduct research on accident prevention and litigation.

The Safety Society

ARAPCS/AAPHERD

1900 Association Drive

Reston, VA 22091

(703) 476-3430

Contact: Barbara Bloom, Program Administrator

Publication: *Safety Forum Newsletter*

Purpose: To prevent injury through the development and support of school and community safety programs. The Safety Society is a society within the Association for Research Administration, Professional Councils and Societies (ARAPCS) of the American Alliance for Health, Physical Education, Recreation and Dance (AAPHERD).

Society for Adolescent Medicine

Box 3462

Granada Hills, CA 91344

Publication: *Journal of Adolescent Health Care* (bimonthly)

Purpose: To improve the quality of adolescent health care, including communication among and training of adolescent health care professionals.

Special Olympics

1701 K Street NW, Suite 203

Washington, DC 20006

(con't)

(202) 331-1346

Purpose: To promote a program of physical fitness, sports training, and athletic competition for mentally retarded children and adults. Their information packet includes a general introduction to the Special Olympics and a list of state and U.S. territory chapters.

U.S. Association for Blind Athletes

55 West California Avenue

Beach Haven, NJ 08008

(609) 492-1017

Purpose: To develop and promote sports programs for the blind and visually impaired and to serve as a clearinghouse of information on sports for the blind.

U.S. Consumer Product Safety Commission

Office of Information & Public Affairs

Washington, DC 20207

(301) 492-6980

Publications: Numerous publications and fact sheets on product-related injuries.

Purpose: To reduce unreasonable risks of injury associated with consumer products used in homes, schools and in public places.

U.S. Figure Skating Association

20 First Street

Colorado Springs, CO 80906

(303) 635-5200

Purpose: To serve as the governing body for amateur figure skating in the United States. Information will be provided by mail on local clubs and on learning to ice skate.

U.S. Gymnastics Safety Association

Box 465

Vienna, VA 22180

(703) 476-6660

Executive Director: Raleigh DeGeer Amyx

Publication: *Gymnastic Safety Manual*

Purpose: To raise the level of safety of gymnastics activities and to provide certification for coaches.

U.S. Olympic Committee

Division of Sports Medicine and Science

1750 E. Boulder Street

Colorado Springs, CO 80909-5760

(719) 632-5551/578-4575

Contact: M. M. Newsom, Manager, Library & Education Services

Publications: *Sports Mediscope* (monthly newsletter), various brochures, pamphlets, videotapes

Purpose: To provide services to United States amateur athletes participating in National Sports Governing Body (NSGB) programs and competitions at the Olympic Training Centers and elsewhere.

U.S. Olympic Training Center

Sports Medicine

1776 Older Avenue

Colorado Springs, CO 80909-7760

(con't)

Contact: Jenny Stone

Purpose: To promote a program of physical fitness, sports training, and athletic competition for United States amateur athletes.

U.S. Soccer Federation

350 Fifth Avenue, Room 4010
New York, NY 10118
(212) 736-0915

Purpose: To serve as the national governing body for the sport of soccer, and as a clearinghouse for information, publications, and audiovisuals on soccer.

U.S. Sports Academy

One Academy Drive
Daphne, AL 36526-9552
(205) 626-3303

Purpose: To educate and certify professionals in the area of sport via graduate education, CEUs, and certification throughout the world.

U.S. Swimming, Inc.

1750 E. Boulder Street
Colorado Springs, CO 80909
(303) 578-4578

Purpose: To serve as the national governing body for amateur competitive swimming. They offer a variety of programs geared to all levels of swimmers.

U.S. Volleyball Association

1750 E. Boulder Street
Colorado Springs, CO 80909
(303) 632-5551, ext. 3331

Purpose: To serve as the national governing body for the sport of volleyball. They will refer inquirers to an appropriate regional director.

Women's Sports Foundation (WSF)

342 Madison Avenue
Suite 728
New York, NY 10173
(800) 227-3988 (Outside New York)
(212) 972-9170 (Within New York)

Executive Director: Deborah S. Anderson

Publications: *Women's Sports & Fitness, Headway*

Purpose: To promote women's sports and serve as an information network.

Youth Sports Institute

I.M. Sports Circle Building
Michigan State University
E. Lansing, MI 48824
(517) 353-6689

Contact: Vern Seefeldt, PhD, Director

Publications: *Spotlight on Youth Sports Newsletter* (quarterly) and numerous documents addressing coaching, sports skills, conditioning, etc.

Purpose: To determine the beneficial and detrimental effects of participation in youth sports through on-campus and field-based research programs; to produce educational materials for parents, coaches, officials and administrators; and to provide educational programs for coaches, officials, administrators and parents.

SPORTS INJURY PREVENTION SPECIALISTS

The following individuals are injury prevention professionals from across the country whose area of expertise includes sports injuries. This list is not comprehensive, and many sports injury prevention specialists may not be included. If you would like to be included as a specialist, please contact the Massachusetts Sports Injury Prevention Task Force in care of the Massachusetts Department of Public Health at (617) 727-1246.

Linda Miller Atkinson

2920 East Jefferson Avenue
Detroit, MI 48207
(313) 259-7200

Current Professional Position: Attorney.

Sports Injury Prevention Experience: Litigation, writing, and research in energy-absorption qualities of recreational helmets--football, baseball, hockey, racing, etc.--which has resulted in better helmets and warnings.

Carol Conroy, PhD, MPH

George Carlo & Associates, Inc.
P.O. Box 6228
Falls Church, VA 22031
(703) 698-7900

Current Professional Position: Associate Scientist.

Sports Injury Prevention Experience: Serve as health, safety, environmental consultant. Conduct descriptive studies of incidence-based cohort of brain-injured persons. Literature review of recreational injuries.

Susan Goodwin-Gerberich, PhD

School of Public Health
University of Minnesota
Box 197 Mayo
420 Delaware Street, S.E.
Minneapolis, MN 55455
(612) 625-5934
(612) 626-0900

Current Professional Position: Assistant Professor, Director of Research Institute for Athletic Medicine.

Sports Injury Prevention Experience: Curriculum development and clinical and epidemiological investigations of sports-related injuries; data collection and analysis; injury surveillance systems; design of programs and interventions; and adolescent injuries.

William H. Hollinshead, MD

Rhode Island Department of Health
Division of Family Health
73 Davis Street, Room 302
Providence, RI 02908
(401) 277-2312

Current Professional Position: Medical Director for Division of Family Health. Responsible for state maternal and child health programs.

Sports Injury Prevention Experience: Statewide childhood injury surveys in Rhode Island and development of state injury prevention plan. Expertise includes injury surveillance and epidemiology; preventive programs for children; and school health policy and programs.

Joy Keniston-Longrie

Environmental Health Division
Tacoma-Pierce County Health Department
3629 South D. Street, EH-3176
Tacoma, WA 98408
(206) 591-6558

Current Professional Position: Program Coordinator, Food and Living Environment Program.

Sports Injury Prevention Experience: Program Coordinator for Epidemiology; Schools, Swimming Pools; and Recreational Activities. Expertise includes recreational injuries/safety, drowning/water safety, injury surveillance systems, and environmental factors in injuries.

Fred A. Rappleyea

1501 Big Bend Drive, #86B
Houston, TX 77055
(713) 465-5481
(713) 680-9676

Current Professional Position: Consultant.

Sports Injury Prevention Experience: Consultant to industry in regard to litigation, production, design of protective equipment and research. Approximately 75-80 lawsuits either settled or brought to trial.

Richard B. Reff, MD

Children's Hospital National Medical Center
111 Michigan Avenue, N.W.
Washington, DC 20010
(202) 745-2109
(301) 424-1755

(con't)

**Current
Professional
Position:**

Director, Sports Injury Clinic, orthopedic surgeon.

**Sports Injury
Prevention
Experience:**

Nine years' experience of lecturing to lay and professional groups on athletic injury prevention for the young athlete. Programs for injury prevention in interscholastic sports and pre-participation physical exams.

Alton L. Thygeron

Brigham Young University
Provo, UT 84602
(801) 378-2477
(801) 378-4428

**Current
Professional
Position:**

Professor of Health Science.

**Sports Injury
Prevention
Experience:**

Author of 10 books on safety, first aid, and related areas; over 350 weekly newspaper columns devoted to safety and first aid; and 60 monthly features on emergency care in *EMERGENCY*.

EVENTS

- January *Annual Sports Medicine Conference*
Contact: Maureen E. Hanagan, Director, Continuing Medical
Education, 233 Rowell Building, University of Vermont,
Burlington, VT 05405, (802) 656-2292
- April *Annual American Alliance for Health, Physical Education,
Recreation and Dance Convention*
AAPHERD, 1900 Association Drive, Reston, VA 22091, (703)
476-3465
Contact: AAPHERD Convention Unit
- Massachusetts Fitness Day on the Hill*
This is an event sponsored by the Massachusetts Governor's
Committee on Physical Fitness and Sports for legislators and
other State House employees focusing on the need for funding
projects to assess and improve the fitness status and
lifetime fitness skills of Massachusetts youth.
Contact: Paul Torney, Acting Chair, P.O. Box 674,
Raynham Center, MA 02768, (617) 963-8116
- April 6 *National Student Athletic Day*
National University Consortium for Sports in Society
Northeastern University
360 Huntington Avenue, Boston, MA 02115
(617) 437-5815
Contact: Ann Pasnak
- May *Annual Meeting of the American College of Sports Medicine*
ACSM National Center,
P.O. Box 1440, Indianapolis, IN 46206, (317) 637-9200
Contact: Meetings Department
- May 1 - May 31 *National Physical Fitness and Sports Month*
President's Council on Physical Fitness and Sports
Judiciary Plaza, 405 Fifth Street NW, Suite 7103
Washington, DC 20001, (202) 272-3424
Contact: Dr. Matthew Guidry for posters, kits, pamphlets and
other materials
- May 1 - May 7 *National Physical Education and Sports Week*
American Alliance for Health, Physical Education, Recreation
and Dance
AAPHERD
1900 Association Drive, Reston, VA 22091, (703) 476-3410,
Contact: Beth O'Connor (materials available to members only)
- May 8 - May 14 *National Running and Fitness Week*
American Running and Fitness Association
2001 S Street NW, Suite 540, Washington, DC 20009,
(301) 897-0197
Contact: Susan Kalish for press releases, posters and other
materials

June

*Annual National Athletic Trainers Association (NATA)
Convention*

Contact: NATA National Office
1001 E. Fourth Street, Greenville NC 27858, (919) 752-1725.

*Annual Sports Medicine Conference of Athletic Trainers of
Massachusetts (ATOM)*

Contact: Gayle Olson, LATC, Wheaton College,
Clark Recreation Center, Norton, MA 02766, (508) 285-7722,
ext. 369.

November

*Annual Meeting of the New England Chapter, American College
of Sports Medicine*

Contact: Sharon Peachey, NEACSM Executive Secretary,
Department of Health Sciences, 36 Cummington Street, Boston,
MA 02215, (617) 353-2719

IV. EDUCATIONAL MATERIALS

THE SCIPP INJURY PREVENTION RESOURCE LIBRARY

The SCIPP Injury Prevention Resource Library (IPRL) was established in June 1983 to promote the growth of injury control efforts in Massachusetts. IPRL is one component of a multifaceted approach to making injury prevention an integral part of state and local public health practice. The library provides a comprehensive resource for health professionals, educators, researchers, child care providers, and other community and state agency professionals. Located at the Massachusetts Department of Public Health (MDPH), the library is operated, maintained and continually updated by staff from the Statewide Comprehensive Injury Prevention Program (SCIPP). The library includes books, journal articles, government reports, curricula, and other print and audiovisual materials, all of which are available for loan and reference use. (SCIPP audiovisual materials are only available for loan within Massachusetts.)

A sports section has been set aside in the resource library for easy access to sports injury information. The following index lists the pamphlets, books, journal articles, teaching modules and unpublished documents housed in the sports injury section. The resources have been categorized by subject matter: epidemiology, eye injuries, general, medical care, participation, prevention, regulations and guidelines, safety and types of injuries.

Resources are listed once, alphabetically, by author under the topic heading which best describes the material.

EPIDEMIOLOGY

American Academy of Pediatrics, Committee on Pediatric Aspects of Physical Fitness, Recreation, and Sports: Injuries to young athletes. *Pediatrics*, 1980. A53-A54.

Blyth, C.S., and F.O. Mueller: An Epidemiologic Study of High School Football Injuries in North Carolina - 1968-1972. Final Report. Spring 1974.

Centers for Disease Control: Injuries at a water slide--Washington. *MMWR*, July 1984. Vol. 33:7.

Christensen, C.: Third annual national gymnastic catastrophic injury report 1980-81. Washington, D.C., U.S. Gymnastic Safety Association. 1981.

Fyfe, I.S.: Skateboard injuries. *Brit. J. of Accident Surgery*. Vol. 10:2.

Garrick, J.: Injuries in high school sports. *Pediatrics*, 1978. Vol. 61:3.

Garrick, J., and R. Requa: Prophylactic knee bracing. *Amer. J. of Sports Medicine*, 1987. Vol. 15:5, 471-476.

Gonski, L.: Bicycle accidents in childhood. *Med. J. of Australia*, Sept. 1979.

- Halpern, B., et al.: High school football injuries: Identifying the risk factors. *Amer. J. of Sports Medicine*. 1987. Vol. 15:4, 316-320.
- Keller, C.S., F.R. Noyes, and R. Buncher: The medical aspects of soccer injury epidemiology. *Amer. J. of Sports Medicine*, 1987. Vol. 15:3, 230-237.
- Kraus, J.F., and C. Conroy: Mortality and morbidity from injuries in sports and recreation. *Ann. Rev. Public Health*, 1984. 5:163-92.
- McCarroll, J.R., et al.: Profile of youth soccer injuries. *The Physician and Sportsmedicine*, 1984. Vol. 12:2, 113-116.
- Micheli, L.J., and A.D. Smith: Sports injuries in children. *Current Problems in Pediatrics*, 1982. 12:9.
- Olson, O.C.: The Spokane Study: high school football injuries. 1979. Vol. 7:12, 75-82.
- Powell, J.: 636,000 injuries annually in high school football. *Athletic Training*, 1987. 22:1 19-22.
- Powell, J.W.: Safety in the athletic training program. *JOPERD*, June 1983.
- Rutherford, G., et al.: Overview of sport-related injuries to persons 5-14 years of age. Washington D.C., U.S. Consumer Product Safety Commission, Nov. 1981.
- Sheps, S.B., and G.D. Evans: Epidemiology of injuries: A 2-year experience in a municipal health department. *Pediatrics*, 1987. Vol. 79:1, 69-75.
- Shively, R.A., et al.: High school sports injuries. *The Physician and Sportsmedicine*, 1981. Vol. 9:8.
- Statewide Comprehensive Injury Prevention Program: The problem of sports and recreational injuries. *SCIPP Reports*, 1983. 4:2.
- Strauss, R.: Injuries among wrestlers in school and college tournaments. *JAMA*, 1982. Vol. 248:16.
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OTHER REFERENCE SOURCES

The following is a list of encyclopedias, abstracts, indexes, journals, databases, bibliographies, and injury reporting systems that pertain to sports injuries and their prevention. These reference sources are not available in the SCIPP Injury Prevention Resources Library but may be obtained from university or public libraries.

ENCYCLOPEDIAS

ENCYCLOPEDIA OF SPORT SCIENCES AND MEDICINE: Edited by Leonard A. Larson, Donald E. Herman, et al., New York, MacMillan, 1971.

Prepared under the sponsorship of the American College of Sports Medicine and in cooperation with various international organizations. Quite comprehensive.

ABSTRACTS AND INDEXES

INDEX MEDICUS, CUMULATED INDEX MEDICUS: Bethesda, Maryland, National Library of Medicine. Of approximately 2,600 worldwide journals indexed, several are in the field of sports medicine. Relevant subject headings include "sports medicine," "athletic injuries," and the names of specific sports.

INTERNATIONAL SPORTS SCIENCES: Philadelphia, Franklin Institute Press. Issued monthly, covers all areas of sports medicine from approximately 4,700 journals. "Literature selected, abstracted, edited, and indexed by Information Services Department, Sciences Information Services Organization."

PHYSICIAN FITNESS/SPORTS MEDICINE: Washington, President's Council on Physical Fitness and Sports. Issued quarterly, utilizes author and subject approaches. "A bibliographic service encompassing exercise physiology, sports injuries, physical conditioning, and the medical aspects of exercise. Consists of citations retrieved by computer from the MEDLARS database of the National Library of Medicine."

JOURNALS

- ADAPTED PHYSICAL ACTIVITY QUARTERLY: Champaign, IL. Human Kinetics. Includes theoretical and applied research articles originating from diverse disciplines. Adaptions of equipment, activities, facilities, and methodology are discussed for special populations. Contains book and media review sections. Quarterly.
- ALLIANCE UPDATE: Reston, VA. AAPHERD. National newspaper devoted specifically to news and features in the broad fields of health, physical education, sports, recreation, dance and safety. Focuses on news about the Alliance and its associations. Nine times a year.
- AMERICAN HEALTH: New York, NY. Concerned with all aspects of fitness (exercise, nutrition, diet) and wellness, body-mind relationships. Features articles, abstracts, announcements, etc. Monthly.
- AMERICAN JOURNAL OF EMERGENCY MEDICINE: Philadelphia, PA. W.B. Saunders Co. Bimonthly.
- AMERICAN JOURNAL OF PHYSIOLOGY: Bethesda, MD. American Physiology Society. Monthly.
- AMERICAN JOURNAL OF SPORTS MEDICINE: Baltimore, Williams and Wilkins. Formerly called the Journal of Sports Medicine. It is the official publication of the American Orthopaedic Society for Sports Medicine. It includes "papers and articles pertaining to the medical aspects of sports from all specialties and disciplines." Bimonthly.
- AMERICAN KINESIOTHERAPY JOURNAL: Rosedale, NY. American Kinesiotherapy Association. Quarterly.
- ANNALS OF EMERGENCY MEDICINE: Dallas, TX. Formerly called the JACEP. University Association for Emergency Medicine and American College of Emergency Physicians. Monthly.
- ANNALS OF SPORTS MEDICINE: New York, NY. Oxford University Press. Quarterly.
- ARCHIVES OF PHYSICAL MEDICINE: Chicago, IL. American Academy of Physical Medicine and Rehabilitation. Monthly.
- ARENA REVIEW: Northeastern Resource Center for Sports Studies. Semiannually.
- ATHLETIC ADMINISTRATION: Cleveland, OH. National Association of Collegiate Directors of Athletics. Presents a variety of materials of prime interest to those in athletic administration. Quarterly.
- ATHLETIC JOURNAL: Evanston, IL, Athletic Journal Pub. Co. Covers practical aspects of athletics, including coaching methods/ techniques, injuries, administration, etc.

ATHLETIC TRAINING: Greenville, NC. National Athletic Training Association. Quarterly.

ATHLETICARE NEWSLETTER: Johnson & Johnson Products, Inc. New Brunswick, NJ. Bimonthly.

BRITISH JOURNAL OF PHYSICAL EDUCATION: Northern Ireland/London, England. Physical Education Assn. of Great Britain and Northern Ireland. Research and general articles representing physical education. Contains reviews, abstracts, and announcements. Bimonthly.

BRITISH JOURNAL OF SPORTS MEDICINE: Loughborough, England, Association of Sport and Medicine. Official publication of the British Association of Sport and Medicine. Quarterly.

CAHPER JOURNAL: Vanier City, Ontario, Canada. Canadian Assn. for HPER. Focuses on materials pertinent to the broad fields of health, physical education, and recreation. Includes informative items for members. Bimonthly.

CANADIAN JOURNAL OF SPORT SCIENCES: Downsview, Ont. Canadian Association of Sport Sciences. Formerly called the Canadian Journal of Applied Sport Science. Quarterly.

COMPLETED RESEARCH IN HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE: HPERD Annual compilation of research published in over 100 periodicals and abstracts of master's and doctoral theses in these areas.

CONTEMPORARY ORTHOPAEDICS: Redondo Beach, CA. Bobit Publishing Co. Monthly.

EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY AND OCCUPATIONAL PHYSIOLOGY: New York, NY. Springer-Verlag. Bimonthly.

EXERCISE AND SPORT SCIENCES REVIEWS: Philadelphia, Franklin Institute Press. An official publication of the American College of Sports Medicine. "Topics for review are determined on the basis of professional and scientific relevance, need, and the extent of information available in the contemporary literature." Annual.

FOOT AND ANKLE: Baltimore, MD. American Orthopaedic Foot and Ankle Society, Inc. Bimonthly.

HEALTH EDUCATION: Washington, DC. American Alliance for Health, Physical Education, Recreation and Dance. Bimonthly.

HEALTH VALUES: ACHIEVING HIGH LEVEL WELLNESS: Thorofare, NJ. Charles B. Slack. Publication focuses on materials that address the wellness concept. Bimonthly.

INSIGHTS: West Palm Beach, FL. National Youth Sports Coaches' Association. Quarterly.

INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION: Schorndorf, Postfach, Federal Rep. of Germany. ICHPER. Focuses on themes/topics dealing with teaching/learning processes. Other theoretical aspects of physical education/sport having interdisciplinary value are published. Printed in English and German. Quarterly.

- INTERNATIONAL JOURNAL OF SPORTS MEDICINE: Stuttgart, W. Germany. German Society of Sports Medicine. Bimonthly.
- INTERNATIONAL JOURNAL OF SPORTS MEDICINE: Stuttgart, New York, Thieme. Attempts to foster "international cooperation in the field." Includes review and original articles, case reports, abstracts, book reviews, and "short communications." Quarterly
- INTERNATIONAL ORTHOPAEDICS: New York, NY. Societe Internationale de Chirurgie Orthopedique et de Traumatologie. Quarterly.
- INTERSCHOLASTIC ATHLETIC ADMINISTRATION: Kansas City, MO. National Federation of State High School Associations. Addresses administrative concerns pertinent to high school athletics. Includes information about the Federation. Quarterly.
- JOURNAL OF ADOLESCENT HEALTH: Granada Hills, CA. Society for Adolescent Medicine. Bimonthly.
- JOURNAL OF APPLIED PHYSIOLOGY: Bethesda, MD. The American Physiology Society. Monthly.
- JOURNAL OF APPLIED SPORT SCIENCE RESEARCH: Lincoln, NE. National Strength and Conditioning Association. Quarterly.
- JOURNAL OF LEISURE RESEARCH: Alexandria, VA. National Recreation and Park Association. Research articles of interest to professionals in the leisure sciences, motor development, play theory, sport sociology, psychology, etc. Contains book reviews and comments. Quarterly.
- THE JOURNAL OF ORTHOPAEDIC AND SPORTS PHYSICAL THERAPY: Baltimore, MD. Williams and Wilkins. The official publication of the American Physical Therapy Association - Orthopedic Section as well as the Sports Physical Therapy Section. Quarterly.
- JOURNAL OF ORTHOPAEDIC RESEARCH: New York, NY. Journal for musculoskeletal investigations. Orthopaedic Research and the Bioelectric Repair and Growth Society. Quarterly.
- JOURNAL OF PHILOSOPHY OF SPORT: Champaign, IL. Human Kinetics. Publishes papers which focus on the philosophical aspects of sport and physical activity. Announcements, book reviews, and information about the Society are included. Annually.
- JOURNAL OF PHYSICAL EDUCATION AND PROGRAM: Columbus, OH. Association of Professional Directors of the YMCA. A technical and professional journal that publishes information relative to YMCAs and general articles in the areas of safety, physical activity, physical education, etc. Bimonthly.
- JOURNAL OF PHYSICAL EDUCATION, RECREATION AND DANCE: Washington, DC. American Alliance for Health, Physical Education, Recreation and Dance. Nine issues per year.
- JOURNAL OF PHYSICAL MEDICINE: Chicago, IL. American Academy of Physical Medicine and Rehabilitation. Monthly.

JOURNAL OF SCHOOL HEALTH: Kent, OH. American School Health Association.
Monthly (except August).

JOURNAL OF SPORT AND SOCIAL ISSUES: Northeastern Resource Center for Sports
Studies. Semiannually.

JOURNAL OF SPORT BEHAVIOR: Mobile, AL. U.S. Sports Academy, University of
S. Alabama. Publishes original, empirical investigations and theoretical
papers dealing with studies of social behavior in the areas of games and
sports. Includes articles of practical application as well. Quarterly.

THE JOURNAL OF SPORTS MEDICINE: Torino, Italy. Minerva Medica.
Literature focuses on the medical aspects of sport and physical training.
Contains original research papers, book reviews, editorial comment, and
announcements. Quarterly.

JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS: Turin, Italy. International
Federation of Sportive Medicine. Quarterly.

JOURNAL OF SPORTS PSYCHOLOGY: Champaign, IL. Human Kinetics. A
cross-disciplinary journal that publishes theoretical papers, state of the
art and synoptic reviews, position papers and original reports of basic and
applied research in sport psychology. Contains book reviews, research
notes, commentary, etc. Quarterly.

JOURNAL OF SPORTS SCIENCES: London, England. Society of Sports Sciences.
Presents information of interest to researchers, academicians and coaches
from the broad areas of sport. Three times a year.

JOURNAL OF TEACHING IN PHYSICAL EDUCATION: Champaign, IL. Human Kinetics.
Represents an outlet for scholarly communication and serves as a forum for
discussions and research outlets that focus on teaching and teacher
education in physical education. Highly refereed. Quarterly.

JOURNAL OF TRAUMA: Baltimore, MD. American Association for the Surgery of
Trauma. Monthly.

MEDICINE AND SCIENCE IN SPORTS AND EXERCISE: Madison, WI. American College
of Sports Medicine. Formerly called Medicine and Science in Sports. It is
the official publication of the American College of Sports Medicine. Five
times a year.

MEDICINE AND SCIENCES IN SPORTS AND EXERCISE: Indianapolis, IN. American
College of Sports Medicine. Bimonthly.

MEDICINE AND SPORT SCIENCE: Basel, Karger. Emphasis on clinical medicine, but
includes contributions by specialists in biophysics, biochemistry,
engineering, and mathematics. Deliberately international in flavor.
Annual.

NATIONAL COACH: Ocala, FL. National High School Athletic Association. Three
times per year.

NATIONAL STRENGTH AND CONDITIONING ASSOCIATION JOURNAL: Lincoln, NE.
National Strength and Conditioning Association. Bimonthly.

PHYSICAL THERAPY: Fairfax, VA. Formerly called the American Physical Therapy Association Journal. Monthly.

THE PHYSICIAN AND SPORTS MEDICINE: Minneapolis, MN. McGraw-Hill. "Serving the practicing physician's professional and person interests in the medical aspects of sports." Monthly.

RESEARCH QUARTERLY FOR EXERCISE AND SPORT: Washington, DC, American Alliance for Health, Physical Education, Recreation, and Dance. Quarterly.

SCHOLASTIC COACH: New York, NY. Scholastic Inc. Includes articles that focus on coaching methods/techniques for a variety of sports. Generic articles are also included. Contains reviews, editorials, equipment tips, etc. Monthly.

SOCIOLOGY OF SPORT JOURNAL: Champaign, IL. Human Kinetics. Sponsored by the North American Society for the Sociology of Sport. Publishes empirical, theoretical and position papers, reviews and critical essays pertaining to the sociology of sport. Quarterly.

SPORTS MEDICINE BULLETIN: Indianapolis, IN. American College of Sports Medicine. Quarterly.

SPORTS MEDICINE DIGEST: Van Nuys, CA. PM, Inc. Dedicated to the prevention, treatment and rehabilitation of sports injuries. Monthly.

SPORTS MEDICINE: HEALTH CARE FOR YOUNG ATHLETES: Elk Grove Village, IL. American Academy of Pediatrics. Irregular intervals.

SPORTSPEED MAGAZINE: Richmond, VA. National Association of Speed and Explosion.

STRATEGIES: Reston, VA. American Alliance for Health, Physical Education, Recreation and Dance. Bimonthly.

WOMEN'S SPORTS AND FITNESS MAGAZINE: New York, NY. Women's Sports Foundation. Monthly.

YEAR BOOK OF SPORTS MEDICINE: Chicago, IL. Year Book Medical. Intended to provide an annual review of the best literature in the field. Represents approximately 93 journals from a variety of areas. Annual.

YOUTH SPORTS: West Palm Beach, FL. National Youth Sports Coaches' Association. Quarterly.

RELATED DATABASES

BIOSIS: A database with worldwide coverage of journal articles, research reports, reviews, conference papers, symposia, books and other sources in biology, medicine, and interdisciplinary life sciences.

BIP: This database corresponds with the Books In Print series of publications. It is a comprehensive list of the United States book publishing industry, including books to be published and several years of out-of-print books.

CATLINE: A database representing the National Library of Medicine's Card Catalog Online. It includes serials and monographs in multiple languages.

EXCERPTA MEDICA: A database with worldwide coverage of biomedicine from the European perspective. Although primarily journal articles, there also are some conference papers, monographs, handbooks, and dissertations.

HEALTH: This database closely corresponds with Hospital Literature Index, and contains a variety of publications on health planning and administration as well as other non-clinical aspects of health care delivery.

LC MARC: This database is derived from the Library of Congress Machine Readable Cataloging. It contains full bibliographic records for monographic (book) works in all subject areas processed by the Cataloging Distribution Services of the United States Library of Congress.

MEDLINE: A database with worldwide coverage of the biomedical journal literature. Excellent coverage of athletic injuries, the sports medicine specialty and the sports themselves.

SCISEARCH: This database covers 90% of the world's significant scientific and technical literature. It includes Science Citation Index and Current Contents citations, and in addition to conventional retrieval methods, it offers searching by the cited references of a paper.

SPORT: A database with extensive coverage of individual sports, including practice, training and equipment, recreation, sports medicine, physical education, sport facilities, and international sports history. Coverage includes English and French literature, including newsletters, journals, monographs, theses, and conference papers for basic- and advanced-level treatment.

BIBLIOGRAPHIES

A BIBLIOGRAPHY OF SPORTS MEDICINE: American Academy of Orthopaedic Surgeons, Committee on Sports Medicine. Chicago, 1970.
A somewhat dated, though still useful, list of 1,314 articles published from 1964 to 1970. Utilizes an interdisciplinary approach.

SPORTS MEDICINE: January 1973 through December 1975: Bethesda, National Library of Medicine, Literature Search 75-26.
511 Citations retrieved from the MEDLINE database.

INJURY REPORTING SYSTEMS

BIG TEN INJURY SURVEILLANCE SURVEY: Athletic trainers from Big Ten Conference schools fill out injury forms on players who miss at least part of a practice because of an injury. Contacts: Steve Troester or John P. Albright, MD; 1189 Carver Pavilion, University of Iowa Hospitals, Iowa City, IA 52242, (319) 338-0581, ext. 425.

NATIONAL CENTER FOR CATASTROPHIC SPORTS INJURY RESEARCH: Data on fatal sports injuries are collected with the assistance of coaches, athletic directors, national athletic organizations and newspaper clipping services. Contact: Dr. Frederick Mueller, University of North Carolina, Chapel Hill, NC 27514, (919) 962-2021.

NATIONAL ELECTRONIC INJURY SURVEILLANCE SYSTEM (NEISS): This data system gathers information about product-related (i.e., sports equipment) injuries from a sample of records from hospital emergency rooms. Contact: National Injury Information Clearinghouse, Directorate of Epidemiology, Consumer Product Safety Commission, Room 625, 5401 Westbard Avenue, Washington, D.C. 20207, (301) 492-6424.

NATIONAL HEAD AND NECK INJURY REGISTRY: The registry collects data on football-related cervical spine and head injuries that cause a player to be hospitalized for 72 hours or result in death or paralysis. Data are gathered on all levels of competition using several sources: a newspaper clipping service, a survey of National Athletic Trainer's Association members, the National Association of Secondary School Principals, and football helmet manufacturers. Contacts: Joseph S. Torg, MD, or Joseph Vegso, MS, ATC, c/o University of Pennsylvania Sports Medicine Center, Weightman Hall E-7, 235 S. 33rd Street, Philadelphia, PA 19104, (215) 662-6943.

NATIONAL HIGH SCHOOL ATHLETIC INJURY REGISTRY: Sponsored by the National Athletic Trainers' Association, Inc., the registry, begun in June 1985, gathers data on high school football and girls' basketball injuries from 126 schools. Injuries are defined as any incident that precludes an individual from completing a session or causes an individual to miss a session the following day. Contact: National Athletic Trainers' Association, Inc., 1001 E. Fourth Street, Greenville, SC 27858, (919) 752-1725.

FREE SAFETY AND HEALTH BOOKLETS

Cast Care Brochure: The American Academy of Surgeons has recently published a brochure on cast care, which includes several informative sections on why casts are used, what they are made of, how they are applied, how to become accustomed to your cast, cast maintenance, and a list of warning signs that indicate when to consult a physician. A single copy is available free of charge; send a self-addressed, stamped, business-size envelope to Cast Care, c/o American Academy of Orthopaedic Surgeons, 222 South Prospect Avenue, Park Ridge, IL 60068.

Development Seminars Brochure: This brochure describes the various national development programs that are available for AHAUS-registered officials, at all levels. Programs described are Regional, Advanced and Select Officials Camps, Seminar Instructor Training Sessions, Regional Development Seminars and pre-season local seminars. Amateur Hockey Association of the U.S., 2997 Broadmoor Valley Road, Colorado Springs, CO 80906, (303) 576-4990.

Fractures Brochure: People often think a fracture is less severe than a broken bone, not realizing that a fracture is a broken bone. To help the public understand more about why bones break and the different methods of treating broken bones, the American Academy of Orthopaedic Surgeons recently published a brochure on fractures. The brochure explains what bones are made of, how fractures occur, different types of fractures, fracture treatment, and the use of different types of casts. Guidelines for proper exercise and diet, as well as tips on how to avoid fractures, are also included. Single copies are available free of charge; send a self-addressed, business-size envelope to Fractures, the American Academy of Orthopaedic Surgeons, 222 South Prospect Avenue, Park Ridge, IL 60068.

A Guide for Administrating a Hockey Tournament: This publication covers all aspects of hosting a tournament within the guidelines of the AHAUS. A checklist of "things to do" is provided to assist in operating a successful tournament. Amateur Hockey Association of the U.S., 2997 Broadmoor Valley Road, Colorado Springs, CO 80906, (303) 576-4990.

A Guide to the Treatment of Hockey Injuries: Prepared to acquaint team coaches and managers with the basics of determining and handling injuries that occur most often in youth ice hockey. Amateur Hockey Association of the U.S., 2997 Broadmoor Valley Road, Colorado Springs, CO 80906, (303) 576-4990.

H.E.C.C. Brochure: The Hockey Equipment Certification Council works closely with the AHAUS in developing standards for hockey equipment. This brochure describes the entire process of standard making, testing and certification of safe hockey equipment. Amateur Hockey Association of the U.S., 2997 Broadmoor Valley Road, Colorado Springs, CO 80906, (303) 576-4990.

Nutrition and Hydration in Swimming: How They Can Affect Your Performance: The 17-page booklet produced by Ross Laboratories contains information on proper levels of nutrition and hydration for swimmers during both training and competition. It also includes sections on development of lean vs. fat body weight and proper weight maintenance through a balanced diet. The booklet is written in simple terms and is intended for use by coaches, swimmers and parents. For a single free copy, send a stamped, self-addressed business-size envelope to Ross Laboratories, 625 Cleveland Avenue, Columbus, OH 43216.

Orthopaedic Problems: The American College of Orthopaedic Surgeons has published a series of nine brochures describing common orthopaedic problems in simple terms. Topics in the series are Total Joint Replacement, Health Care Options, Arthritis, Low Back Pain, Sprains and Strains, Orthopaedics, Common Foot Problems, Scoliosis and Osteoporosis. Single copies are available free of charge; send a stamped, self-addressed business-size envelope to American College of Orthopaedic Surgeons, Box 618, Park Ridge, IL 60068.

Preventing Sports Injuries in Young Children: This brochure produced by the Pennsylvania Easter Seal Society includes tips for pre-participation assessment, conditioning, supervision, protective equipment, warning signals that may indicate problems and injury guidelines. A single copy may be obtained free of charge from the Pennsylvania Easter Seal Society, 1500 Fulling Mill Road, P.O. Box 497, Middletown, PA 17057-0497; send a stamped, self-addressed business-size envelope.

The Relationship Between Coach and Parent: This publication provides ways to deal with youth hockey parents and make them a positive part of the game. Amateur Hockey Association of the U.S., 2997 Broadmoor Valley Road, Colorado Springs, CO 80906, (303) 576-4990.

Teachers Library Materials: The Teachers Library develops educational programs and materials for health educators and students. Because they are underwritten by sponsors and educational grants, these resources are distributed free of charge. Inquiries about current programs may be addressed to Larayne Gordon, Research Director, Teachers Library, 1633 Broadway, New York, NY, 10019-6773.

AUDIOVISUAL RESOURCES

Title: *AJGA Promotional Film*
Cost: \$11
Contact: Bobbie DeLisle, American Junior Golf Association, 2415 Steeplechase Lane, Roswell, GA 30076, (404) 998-4653.

Title: *Functional Planning: Implementing Safety and Emergency Procedures*
Title: *Informed Consent* (14 min.)

Title: *Student Injuries: The Instructor's Responsibilities and Legal Liability*

Title: *Student Wellness: Drugs, Diet and Determination*

Note: The MIAA has over 50 chemical health videotapes available for use at no charge. Tapes run from as long as one hour to as short as 11 minutes.

Contact: Denise Collomb, Massachusetts Interscholastic Athletic Association, Inc., 83 Cedar Street, Milford, MA 01757, (508) 478-5641.

Title: *Athletic Clinic* - Series of 4 tapes: Ankle Injuries, Shoulder Injuries; Foot Injuries, Knee Injuries. \$14.95 each, \$59.80/set.

Title: *Athletic Taping* (40 min.); \$14.95 or free with order of a 4-tape series.

Title: *Pro Football Training Room* - Series of 4 tapes: Shoulder and Knee Injuries; Hand, Wrist and Elbow Injuries; Soft Tissue Injuries; and Neck, Head and Facial Injuries. \$14.95 each, \$59.80/set.

Contact: Johnson & Johnson, 1-800-526-3967.

Title: *Conducting a Safe Practice - Handling the Emergency* (Complete unit).
Conducting a Safe Practice (Slide/Tape - 12:45)

The First Step: Handling the Life-Threatening Emergency
(Videotape - 6:17)

Printed Reference Material

Title: *Recognition and Management of Common Sports Injuries* (Complete unit).

Common Soft Tissue Injuries (Slide/Tape - 79 Frames, 14:50)

Sports Injuries Today (Videotape - 8:00)

Printed Reference Material

Contact: Sports Medicine for Coaches, Health Sciences Center for Educational Resources, Manuseon Health Sciences Center, T252, 5B-56, University of Washington, Seattle, WA 98195.

Title: *The Injury Factor* (24 min.), documentary for parents and professionals regarding health care for secondary school athletes. Available on half-inch and three-quarter inch VHS videocassettes.

Contact: The National Athletic Trainers' Association, Inc., c/o Membership Department, 1001 E. Fourth Street, Greenville, NC 27858.

Title: *Sports Sense* for grades 7-12. Three 10-minute sections covering the importance of proper exercise and how to prevent and treat sports injuries.
Costs: Printed materials are free and the videotape is \$15.
Contact: Advil Forum on Health Education, 1775 Broadway, 22nd Floor, New York, NY 10019, (212) 757-9100.

Title: *Say No to Drugs: It's Your Decision*
Contact: Bill Butler, Drug Enforcement Administration
(202) 633-1000.

Title: *I'd Rather Play Hockey*, free, 16 mm only.
Title: *Training and Conditioning For Hockey*, Three-part series:
Training for Leg Power and Quickness
Strength Training for Hockey
Principles of Conditioning for Youth Hockey
Costs: Films - \$200.00 ea.; VHS tapes - \$49.95 ea.
Contact: Amateur Hockey Association of the U.S., 2997 Broadmoor Valley Road, Colorado Springs, CO 80906, (303) 576-4990.

Topic: Teaching films in basketball and football, and rules films for baseball, basketball, football, soccer, swimming and diving, track and field, volleyball, and wrestling.
Contact: National Federation of State High School Associations, 11724 Plaza Circle, P.O. Box 20626, Kansas City, MO 64195.

Title: *American Coaching Effectiveness Program, Level 1 Video Package:*
Coaching Philosophy Sports Physiology
Sports Psychology Sports Medicine
Sport Pedagogy Sports Management
Costs: \$60.00 per 1/2" VHS; six-tape set \$300.00.
Contact: ACEP, 1-800-DIAL-HKP

Title: *Coach, the Athlete, and Nutrition* (\$150)
Title: *Common Overuse Injuries of the Lower Extremity* (\$150)
Title: *Common Soft Tissue Injuries* (\$150)
Title: *Conducting a Safe Practice* (\$150)
Title: *Fatness Reduction and Weight-Control Program for the High School Wrestler* (\$150)
Title: *First Step: Handling the Life-Threatening Emergency* (\$85)
Title: *Fueling the Body for Sport* (\$85)
Title: *The New Woman Athlete* (\$85)
Title: *Overuse Injuries: Too Much, Too Fast, Too Soon* (\$85)
Title: *Pathway to a Winning Season* (\$85)
Title: *Sports Injuries Today* (\$85)
(con't)

Title: *Today's Young Woman in Sports* (\$150)

Note: Some titles are videorecordings, while others are slide sets with audiocassettes.

Contact: Distribution Coordinator, HSCER, T-281, SB-56, University of Washington, Seattle, WA 98195, (202) 545-1186.

Topic: Over 100 audiotapes on swimming.

Note: \$7.00 per tape, includes shipping.

Contact: American Swimming Coaches Association, One Hall of Fame Drive, Fort Lauderdale, FL 33316.

Topic: Sports and physical education; sports on trial; handicapped; injury prevention/treatment; strength and conditioning; psychology and coaching; and specific sports.

Note: Previews are available.

Contact: Athletic Institute, 200 North Castlewood Drive, North Palm Beach, FL 33408, (407) 842-3600.

Title: *Fitness in 6 to 15 minutes a day the ISOROBIC way*

Cost: \$49.95

Contact: Mary Moyer, Fitness Motivation Institute of America, 36 Harold Avenue, San Jose, CA 95117, (408) 246-9191.

Title: *Playsafe* (25 min.) documentary for schools regarding appropriate pre-participation physical examinations.

Contact: Jan Stegelman, Project Coordinator, Prevention of Athletic Injuries to School Age Children and Youth Project, Kansas Department of Health and Environment, Landon State Office Building, 10th floor, 900 SW Jackson, Topeka, KA 66612-1290, (913) 296-1205.

CURRICULA

Athletic Health Care System: Training Course Syllabus

Stephen G. Rice, MD, PhD, MPH
Division of Sports Medicine
Department of Pediatrics and Orthopaedics, GB-15
University of Washington
Seattle, WA 98195
(206) 543-1550

Food Power: A Coach's Guide to Improving Performance

This handbook is packed with up-to-date information on sports nutrition. It covers training diets, precompetition meals, preventing dehydration, and guidance on losing, maintaining, or gaining weight. It includes ready-to-copy handouts for use with student athletes.

Contact: New England Dairy and Food Council
1034 Commonwealth Avenue
Boston, MA 02215
(617) 734-6750

For Coaches Only: How to Start a Drug Prevention Program

Drug Enforcement Administration
Public Affairs Staff
1405 I Street, NW
Washington, DC 20537
(202) 633-1000

The Guide

The Guide is a 30-page instruction booklet--a by-the-numbers outline of how to use the video, *Children of Denial*. It is designed for use in treatment programs, school systems, community service agencies, D.U.I. schools, training of health professionals, educational settings, schools and by counselors and therapists in private practice.

Contact: National Federation of State High School Associations,
P.O. Box 20626, 11724 Plaza Circle, Kansas City, MO 64195,
(816) 464-5400

Head to Toe: Sports Health for the High School Student Body

McNeil Consumer Products Company
Teachers Library
1633 Broadway
New York, NY 10019-6773

On the Mark - Putting the Student Back in Student-Athlete

The odds of a college athlete making it to the pros is 10,000 to 1. This book offers support and guidance in encouraging the young student athlete to balance any athletic dreams with the pursuit of a quality education. Topics covered are academics, recruiting, gambling, and drugs and alcohol with a "how to" theme throughout.

Contact: Center for the Study of Sport in Society
Northeastern University
360 Huntington Avenue
Boston, MA 02115
(617) 437-5815

1. The first part of the document discusses the importance of maintaining accurate records of all transactions. This is essential for ensuring the integrity of the financial statements and for providing a clear audit trail. The records should be kept up-to-date and should be easily accessible to all relevant parties.

2. The second part of the document outlines the various methods used to collect and analyze data. This includes the use of statistical techniques, such as regression analysis, to identify trends and patterns in the data. It also discusses the importance of using reliable sources of information and the need to validate the data before using it for analysis.

3. The third part of the document describes the results of the analysis and the conclusions drawn from the data. It highlights the key findings and discusses the implications of these findings for the organization. It also provides recommendations for how the organization can improve its performance based on the results of the analysis.

4. The final part of the document provides a summary of the findings and conclusions. It emphasizes the importance of ongoing monitoring and evaluation to ensure that the organization remains on track with its goals and objectives. It also provides a list of references and a list of appendices for further information.

Prevention and Management of Injuries Incurred in School Activities

This guide serves to inform all personnel connected with the planning of physical activities for students that certain basic principles are necessary for a sound and safe program. This manual was written by trainers, coaches, nurses, physicians, educators, and teachers.

Contact: Jan Stegelman

Kansas Department of Health and Environment
Landon State Office Building, 10th Floor
900 SW Jackson
Topeka, KA 66612-1290
(913) 926-1205

Principles of Safety in Physical Education and Sport

This text explores those factors that must be considered to provide safe instructional units in commonly taught sports and physical activities. With frequent checklists and outlines, the authors have provided information and guidelines for developing detailed unit and lesson plans and quick preclass safety checks. The aim of this text is to avoid litigation by promoting the safest possible programs. \$12.95

Contact: AAPHERD Publication, P.O. Box 704, Waldorf, MD 20601,
(703) 476-3481

*What, When and How to Talk to Students About Alcohol and Other Drugs --
A Guide for Teachers*

School teachers have some unique opportunities to educate young people about drinking and taking drugs. This book provides the guidelines and information necessary to teach students how to make responsible decisions about alcohol and other drug use. Communication techniques and discussion exercises are also included.

Contact: National Federation of State High School Associations,
P.O. Box 20626, 11724 Plaza Circle, Kansas City, MO 64195,
(816) 464-5400

You: A Guide to Food, Nutrition, and Exercise

These colorful 32-page guides, written in a lively magazine format, come in versions for young men and women. Through feature stories, advice columns, short stories and charts, *You* helps young people discover the advantages of eating smart, shaping up and staying healthy. The booklets are filled with advice.

Contact: New England Dairy and Food Council
1034 Commonwealth Avenue
Boston, MA 02215
(617) 734-6750

