



Rebel Athletic Training Post

Volume 1, Issue 1, Spring 2007

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**Any comments,
suggestions, and/or
announcements please
let us know!**

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Letter from the Director

Welcome to the first edition of the University of Nevada, Las Vegas Rebel Athletic Training Post. As with all new leaders there is change and we felt it was a good time to start updating the Alumni on what has been going on at UNLV.

As we head into Anaheim, CA for the NATA meeting and with the FWATA meeting in our backyard we felt we had a great opportunity to catch up with alumni and to share stories and experiences. Our plan is to host an Alumni Event in Anaheim please watch for updates on time and place. We hope you can come out and support us as we have many research poster and platform presentations during the FWATA and NATA conventions as a result of UNLV research projects conducted by students, alumni and faculty. We hope to continue to increase the representation of UNLV and our collective work during NATA and FWATA meetings.

Some of the recent UNLV highlights regarding the Athletic Training Education Program include: Dr. Brent Mangus being named Dean of the School of Allied Health Sciences, the hiring of Amanda Tritsch, MS, ATC (MS KIN, 2006) as Clinical Coordinator, and congratulations to them both! We recently took a step to recruit students with the creation of the Desert Sports Medicine Workshop during the summer for students interested in Athletic Training Education, please look for a flier for our 3rd workshop this July 23-26. We recently added new clinical sites at CCSD High Schools, and hired Graduate Assistant ATC for positions at CCSD. The students have taken many opportunities to be involved in the community including the New Las Vegas Marathon (see picture above).

Our current projects include creating a MS in Athletic Training, in hopes of developing an accredited Post-Certification Professional program. Currently, UNLV has 15 funded ATC graduate students and we hope to increase that number. In the undergraduate program we are investigating the possibility students completing clinical rotations with the performing arts on the Las Vegas Strip.

As the newest member of the UNLV Athletic Training Family I hope to get to know all the Alumni and I look forward to hearing from all. Please keep in touch and visit the alumni page (www.unlv.edu/athletics/training/alumni.htm).

Sincerely,

Mack D. Rubley, Director UNLV Athletic Training Education





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Rebel Athletic Training History

by Jenna Blair and Jacqueline Mendoza

The Rebel Athletic Training Society in its second year of existence, along with the help of our women's assistant athletic trainer Ms. Mary Rock (BS 97) and our new program director Dr. Mack Rubley have put together the first edition of a UNLV alumni newsletter.

Formerly known as TAPES, the Rebel Athletic Training Society (RATS) has had its fair share of challenges in becoming an effective functioning organization at the university and with the help of former members through the years as well as this year's members and executive officers, this organization has finally become an officially recognized organization for the university, begun fundraising, assisting with the Desert Sports Medicine Workshop and developing a strong system of leadership and support for the athletic training students. RATS is gearing up for the year ahead. We hope that you are ready for a brand new and exciting year!



REBEL ATHLETIC TRAINING SOCIETY

RATS President Talk

by Jacquelynn Threat

Hello, as the Rebel Athletic Training Society President. I want to welcome you to the first addition of our student/alumni news letter. Over the past year our student organization has begun to blossom on the UNLV campus. Each one of our executive board members has taken a pledge to work towards the growth of RATS as well as promoting the profession of

athletic training. Our e-board members consist of senior Jenna Blair Vice President, senior Christine Burford Secretary, senior Jacqueline Mendoza Historian, and junior Brittany Ott Treasurer. We have three Chairpersons who help to shape RATS and make our club more active: junior Ginger Salera Fundraising, junior Laura Tomino Special Events, and our newest member sophomore Elizabeth Murphy.

Over this past school year RATS made many accomplishments and also participated in wonderful events. Our first stride was made this fall when RATS finally received recognition as an active student organization by UNLV CSUN. In October we were able to participate in Make A Difference day where we worked with the Goodie Two Shoes Organization to provide shoes to underprivileged youth of Southern Nevada. You might have caught some of members on television sitting as audience members for the show Poker Dome. This coming spring we are planning our event of the year which we hope will become a yearly tradition for RATS. On April 7, 2007 we will be having our first Spring 5k run/walk on the UNLV campus.



This should be an event to further push RATS as well as the profession of Athletic Training into the UNLV community as well as our Southern Nevada community. I hope everyone enjoys the newsletter as well as the strides of the UNLV Athletic Training Program.



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Higgins Scholarship

by Kyle Wilson

The Dr. Gerald Higgins Scholarship Student Athletic Trainer Award is a \$500 scholarship presented annually to the UNLV athletic training student who achieves academic excellence, satisfies the standards of the National Athletic Trainers Association and demonstrated the characteristics necessary to be employed as a certified athletic trainer. The scholarship is named in honor of UNLV Team Physician Dr. Gerald Higgins. Dr. Higgins has been the Team Orthopedic Surgeon at UNLV since the early 1970's. He is also a member of both the UNLV Athletic Department Hall of Fame and the Southern Nevada Sports Hall of Fame. Dr. Higgins is still very active with the UNLV Athletic Training Department. In 2006, the remodeled athletic training facility in the Thomas & Mack Center was named "The Dr. Gerald Higgins Athletic Training Room."



Below are the past scholarship recipients:

- 1991 Monica Reyes
- 1992 Cari Croghan
- 1993 Madalyn Schmutz
- 1994 Ed Halbur
- 1995 Jim Ave
- 1996 Yutaka Saho
- 1997 Mary Rock
- 1998 Keith Ceci
- 1999 Gwenett Turner
- 2000 Kenji Sasaki and Heidi Hirsbrunner
- 2001 Fumiaki Sugiyama and Yasuo Fukuda
- 2002 Mika Nagata
- 2003 Amy Rechard/David Baca
- 2004 Mikaela Boham
- 2005 Tiffney Touton

The 2006 Dr. Gerald Higgins Scholarship Award recipient is Jenna Blair. She is a senior from Lusk, Wyoming. This semester she is completing her clinical athletic training rotation at Foothills High School. After graduation Jenna plans on working at a small college in Colorado, Wyoming, South Dakota, or Nebraska area. She will continue to volunteer with local rodeos. Jenna plans on taking the NATA Exam this summer. Congratulations on receiving this award.



Alumni Spotlight: Eddie Casillas

by Kate Vardiman

Eddie Casillas first started out his career by planning to be a physical therapist. After getting out of the military, Eddie attended a junior college before applying to UNLV. Still planning on pursuing physical therapy, he found athletic training as the physical therapy program was still being developed at UNLV, so Eddie became an athletic trainer. He then worked at a clinic at the start of his career. There he met a team manager for Supercross who was getting rehab done. After lengthy talks the team manager convinced Eddie that Supercross could really use someone like him. At first individual riders paid his salary and got his feet on the ground, now he is also working with a physician and has





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a complete portable hospital.

He remembers one sporting experience at UNLV that really stood out from the others. He was able to work with tennis, and due to certain circumstances, was able to be on his own taking care of the team completely by himself. Eddie believes that the way you get things done is by getting yourself out there and making contacts. Not just through other athletic trainers, but physicians and media personnel as well. Everyone that you come into contact with can in some way be helpful to you in the future. The one piece of advice that Eddie would like to give to athletic trainers is "Don't allow yourself to be intimidated. You are the true Sports Medicine specialist".



What's up "Doc"?
by Jacqueline Mendoza

Mr. Fred Ehrlich, known to many as "Doc", has been an immense supporter for UNLV athletics since the early 1960's. On top of attending other non-revenue sports, he spent most of his time cheering on the men's and women's soccer teams. Since his two sons had played soccer in high school, he particularly enjoyed this sport. Doc would even visit and chat with the teams' coaches.

Even though he attended many UNLV games, Doc still found time to work full time as an optometrist. Doc assisted patients undergoing post-eye surgery and those experiencing problems with eye function and movement by properly re-educating the individual and conducting vision therapy. He was also successful at proposing and establishing a program for the Clark County

School District that helps school children that need vision therapy and eye movement training.

Doc has since retired from his days as an optometrist. These days, Doc still lives with his dog Happy, and keeps himself busy by attending continuing education classes at the university, doing volunteer work with the Sierra Club, and organizing summer camping trips with Sierra Nevada. Once in a while, Doc is able to sneak in workouts during his lunch period at the McDermott Sports Complex (MPE) at UNLV. He tries to stay busy to keep his mind sharp.

Throughout the years that Doc has been involved with athletic training at the university, he has seen the profession of athletic training grow and change. The most significant transformation he has witnessed is the "proactive" approach athletic trainers now take in athletics--preventing injuries and keeping athletes healthy, instead of just treating injuries. He believes this was a big step for the profession.

Doc is still the cool guy who knew everyone by their first name and remains a true UNLV alumnus. He even still stops by the athletic training room for a chat.

Congratulations

Best wishes to the Class of 2006 graduates!





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2006 Undergraduate Students

Caitlin Fe'esago
Bryan Hart
Amanda Luttinen
Lucia Maloy
Sonia Randolph
Atsuhiko Takei
Tiffany Touton
Alexandra Troxell

2006 Graduate Students

Erica Chung
Katie Orzechowski
Mayumi Yamamoto
Amanda Tritsch

Congratulations to the following students who were accepted into the Undergraduate Athletic Training Education Program Spring 2007!
Class of 2009 and there home towns

Colby Claridy	Las Vegas, NV
Elizabeth Murphy	Lake Havasu, AZ
Arturo Hernandez	Las Vegas, NV
Kyle Pigao	Waimea, HI
Kyle Foster	Las Vegas, NV
Taylor Bottari	Phoenix, AZ
Tiffany Catha	Las Vegas, NV
Crystal Harvey	Lake Arrowhead, CA
Masaki Kubota	Otaru, Hokkaido, Japan
Andrea Pachel	Prescott, AZ
Rebecca Staats	Valencia, CA
Erika Kemper	Smithville, TX
Shuhei Yamamoto	Shizueka, Japan

A Practical Guide to Swamp Juice

by Ginger Lei Salera

Are you bored with making the same ole Gatorade flavors day after day? Why not *mix* it up?! For all of you Rebel ATCs near and far, here's the skippy on how to make the new and improved Gatorade beverage (aka *Swamp Juice*).

Subjects: All athletes under the care of a Rebel ATC or ATC in training.

Procedure: Fill about half of a 10 gallon Gatorade Cooler (sanitary cooler optional) with ice. Then, add 3 packages of different Gatorade flavored powder (each packages makes 2 ½ gallons of Gatorade) and fill cooler with H₂O to 9 gallon mark. Stir well. Taste test Swamp Juice using spout, not scooping from the top of mix because it tends to be sweeter on the bottom. Add more flavor as desired. Serve to athletes.

Results: Swamp Juice has no standard color. Colors may range from brown/black to bright greens and blues. Everything is to taste, not to sight! Swamp Juice virgins will be extremely resistant to trying the juicy juice. So you can, a) assure them that it taste delicious or, b) tell them that is taste as bad as it looks and have more for yourself.

Tips:

1. People who just brushed their teeth do not make good taste testers.
2. Using left over Gatorade from the day(s) before is the key to GREAT Swamp Juice.
3. Use no less than 2 different flavors.
4. Don't be afraid to put in hints of random flavors to spice it up.
5. The ugliest colors taste the best.
6. Lemon-Lime will make a bad mix taste better 97% of the time.
7. Evaluate your Swamp Juice talent via feedback from fellow athletic trainers and athletes.

RULES (Super Important!!!!):

1. NEVER, EVER, EVER, EVER tell ANYONE what you put in your Swamp Juice. Those who were there to make it are those who know what's in it. Even if the athletes/ other people guess the correct mixture, just shake your head and shrug shoulders.
2. Have fun with it! Go crazy!



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For Curious Creatures: Swamp Juice was founded at UNLV this past summer 2006 with women's soccer. The mix of flavors was originally named Swamp Juice because the first batches always made a swampy green/brown/yellow color. Since then, Swamp Juice has seen no limitation of coloration.

"It's a humbling thing being humble."
-Former Ohio State running back Maurice Clarett



Memories

Memories are like keepsakes; always to be treasured. - Anonymous

"I may be dumb, but I'm not stupid."

-Former football player/announcer Terry Bradshaw



"Because there are no fours."

- NBA long-range gunner Antoine Walker when asked why he shoots so many threes



A Special Tribute to Felix Revira

by Dr. Mack Rubley

Regrettably Felix Revira, a UNLV alumni was killed in a single car accident February 8, 2007. He was 33 years old. Felix graduated from UNLV in 1996 and has stayed close to his Henderson, NV home, serving as a physical education, health education teacher and ATC in Las Vegas at Western and Desert Pines high schools. He even began to develop an Athletic Training course for high school students.

While many would take every opportunity to move from an intercity high school, to a safer more affluent area of the valley, Felix stayed, in fact he returned after a short change from Western to Desert Pines. Everyone felt he just wanted to be an effective role model to the students at Western.

Felix was the kind of person who had the innate ability to get right to the point, an ear to ear smile that was contagious and a well known sense of humor. Felix left a mark on those he taught, worked with, knew and loved. This was truly apparent by the crowd of hundreds attending his services. He will be missed. Special events are being planned at this time to honor Felix and to continue to support his wife, Cookie and their two children, Anthony and Felicia. He will be missed.

Felix William Rivera

Father, Husband, Son, Teacher, Mentor, Friend

"I'm not an athlete. I'm a professional baseball player."

-John Kruk

"Ninety percent of the game is half mental."

-Jim Wohford





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Special Thanks

Thanks to all those who helped put together the very first Rebel Athletic Training Post! Especially, Jenna Blair, Jacqueline Mendoza, Mary Rock, Jacquelynn Threat, Ginger Lei Salera, Kate Vardiman and others. We appreciate the hard work and time that was put in to make this newsletter a success. Keep up the good work everyone and the best of luck this semester!

Where are they now?

Has anyone heard from the following alumni our contact information does not seem to be correct? Please ask them to contact us with correct information and share this post with them.

Thanks!

Barnes, John	MS	1994
Blood, Robert	BS	1999
Ceci, Keith	BS	1999
Chicklo, Brian	MS	1998
Clausnitzer, Jarrett	BS	2002
Delgado, Dan	MS	1999
Hayes, Kelly	BS	2004
Irby,Carolynn	BS	2001
King, Shane	BS	1999
Lombardo, Paul	BS	2003
McIntosh, Troy	BS	1992
Nagata, Mika	BS	2003
Newman, Dan	MS	1998
Roshek (Peterson), Stacey	MS	1996
Ross, Robert	BS	1991
Stenger, John	BS	1998
Swim (Foster), Josie	BS	1998

5K Spring Fun Run

Run begins:

- 9:00am

Egg Hunt:

- 10:00am



**SATURDAY
APRIL 7, 2007**

Start and Finish on the Ernie Becker Sr. Football Fields at Bill "Wildcat" Morris Rebel Park on the UNLV campus

• 5K run on UNLV's beautiful grounds

• Easter Egg Hunt for all ages

*** (12 and under free)

• 50% of proceeds donated to the National Youth Sports Program (NYSP)

• Come check out the UNLV campus

Name: _____
 Address: _____
 Phone: _____
 E-mail: _____
 Emergency Contact Name: _____
 Phone: _____

Contact Information:

E-mail: RATSspring5K@hotmail.com

Pre-Registration Fee: \$20.00
(Postmarked before March 31st)

Late Registration Fee: \$25.00



Please send \$20.00 check payable to: Rebel Athletic Training Society

Mail to: Spring Fun Run
Attn: Dr. Mack Rubley
4505 Maryland Parkway

Visit us on the WWW!

Athletic Training Education

<http://www.unlv.edu/athletics/training/>

Alumni

<http://www.unlv.edu/athletics/training/alumni.htm>

RATS

<http://www.unlv.edu/athletics/training/rats.htm>

UNLV Athletics

<http://unlvrebels.cstv.com/>

**Don't Forget to Watch the Runnin'
Rebels in the Post Season!!!!**