



## TALES OF THE TAPE

PROFESSIONAL BASEBALL ATHLETIC TRAINERS SOCIETY

JANUARY 2014

PBATS.COM

### **PBATS 7th PRESIDENT—MARK O'NEAL**

Dear Membership,

*It is with a great deal of pride and humility that I thank all of you for the honor of being elected as president of PBATS. Without a doubt, I have some extremely large shoes to fill. Your recent past president, Riche Bancells, has moved this organization forward in ways too numerous to mention.*

*As the new president of PBATS, I am excited about working with all of the board members, including your newly elected members, Nick Kenney who will be the American League head athletic trainer representative, and Tom Probst, our new treasurer.*

*I would also like to mention that having had the honor of serving on the board with Jamie Reed and Jeff Porter, I know that my responsibilities to PBATS and each of you as members, is to work hard to make this organization better and to serve each and every one of you.*

*2014 brings with it some very special challenges. As many of you know, my two predecessors established a remarkable relationship with Commissioner Selig and Major League Baseball at virtually every level. One of my goals is to work with the Commissioner to solidify our leadership within the management structure of Major League Baseball, as we transition towards the eventuality of a new Commissioner in 2015.*

*I am excited that in 2014, our PLAY and ATC programs will continue to grow and I am happy to report that we have signed as partners in the PLAY program, the Arc, America's largest disability organization, and the United States Business Leadership Network. The impact of these relationships will be seen on the field at PLAY events and in many of our actions in the years ahead.*

*Another goal of PBATS in 2014 is to work even harder to find ways to incorporate our fellow athletic trainers in the Minor Leagues in the overall actions and opportunities within the organization.*

*I look forward in the months and years ahead, to finding new and improved ways to increase the overall education of our members, while expanding the influence of PBATS beyond the game of baseball and into athletic training in general.*

*I ask that each and every member take the time to think about what can be done to improve our profession and our organization and never hesitate to raise those issues with me.*

Sincerely,

Mark O'Neal



### **Richie Bancells—Thank You**

PBATS would like to once again thank Richie Bancells of the Baltimore Orioles for his dedication and commitment to the Society while serving as the President. Under his leadership and guidance, PBATS has grown and developed into

a stronger and more unified organization. Richie remains a driving force of our profession and society and we would like to all once again thank him for his service.



#### Special points of interest:

- **NEW PBATS PRESIDENT—MARK O'NEAL**
- **WINTER MEETINGS 2013**
- **AWARDS**
- **ALUMNI REPORT**
- **PRODUCT REVIEW**

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## **NATA MOST DISTINGUISHED ATHLETIC TRAINER AWARD**

### **NED BERGERT**

*Former Head Athletic  
Trainer, California Angels/  
Anaheim Angels*



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## **NATA 25 YEAR SERVICE AWARDS— \$1,000.00 DONATIONS**



**TODD HUTCHESON**  
*Head Athletic Trainer, San Diego Padres*

*Donation to University of La Verne, La Verne, CA*



**MARK O'NEAL**  
*Director of Athletic Training*

*Donation to University of Arkansas, Fayetteville, AK*



**Ron Porterfield**  
*Head Athletic Trainer, Tampa Bay Rays*

*Donation to Brandon River High School, Brandon, FL*



## **NATA 25 YEAR SERVICE AWARD**

**SCOTT SHERIDAN**

*Head Athletic Trainer, Philadelphia Phillies*



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## **PBATS 20 YEAR SERVICE AWARD**



**REX JONES**

*Assistant Athletic Trainer, Houston Astros*

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## **PBATS PRESIDENTS DISTINGUISHED SERVICE AWARD**

**JAMIE REED**

*Senior Director of Medical Services, Texas Rangers*



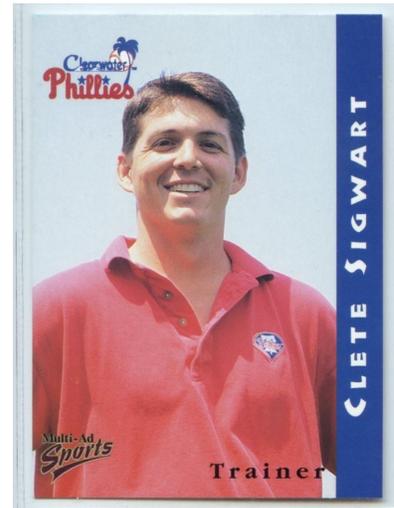


## **MINOR LEAGUE ATHLETIC TRAINER OF THE YEAR**

### **CLETE SIGWART**

*Minor League Athletic Trainer, Cincinnati Reds*

Clete was selected from the group of ATC's of the Year as the 2013 Overall recipient of this prestigious award. As reward for his dedication, he has been selected to represent all Minor League Athletic Trainers at the 2014 Futures Game prior to the MLB All-Star Game.



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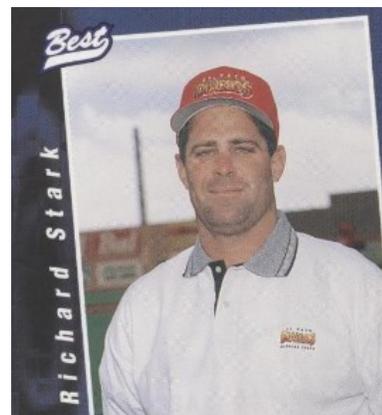
## **PBATS MINOR LEAGUE 20 YEAR SERVICE AWARD**



*Jeff Paxson, Milwaukee Brewers*



*Tommy Craig, Milwaukee Brewers*



*Richard Stark, Cincinnati Reds*

*Pedro Wilson, Seattle Mariners  
(No Photo Available)*



## **ATHLETIC TRAINING STAFF OF THE YEAR—** **KANSAS CITY ROYALS**



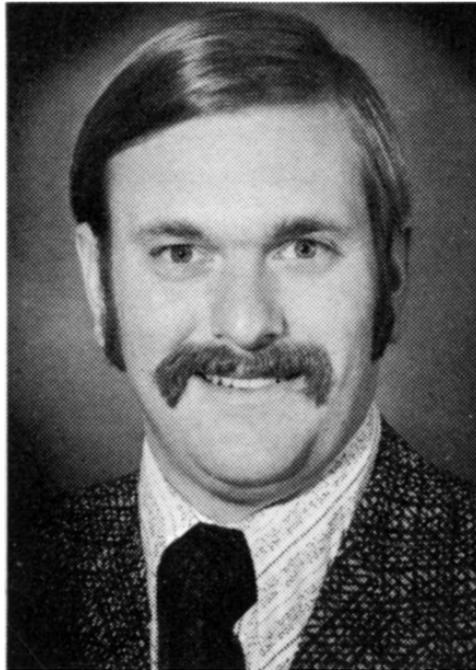
### **NICK KENNEY and KYLE TURNER**

*"To be recognized by your peers is a tremendous honor. I have the privilege of working with an outstanding staff and physician group that are so skilled, so caring, and so passionate about taking care of our players. It's a pleasure to go to work with these guys every day. They are like family."*

*- Nick Kenney, Head Athletic Trainer—Kansas City Royals*



## **HALL OF FAME INDUCTEE—CHARLIE MOSS**



Charlie Moss  
Boston Red Sox  
1975-1994

Charlie was the Head Athletic Trainer for the Boston Red Sox from 1975-1994. During this time his dream of creating an educational society within baseball came to fruition. Charlie Moss was PBATS first President, elected by a unanimous vote, to the lead the charter executive council in to unchartered waters.

Through his courage, commitment, dedication, and vision he helped fight the battle to get PBATS off the ground running. He had to convince Major League Baseball that we were not a union but an educational society that would enhance ourselves and all minor league athletic trainers' ability to provide better healthcare for the players. This was no easy task. During Charlie's presidency our mission grew exponentially. He guided our association through forming an alliance with the Team Physicians to include us at the winter meetings baseball team medical conference, the creation of spring training seminars, the medical library, convinced MLB to hire certified athletic trainers at the Major League level and also helped ensure that all teams had an assistant athletic trainer when only 12 of the 24 teams had one at this time.

Charlie also oversaw and helped create the scholarship committees that would pass out many deserving scholarships in the years to come. He also fostered the business relationship with Bill Schmidt and Gatorade that gave us our first sponsor. Gatorade is still on board and counts on PBATS for many projects.

In closing, Charlie Moss, was our first standard bearer, our first President, and had the respect of his peers and provided our association with tremendous leadership during his tenure.



## **HALL OF FAME INDUCTEE-JEFF COOPER**



**Jeff Cooper**  
**Philadelphia Phillies**  
**1976-2006**

Jeff Cooper epitomizes a professional athletic trainer by providing unequal service in his profession and his efforts in guiding PBATS into the forefront of Major League Baseball Commissioner's Office and the National Athletic Trainers Association. Jeff was accepted into the National Athletic Trainers Hall of Fame, one of a very select few from Major League Baseball. Jeff was the Assistant Athletic Trainer for the Phillies from 1976 until 1980; in 1981 he assumed the duties of the Head Athletic Trainer until 2006.

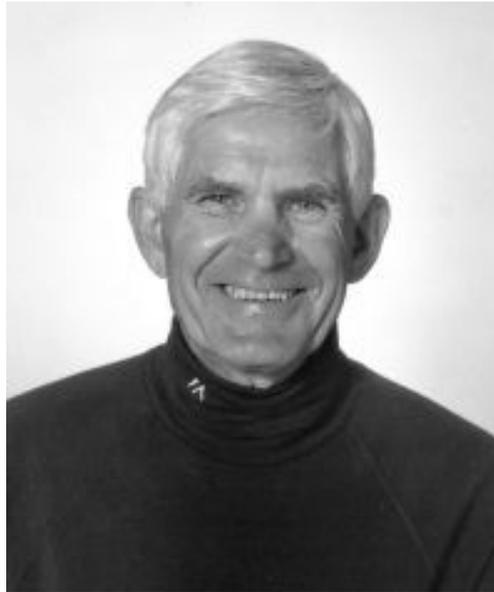
A natural educator at heart he is often referred to as the "Thomas Jefferson" of PBATS as he authored both the PBATS Constitution and our mission statement. Jeff was elected PBATS second President after serving on the executive board and was involved with and served on the executive board for 15 years. During Jeff's presidency, he was responsible for the formation of many of the educational programs that still exist today. These included the Notebook Educational Program which allowed athletic trainers to earn CEU's, overseeing and upgrading the scholarship program which allowed many minor league athletic trainers to become certified.

One of Jeff's greatest accomplishments was to develop the NSTEP (National Spit Tobacco Education Program). This program educated players about the dangers of spit tobacco and provided PBATS with its first national exposure in Washington DC as public awareness and the dangers of cancer causing spit tobacco led to legislation in many states.

Jeff Cooper was an outstanding athletic trainer who was highly respected by his peers, his players and all those whom he worked with. His value as an educator, model professional baseball athletic trainer, and supporter of PBATS can never be duplicated.



## **HALL OF FAME INDUCTEE—BILL BUHLER**



**Bill Buhler**  
**Los Angeles Dodgers**  
**1957-1995**

Bill Buhler, “is the standard by which all other athletic trainers measure their skills,” a quote from Dr. Frank Jobe, 1995.

Bill graduated from Valparaiso University and soon after in 1952 joined the Brooklyn Dodgers as a minor league athletic trainer. In 1957 he was promoted to the major leagues as the assistant athletic trainer then in 1960 he became the Head Athletic Trainer after the team moved to Los Angeles. He held this position for 35 years. Bill had the pleasure of watching his team appear in nine World Series. Bill was a founding member of the NATA in the 1950’s and was a founding member of PBATS. Bill was on the original committee to form a PBATS Hall of Fame.

Bill’s innovations and accomplishments read like a textbook of what athletic trainers should strive to emulate. He was one of the first to develop and implement year round conditioning programs for baseball players, establish weight charts and he refined catching gear and developed protective chest protectors, shin guards, and invented a throat guard still worn today by catchers and umpires. He was among the first to develop stretching and icing protocols and aqua therapy for pitchers in baseball. He was also first to develop and implement the ground breaking rehabilitation protocols used in the first “Tommy John surgery” in 1994.

Bill was one of the Major League Baseball’s greatest athletic trainers. What made him special was he was a gentleman who conducted himself with dignity and class. Bill was inducted into the NATA Hall of Fame in 1995. He and longtime assistant, Charlie Strasser, were voted the first PBATS MLB Athletic Training Staff of the Year in 1989.

Bill Buhler was the epitome of an Athletic Trainer in Major League Baseball, humble, dedicated, respected, and loved.



## **ALUMNI REPORT—** **A Letter from Hall of Famer Charlie Moss**

To the PBATS Membership,

*I would like to take this opportunity to thank the membership of PBATS for my recent election to the PBATS Hall of Fame! It is a tremendous and humbling honor for me and the highlight of my athletic training career.*

*To all of my colleagues and founding fathers that have served along with me, my heartfelt thanks and appreciation for your dedication, commitment, courage and sacrifice in the formation of this fantastic organization. Without your diligence and hard work, the Professional Baseball Athletic Trainers Society would not have achieved the status as a leading force in athletic training. You were the life blood of an idea and dream that went from small baby steps to one that makes giant strides in so many vital areas of athletic training. For this, we should and will always be very proud.*

*To those PBATS members that have served recently and are serving at the present time, thank you for carrying on the ideals and goals of this great society. It is your dedication, commitment and hard work that allows this society to flourish and move forward in so many vital areas of baseball and athletic training. It is so gratifying to observe your constant striving for the advancement of PBATS!*

*To the newer members of PBATS, it is my desire and hope that you will become involved in any possible way to advance this phenomenal society. The athletic trainers that have come before you have blazed a trail that has developed into the leading force in the promotion of the health and well being of athletes of all sports. You are a select group of athletic trainers! With your expertise, knowledge and commitment, the Professional Baseball Athletic Trainers Society will continue to excel and attain heights that will lead the way for all athletic training organizations.*

*My congratulations to Mr. Jeff Cooper, Mr. Bill Buhler, and Dr. Lew Yocum for their selection to the 2013 PBATS Hall of fame. Three very deserving and outstanding men that have left their indelible mark on the society and the game of baseball. It is an honor to be included with these gentlemen!*

*A final thank you to Mr. Rollin Mallernee for his 30 years of advising and counseling of PBATS! Rollin, you took a bunch of rookies and made them into an All-Star team. Thank you so much for all you have done and what you mean to the Professional Baseball Athletic Trainers Society.*

*Best wishes and Happy Holidays to all of you! Hope you and your families have a glorious, happy and healthy 2014!*

*Thank you so very much—*

*Charlie Moss*

## **Alumni Report—** **Tony Garofalo, GLATA Golden Pinnacle Award Recipient**

Former Chicago Cubs Head Athletic Trainer, Tony Garofalo, has been recently notified that he has been selected as a recipient of the prestigious Great Lakes Athletic Trainers Association (GLATA) Golden Pinnacle Award. The award is presented annually to recognize GLATA members who have provided outstanding leadership to the association. Nominees must be active members of GLATA for a minimum of 15 years, must have served in a leadership capacity for GLATA for a minimum of 5 years, and must have exhibited exemplary leadership in their service role, significantly advancing the mission and goals of the GLATA and, the profession of

athletic training.

Garofalo served as the head athletic trainer for the Chicago Cubs from 1977 through 1986 and has been helping the physically active for the last 43 plus years. Aside from this most recent honor, Tony is a member of the Illinois Athletic Trainers Association (IATA), Benedictine College, and St. Louis University Halls of Fame, as well as a founding member of PBATS.

Congratulations once again to Tony Garofalo for this deserving and prestigious honor.





## **Alumni Report—** **Mark Letendre and Tadao Saruki**

In honor of the work that Rick Griffin of the Seattle Mariners has done throughout the years to strengthen PBATS relationship with our friends in the Pacific Rim, Mark Letendre was nice enough to share a unique and inspiring story regarding a friendship that he fostered throughout his years in baseball.

In 1978, Mark met Tadao Saruki, who was associated with a group of Japanese Professional Players from the Kinetsu Buffaloes, Hiroshima Carp, and Hanshin Tigers while working in Spring

Training at Pirate City. Their friendship grew over the years as some of these players returned to utilize the complex during Instructional League.

Almost 20 years later, Mark was honored to represent PBATS, along with Richie Bancells and Charlie Strasser, on a trip to Japan and Tadao acted as their personal translator. While there, Mark learned that Japanese Medical Personnel did not receive Championship Rings with their team as customary here in the US, and offered Tadao his 1989 SF Giants NL

Pennant Ring as a sign of respect and admiration for his work and their relationship. Tadao thought this offer stood for the trip, however, Mark insisted that he keep the ring as a token of his appreciation.

Recently, while working with an athletic training student from Japan, Mark was able to reconnect with Tadao. The following is an article from a newspaper in Japan recanting the story, along with a picture of the gift for Mark to repay his generosity all those years prior.

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*Translated from Japanese to English by Koyu Inoue*

*“The Ring is Proof of our Friendship”*

*Mr. Saruki met Mr. Letendre in 1978 when they were working Instructional League in Florida. They had a great time in Florida.*

*18 years later, Mr. Letendre was invited to come to Japan and Mr. Saruki and Mr. Letendre met again. Mr. Letendre gave his Championship ring from 1989 to Mr. Saruki, and said “This Ring is Proof of our Friendship”. The rings shows his name “Letendre”.*

*When Mr. Saruki received the ring, he did not know the ring’s value. After he realized the ring’s worth, it was too late to return the ring. He had always thought of returning the ring due to the value, however, he did not exchange contact information with Mr. Letendre.*

*Mr. Saruki told this story to one of the Hanshin Tiger athletic trainers this year. He was finally able to reach Mr. Letendre and asked if he wanted his ring back since it was so important to him. Mr. Letendre insisted that Mr. Saruki keep the ring as a reminder of the time they spent together in Florida.*

*Mr. Saruki decided to give Mr. Letendre the only ring he received in his career as “Proof of our Friendship” and it was delivered to Mr. Letendre in November.*





## **OPTIMAL PERFORMANCE GAME-CHANGING SOLUTION** **REAL-TIME INJURY PREVENTION** MUSCLE RECOVERY

MuscleSound® allows for the non-invasive assessment of muscle glycogen content enabling teams and athletes to rapidly and regularly measure glycogen levels in real-time. The MuscleSound® methodology delivers muscle-specific precise data via portable, diagnostic high-frequency ultrasound technology in less than 15 seconds while the cloud-based software generates real-time data based upon the ultrasound images.

Unlike other performance technologies that only provide data after performance, MuscleSound® delivers pre-performance data and insight enabling immediate personalized nutritional and performance-based recommendations to optimize performance, validate nutritional behaviors and prevent injury.

Unlike other performance technologies that only provide data after performance, MuscleSound® delivers pre-performance data and insight enabling immediate personalized nutritional and performance-based recommendations to optimize performance, validate nutritional behaviors and prevent injury.

Additionally, MuscleSound® delivers immediate data from post-performance scans that indicate muscle fatigue, overtraining and possible muscle damage. Instead of reactive injury management, the MuscleSound® methodology allows for proactive and concentrated muscle recovery to enhance overall readiness, performance and muscular health.



*"I can honestly say that MuscleSound® is one of those rare pieces of equipment that subjectively shows my players their true glycogen levels which has had a very positive contribution to my players overall health. The MuscleSound® methodology, technology and software has shown that if you have time efficient and non-invasive sports technology available that you can really peak the interest of each individual player based upon their personalized results.*

*I would highly recommend MuscleSound® to any athletic team or individual athlete that is looking to get an edge on their opponents."*

— Keith Duggar, Head Athletic Trainer, Colorado Rockies Baseball Club

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