

TALES OF THE TAPE

PBATS.COM

NOVEMBER 2012

TAPE FROM THE PAST—KEN CARSON

This month's Tape from the Past centers around the only athletic trainer to have worked both an MLB All-Star Game and an NHL All-Star Game. Ken Carson, the inaugural athletic trainer for the Toronto Blue Jays has been a familiar face in the baseball community for almost 40 years. He served as the head athletic trainer for the Toronto Blue Jays from 1977-1986 and has remained in the Blue Jays Organization, serving as the Director of Florida Operations and more recently as a Senior Advisor for the club. Aside from his work with the Blue Jays, Ken currently sits on the Minor League Baseball Board of Trustees and spent 20 years in the

NHL, including 10 of those as the first athletic trainer for the Pittsburgh Penguins. Ken took time out of his very busy schedule to chat with the Tales of the Tape.

TotT: What got you started in the athletic training profession and how did you get your start in Baseball?

KC: I was a hockey player in Canada and fractured my skull getting hit with a puck, pre-helmet days. I couldn't play anymore so I decided to stay in sports by trying to become an athletic trainer. I was in hockey for 20 years including ten years in the NHL with the Pittsburgh Penguins



as their first athletic trainer. I got my start in Baseball when the Toronto Blue Jays contacted me when they came into the league in 1977.

WORLD SERIES CHAMPIONS— SAN FRANCISCO GIANTS



The Professional Baseball Athletic Trainers Society would like to congratulate **Dave Groeschner, Mark Gruesbeck, Anthony Reyes**, and the entire San Francisco Giants Organization on winning the 2012 World Series.



SPECIAL POINTS OF INTEREST:

- *Tape From The Past—Ken Carson*
- *Winter Meetings*
- *San Francisco Giants—World Series Champions*
- *PBATS/ASMI Baseball Conferences*

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MLB WINTER MEETINGS—NASHVILLE, TN

MLB Winter Meetings—Major League Schedule

Thursday, Nov. 29th

9:00 am—4:00 pm: PBATS Executive Board Meeting (Bayou A)

4:00 pm—6:00 pm: PBATS Minor League AT / Medical Coordinators Meeting (Bayou A)

Friday, Nov 30th

8:00 am—5:00 pm: PBATS General Business Meeting (Delta D)

3:00 pm—7:00 pm: MLB Medical Advisory Committee Meeting (Presidential Boardroom A/B)

Saturday, December 1

8:00 am—5:00 pm: Team Physicians / Athletic Trainers Meeting (Delta D)

Sunday, December 2nd

8:00 am—12:30 pm: PBATS Product Review (Presidential C/E)

1:30 pm—5:00 pm: PBATS General Business Meeting (Delta D)

*1:30 pm—5:00 pm: PBATS Minor League AT / Medical Coordinators Meeting (Bayou C/D)

MLB Winter Meetings—Minor League Coordinator Schedule

Thursday, November 29

4:00 – 6:00 PM – Coordinators Meeting – general business * Bayou A

Sunday, December 2

1:30 – 5:00 PM – Minor League Athletic Trainers Meeting Canal C/D

1:30 – 2:00 – Commissioner Selig

2:00 – 2:15 – Mark Stubblefield – MiLB Umpires

2:15 – 2:30 – John Scotti – Team Scotti

2:30 – 2:45 – Zach Reed – PLAY Campaign

2:45 – 3:00 – Break

3:00 – 3:45 – Stan Conte / Mark O’Neal – Medical Survey; Direction of Minor League Athletic Training

3:45 – 4:30 – MLB – Jon Coyles, Dr. G. Green, Dr. L. Westreich, Dr. B. Smyth

4:30 – 5:00 – Richie Bancells – PBATS President / Conclude any Business

KEN CARSON—CON'T

TotT: What is your most memorable professional moment as an athletic trainer?

KC: My most memorable moments were being the athletic trainer in the 1976 NHL All-Star Game and being the athletic trainer for the American League in the 1980 MLB All-Star Game.

TotT: What struggles, if any, did you find along your journey as an athletic trainer?

KC: I was concerned about going from hockey to baseball, but it worked out great.

TotT: Who was the most influential person in your professional career and why?

KC: The most influential person in my professional career was Wally Barlow who was the athletic trainer for the Springfield Indians in the America Hockey League. He got me started and spent a lot of hours with me and helped me along in the athletic training profession.

TotT: What was the most rewarding part of the job?

KC: The most rewarding part of the job was meeting so many great people.

TotT: What advice would you give to a minor league athletic trainer who is aspiring to one day have the opportunity to work in the major leagues?

KC: The advice I would give to a minor league athletic trainer is to be patient, work hard, keep learning, and get to know other athletic trainers.

TotT: What do you hope your former players and staffs would say about you?

KC: I would hope my former players and staff would say I was loyal, hard-working, knowledgeable, and had a sense of humor.

TotT: What did the formation and now growth of PBATS mean to you and our profession?

KC: PBATS has been an outstanding organization for baseball athletic trainers. I was there when it first got started and I have been very proud to see the way it has grown. Their seminars and the help that PBATS has given baseball athletic trainers at all levels has been very rewarding to see.

TotT: What was your favorite or most useful "trick of the trade"?

KC: The best "trick of the trade" in both my hockey and baseball career was using a Coke bottle to get rid of heavy contusions by rolling it over the contusion.

TotT: What do you think was your greatest achievement in the game?

KC: I was very proud to have taken part in an All-Star Game in both the NHL and MLB and being in two major league sports with a transition from one to the other.

TotT: With your role changing from Field Athletic Trainer to Front Office, what are some of the benefits and obstacles you faced in that change over your career?

KC: Going from being an athletic trainer to working in the front office, it allowed me to spend more time at home with my family, even though it was one of the hardest decisions I ever had to make. I missed doing what I had done for thirty years, working on getting athletes back on the ice and baseball fields. I took a lot of pride in being an athletic trainer and the rewarding results.



RICHIE BANCELLS—PBATS PRESIDENT

Greetings all,

Hope everyone is doing fine and getting a chance to catch up and relax as much as is possible. The PBATS Executive Board Meetings went well and we have many exciting things to discuss in Nashville.

The Schedule is as follows;

Thursday Nov. 29th 9am - 4pm : PBATS Executive Board Meeting (Bayou A)

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See everyone in Nashville,

Richie



MINOR LEAGUE ATHLETIC TRAINER OF THE YEAR

With the MLB Winter Meetings slowly approaching, it means that one of our colleagues will be named the 2012 Minor League Athletic Trainer of the Year by PBATS. The 2012 Winners of their respective leagues are as follows:

Carl Randolph (PIT)—*Minor League Medical Coordinator*

Darren London (NYY)—*International League*

Brad LaRosa (OAK)—*Pacific Coast League*

Larry Bennese (MIN)—*Eastern League*

Joshua Fallin (CWS)—*Southern League*

Carlos Olivas (TEX)—*Texas League*

Tommy Craig (MIL)—*Florida State League*

Greg Spence (LAA)—*California League*

Jeremy Heller (CLE)—*Carolina League*

Alan Rail (MIN)—*Midwest League*

Billy Whitehead (COL)—*South Atlantic League*

TJ Obergefell (DET)—*New York/Penn League*

Andrew C. Benning (SFG)—*Northwest League*

Ryan Hedwall (MIN)—*Appalachian League*

Masa Abe (ARI)—*Pioneer League*

Randy Roetter (SEA)—*Arizona League*

Troy Hoffert (PHI)—*Gulf Coast League*

Wilkin Perez (CHC)—*Dominican Summer League*

WINNING IT ALL—DAVE GROESCHNER

Following an amazing run, the San Francisco Giants were crowned the 2012 World Champions after knocking off the Detroit Tigers in 4 games. Dave Groeschner, head athletic trainer for the Giants, was kind enough to take a moment to comment on the experience and what it means to him, his staff, and his organization.

TotT: What is the one memory you will take with you from your recent win in the World Series?

DG: There were so many great memories during the entire playoff run this year. I would say the couple things that stood out were Pablo Sandoval hitting 3 home runs in Game 1 and watching our starting pitching and bullpen do so well each game.

TotT: What was the difference, if any, between your win in 2010 and 2012?

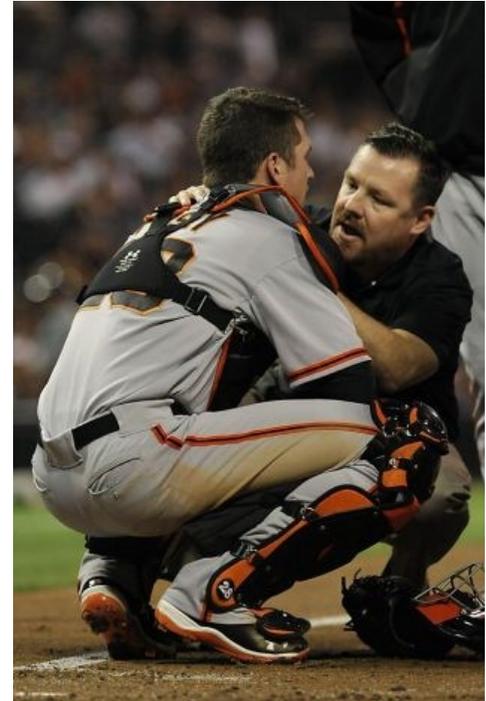
DG: The main difference this year was the way we came back in the NLDS and again in the

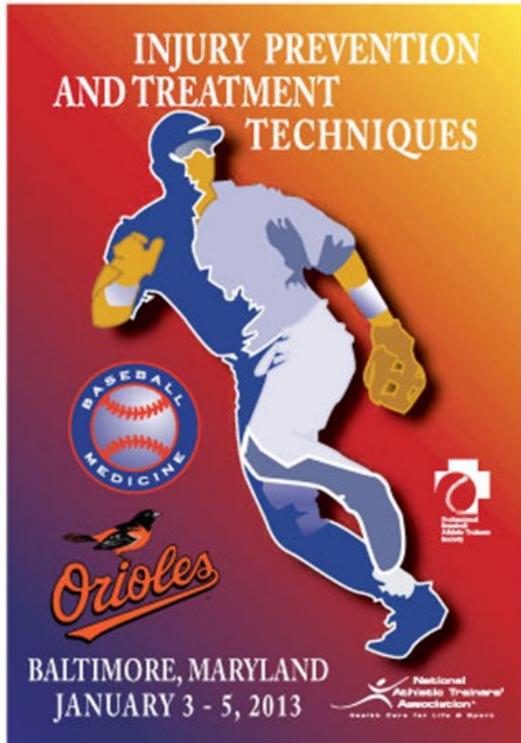
NLCS. They were such great come backs that it helped propel the team during the World Series. The one thing that remained the same was our pitching staff. All the starters did a great job and our bullpen shined again.

TotT: What does winning the World Series mean to you and your staff?

DG: Winning the World Series means so much to me and my staff and makes all the hard work during the off season, spring training, and in season well worth it. Staying healthy is such a huge part of having a successful team and we were able to do that all year long, as well as in the playoffs. Hats off to my staff - Mark Gruesbeck, Anthony Reyes, Carl Kochan, Haro Ogawa, Chrissy Yuen, and our entire minor league medical staff for all their hard work this season and post season to help keep our players on the field each

day. Special thanks to our team physicians as well, for their dedication to our organization. We all feel very fortunate to be Giants!





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