

Tales Of The Tape

THANK YOU WILL RUBENSTEIN

The Professional Baseball Athletic Trainers Society would like to take a moment to recognize and thank Will Rubenstein for his tireless efforts as the liaison between Sutton and the baseball athletic training community. We could not have continued to move forward in the positive direction we have without all of Will's hard work and professionalism. We would like to also wish Will all the luck and success with his new endeavor of Medical School. Thank you, Will, from all of us in the game!

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Sept./Oct. 2012

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Seasons In The Sun—Herm Schneider

With names like Walter Payton, Bobby Hull, Frank Thomas, Ryan Sandberg, and Michael Jordan, the City of Chicago has had a lot to cheer about over the years. Since 1979, the City has seen heroes come and go and championship banners raised, however, the one constant has been the medical care given to the Chicago White Sox by Head Athletic Trainer, Herm Schneider. As the longest tenured athletic trainer in the Majors, Herm's reputation precedes him as a man of character, kindness, generosity, passion, and professionalism. He was kind enough to sit down with the Tales of the Tape and give us a look back at the career that has shaped so many lives.

TOT: Now that you are the longest tenured athletic trainer in MLB, what does that mean to

you as a person and an athletic trainer.

HS: First, as a person, time flies. It is hard to believe that I've accomplished 33 years with the White Sox. Then, as an athletic trainer, it's been a privilege to be involved with so many other athletic trainers that really do care about their athletes. Whether it be in the professional ranks, college ranks, or high school ranks, we all have the same goal in mind and that is the care and prevention of athletic injuries to all.

TOT: With the retirement of your friend and mentor Gene Monahan last season, what is the one lesson you took from him and have uti-



lized in your career?

HS: Gene's professionalism, organizational skills, and dedication were all traits that he instilled in me at a young age and these have remained bedrocks of my attitude toward my profession and my players. He showed me how to deal with people, how to handle situations, and how to keep a positive attitude and stay strong to the purposed goal - and all these by his great example lived out on a daily basis.

(Con't. Page 3)

2012 Minor League Champions

Tape Ends...

Maenhout A, Van Eessel V, Van Dyck L, Vanraes A, Cools A. Quantifying acromioclavicular distance in overhead athletes with glenohumeral internal rotation loss and the influence of a stretching program. *Am J Sports Med.* 2012 Sept; 40(9): 2105-2112.

Erickson SM, Letendre MA, Shaarawy KM, Overlin AJ. Caring for umpires, officials, and referees. *Curr Sports Med Rep.* 2012 Sept; 11(5): 262-264.

Laudner KG, Lynall R, Meister K. Shoulder adaptations among pitchers and position players over the course of a competitive baseball season. *Clin J Sport Med.* Aug 29, 2012; Published Ahead of Print.

PBATS would like to take a moment to congratulate all of the Minor League Athletic Trainers who had the wonderful opportunity of winning a Championship with their Minor League Affiliate during the 2012 Season.

International League (AAA)

Jon Jochim
(Pawtucket Red Sox/
Boston Red Sox)

Pacific Coast League (AAA)

James Ready
(Reno Aces/
Arizona Diamondbacks)

Eastern League (AA)

Chad Wolfe
(Akron Aeros/
Cleveland Indians)

Southern League (AA)

Ben Fraser
(Mobile BayBears/
Arizona Diamondbacks)

Texas League (AA)

Jason Hall
(Springfield Cardinals/
St. Louis Cardinals)

Carolina League (A-Adv.)

Ty Cobbs
(Lynchburg Hillcats/
Atlanta Braves)

California League (A-Adv.)

Bryan Baca
(Lancaster JetHawks/
Houston Astros)

Florida State League (A-Adv.)

Corey Tremble
(Lakeland Flying Tigers/
Detroit Tigers)

Midwest League (A)

Jeff Paxson
(Wisconsin Timber Rattlers/
Milwaukee Brewers)

South Atlantic League (A)

Billy Whitehead
(Asheville Tourists/
Colorado Rockies)

New York-Penn League (Short Season A)

Brian Newman
(Hudson Valley Renegades/
Tampa Bay Rays)

Northwest League (Short Season A)

Shawn McDermott
(Vancouver Canadians/
Toronto Blue Jays)

Appalachian League (Rookie)

Ryan Hedwall
(Elizabethton Twins/
Minnesota Twins)

Arizona League (Rookie)

Zach Jones
(Surprise Rangers/
Texas Rangers)

Gulf Coast League (Rookie)

Jose Minstral
(Gulf Coast League Pirates/
Pittsburg Pirates)

Pioneer League (Rookie)

Scott Barringer
(Missoula Ospreys/
Arizona Diamondbacks)



Mark Your Calendar—Important Dates and Events

PBATS would like to announce the dates for the following events for this upcoming off-season. Any changes to these dates will be updated in a later issue of Tales of the Tape.

MLB Winter Meetings – 2012

- Thursday, November 29—9am -5pm—PBATS Executive Board Meeting (Bayou A)
- Friday, November 30—8am - 5pm—PBATS Business Meeting (Delta D)
- Saturday, December 1—8am - 5pm—Athletic Trainers & Team Physicians Meeting (Delta D)
- Sunday, December 2—8am - 12:30pm—PBATS Product Review (Presidential C/E)
- Sunday, December 2—1:30pm - 5pm—PBATS Business Meeting (Delta D)
- Nashville, TN

PBATS Baseball Medicine Conference: Injury Prevention and Treatment Techniques—2013

- January 3-5, 2013
- Hilton Baltimore, Baltimore, MD

American Sports Medicine Institute

31st Annual Injuries in Baseball Course—2013

- January 25-27, 2013
- Pointe Hilton Squaw Peak Resort, Phoenix, AZ

Herm Schneider—Con't

TOT: Looking out at the baseball world and seeing all the athletic trainers you have influenced throughout your career, what is the most satisfying part of being a mentor and teacher to so many?

HS: I really enjoy seeing them all succeed in their own life's pursuit. Also watching them grow into wonderful athletic trainers is a point of personal satisfaction. When they do extraordinarily well at their job, I feel that I have been able to influence them with my love of the profession and the game of baseball or other endeavors (whether it's in baseball or the business world.)

TOT: Without giving away a "secret recipe," what is one trick from the field that you have continued to use over the years?

HS: One of my favorite tricks is the quarter coin for hand blisters. This has always been a staple for me, especially during the hard days of Spring Training. It really comes in handy and enables the players to continue to participate in hitting drills and batting practice.

Arizona Fall League Athletic Trainers

PBATS would like to acknowledge and congratulate the athletic trainers who have been chosen to represent their organizations during the 2012 Arizona Fall League.

Mesa Solar Sox

Aaron Scott (Orioles)
TJ Obergefell (Tigers)

Salt River Rafters

Cory Barton (White Sox)
Chris Dovey (Rockies)

Scottsdale Scorpions

Bryan Housand (Pirates)
Mike Metcalfe (Angels)

Peoria Javelinas

Rickey Huerta (Padres)
Alan Rail (Twins)

Phoenix Desert Dogs

Nate Brooks (Athletics)
Chris Tomashoff (Rays)

Surprise Sugaros

Brandon Henry (Red Sox)
Eric Velazquez (Mets)



PLAY CAMPAIGN—SEPTEMBER

The Los Angeles Angels of Anaheim—9.8

The Chicago Cubs—9.24

With the summer winding down and play-off races heating up, PBATS and The Tyler Hooton Foundation continued their quest of educating the youth of America on the benefits of a healthy lifestyle and the pit falls of performance enhancing drugs with their PLAY Campaign. In September, kids from Anaheim and Chicago had the opportunity to learn from not only the medical professionals, but also from some of their heroes

on how to achieve the goals associated with the PLAY Campaign. Here are some great photos of the events at Anaheim and Chicago.





Richie Bancells—PBATS President

Greetings,

First of all I would like to say thanks to Dustin Campbell for the great job he did with the Tales of the Tape. Corey Tremble of the Detroit Tigers organization takes over and I am certain will not miss a beat.

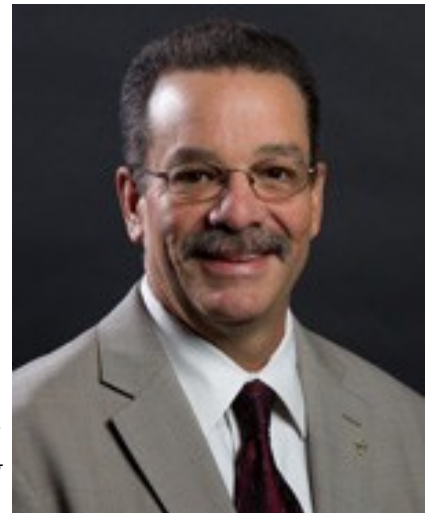
Congratulations to all who made the post season, the work continues, but in a great way. To those who ended the season, hopefully while closing things up you get a chance to catch up with family and friends and relax some. Although as we all know it does not really come to a halt.

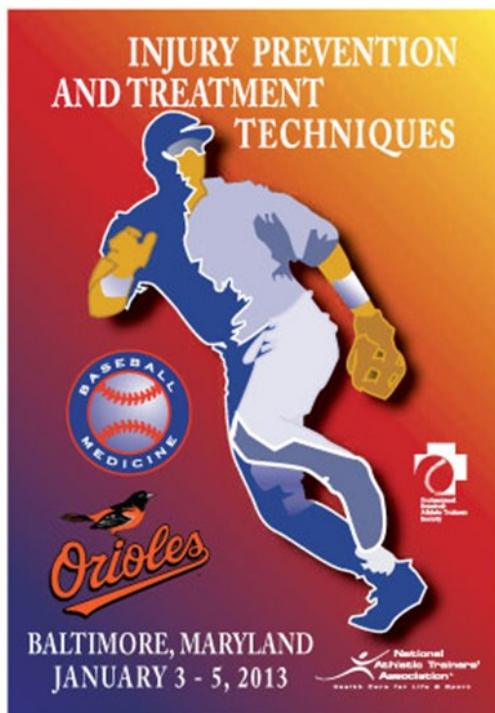
The PBATS Executive Board Meetings will be held October 29th & 30th. Should you have an item for discussion among the board please get it to a board member or myself as soon as possible so that it may be added to the agenda as new business. Thanks.

*The following is the schedule for the PBATS / Baseball Winter Meetings in Nashville, TN
Thursday November 29 9am -5pm PBATS Executive Board Meeting (Bayou A)
Friday November 30 8am - 5pm PBATS Business Meeting (Delta D)
Saturday December 1 8am - 5pm Athletic Trainers & Team Physicians Meeting (Delta D)
Sunday December 2 8am - 12:30pm PBATS Product Review (Presidential C/E)
Sunday December 2 1:30pm - 5pm PBATS Business Meeting (Delta D)*

Take Care and see you in Nashville!

Richie





2013 BASEBALL MEDICINE CONFERENCE

Save the date! January 3 - 5, 2013

BALTIMORE, MARYLAND

HILTON BALTIMORE
401 West Pratt Street
Baltimore, Maryland 21201

INJURY PREVENTION AND TREATMENT TECHNIQUES

This program has been designed for athletic trainers
and physical therapists, who
deal with baseball and softball injuries.

For course enrollment and all other information
please visit our website at:

www.baseballmedicineconference.com

ASMI.org

American Sports Medicine Institute

31st Annual

Injuries in Baseball Course—2013

- January 25-27, 2013
- Pointe Hilton Squaw Peak Resort,
Phoenix, AZ

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