# Professional Baseball Athletic Trainers Society

# PBATS 2018 MEDIA GUIDE

## Contains Glossary of Medical Terms & Anatomical Charts

# *Major League Athletic Training Staff of the Year*

## 2017 - Houston Astros

**Jeremiah Randall, Scott Barringer & Daniel Roberts**

| | |
|---|---|
| **2016** | **Lonnie Soloff, James Quinlan, Jeff Desjardins, Michael Salazar**<br>***Cleveland Indians*** |
| **2015** | **Nate Lucero, Rex Jones and James Ready**<br>***Houston Astros*** |
| **2014** | **Todd Tomczyk, Ben Potenziano and Jeremiah Randall**<br>***Pittsburgh Pirates*** |
| **2013** | **Nick Kenney and Kyle Turner**<br>***Kansas City Royals*** |
| **2012** | **Jeff Porter and Jim Lovell**<br>***Atlanta Braves*** |
| **2011** | **Richie Bancells and Brian Ebel**<br>***Baltimore Orioles*** |
| **2010** | **Gene Monahan and Steve Donohue**<br>***New York Yankees*** |
| **2009** | **Ron Porterfield, Paul Harker, and Nick Paparesta**<br>***Tampa Bay Rays*** |
| **2008** | **Mark O'Neal and Ed Halbur**<br>***Chicago Cubs*** |
| **2007** | **Lonnie Soloff, Rick Jameyson, and Nick Kenney**<br>***Cleveland Indians*** |
| **2006** | **Kevin Rand, Steve Carter, and Doug Teter**<br>***Detroit Tigers*** |
| **2005** | **Ken Crenshaw and Ron Porterfield**<br>***Tampa Bay Devil Rays*** |
| **2004** | **Todd Hutcheson and Jim Daniels**<br>***San Diego Padres*** |

# Letter from the President

April, 2018

Since its beginning more than 30 years ago, PBATS has been working toward a goal of being the most proficient group of athletic trainers in the world. We are not driven by a sense of personal aggrandizement or pride, but rather by an understanding of our obligation to the health of our players and our teams.

In 2018, PBATS and its members are looked upon as an integral part of the fabric of the game of baseball, and just as importantly as trusted advisors to the athletes in our care. Over the years, PBATS has worked hard to share its expertise beyond the clubhouse and ballpark, and we are proud to have internships that reach other countries and programs that address some of the most difficult health and inclusion issues in the country.

In 2016, PBATS worked hard to promote its newest program to the American people. This program called “Ability Transcends Challenges” or ATC, is designed to educate the American people about the role that people with disabilities have played throughout baseball’s history, while speaking to the important lessons of inclusion and the need to harness this valuable source of American manpower. Our ultimate goal is to do nothing less than change America’s perception about the value of people with disabilities, by demonstrating that truth using baseball.

In 2017, the ATC program spokespeople, Jim Abbott, Curtis Pride, Jim Eisenreich and more, continued to share their messages with the American people and appeared in ATC public service announcements, advertisements, ATC program events, and the information has been seen across the United States. Previously, in 2017, the program continued partnerships with the United States Department of Labor’s Office of Disability Employment Policy (ODEP) as well the U.S. Business Leadership Network and expanded into partnership with the Ruderman Family Foundation. PBATS members believe that all Americans who can work, should be given the opportunity to work, just as baseball has demonstrated that anyone who can play the game, should be allowed to play the game, a valuable inclusion message for all.

Along with ATC, PBATS nationally recognized program, PLAY (Promoting a Lifetime of Activity for Youth), will be working hard in 2018 to have an fantastic year of educating the American people. Our valued partners, the Taylor Hooton Foundation and the Henry Schein Cares Foundation will continue to promote a message of fair play, exercise and nutrition in a drug-free environment. This will be the 15th year of PLAY, and we are looking to touch the lives of many more young people while educating them and their families about the value of a balanced and healthy lifestyle. We thank the entire membership for their support of the PLAY program.

On the following pages, you will learn more about these important projects, and many others, that PBATS undertakes in an effort to promote the profession of athletic training as well as educate the public on a variety of important health issues. Whether you are a member of the national baseball media, or part of an individual club's media team, we are confident that over the course of the season you will have an occasion to meet with and/or report on one of our members. When that opportunity arises, we hope that this guide will be a valuable resource and give you an opportunity to share some information with the public about the tireless professionals who comprise the membership of PBATS.

Thank you again for your interest in our organization. On behalf of the athletic trainers of PBATS, we wish you success with the important work that you do covering our great national pastime.

Sincerely,

Mark O’Neal
President, PBATS

# PBATS ORGANIZATIONAL MISSION STATEMENT

The mission of the **Professional Baseball Athletic Trainers Society** (PBATS) is to serve as an educational resource for the Major League and Minor League Baseball athletic trainers. PBATS serves its members by providing for the continued education of the athletic trainer as it relates to the profession, helping to improve their understanding of sports medicine so as to better promote the health of the constituency— professional baseball players. PBATS also serves as a resource to educate those outside the professional baseball athletic trainer community about the profession and about the athletic trainer's integral position within the sports medicine team.

## The Education Committee

The PBATS Education Committee serves to broaden and improve the knowledge base of the practicing athletic trainer within Major League and Minor League Baseball. This committee administers and oversees the PBATS initiatives that contribute to the continued education of the athletic trainer.

## The Public Affairs Committee

The PBATS Public Affairs Committee serves to promote the society and its activities beyond the realm of the professional baseball athletic trainer. Additionally, this committee promotes communication among the PBATS membership and its Minor League Baseball affiliates.

## The Development Committee

The PBATS Development Committee serves as the chief fundraising entity of the society, responsible for developing and executing revenue-generating activities to support all official programs of the society.

# PBATS' Programs

## PBATS Works to Combat Obesity with PLAY Campaign

Developed in 2003, PBATS program, PLAY (Promoting a Lifetime of Activity for Youth), continues to work to impact the lives of America's youth. PLAY enters its 15th year, making it the longest running health education campaign in professional sports, designed specifically to help America's young people lead active and healthy lifestyles.

Along with its partners, The Taylor Hooton Foundation, the Henry Schein Cares Foundation and the Ruderman Family Foundation, the PLAY Campaign hosted events in 28 MLB stadiums in 2017.

## PBATS Works Towards Total Inclusion in the Workforce

In 2017, PBATS continued development and promotion of the Ability Transcends Challenges program, or ATC. This program is designed to educate the American people about the role that people with disabilities have played throughout baseball's history, while speaking to the important lessons of inclusion and the need to harness this valuable source of American manpower. Our ultimate goal is to do nothing less than change America's perception about the value of people with disabilities, by demonstrating that truth using baseball.

Along with PBATS spokespeople, Jim Abbott ,Curtis Pride and Jim Eisenreich, the Ability Transcends Challenges program has partnered with The Arc, the U.S. Business Leadership Network and the United States Department of Labor's Office of Disability Employment Policy (ODEP).

In 2015, PBATS released a baseball card set, produced by Topps, that showcased the talents of both past and present players with disabilities, including MLB stars Jim Abbott and George Springer.

In 2016, PBATS hosted an ATC campaign event at the Yogi Berra Museum & Learning Center, at which Jim Abbott and Curtis Pride spoke to children about their careers and their advocacy work for people with disabilities.

And in 2017, PBATS members joined the U.S. Department of Labor in Washington, DC for an event to promote national disability inclusion awareness month.

PBATS would like to thank Major League Baseball for its generous support for all of our programs and initiatives.

# Athletic Trainers of the Year

*Houston Astros Staff Accepts Award at 2017 Winter Meetings*

## PBATS Honors the Best of the Best in Major League Baseball

PBATS is proud of all of its athletic trainers and athletic training staffs, they're among the most skilled and respected in professional sports. But, each year PBATS members are given the opportunity to honor one major league team's athletic training staff based upon their skill, their professionalism and their dedication to the core mission of PBATS. In 2017, the athletic training staff of the year belonged to the Houston Astros staff of Jeremiah Randall, Scott Barringer and Daniel Roberts (*not pictured above*).

"In 2017 the Astros showcased some of the best athletic trainers in Major League Baseball and at the same time captured a World Series Championship. They are all extremely deserving of this award," PBATS' President Mark O'Neal said. "These guys have all done great work during their careers and I can happily say that this staff always puts the care for their players before anything else. Congratulations to the Astros staff and their families on behalf of the entire PBATS membership."

# International Program

## PBATS Influence Continues to be Felt Internationally

PBATS continues to support programs that foster international co-operation and shared learning through many of its on-going international programs.

**Rick Griffin**, ATC, Head Athletic Trainer of the Seattle Mariners, spearheads the PBATS International Program. Additionally, Griffin serves as the official PBATS liaison to the NATA's International Committee and to the Japanese Athletic Trainers Association.

For 10 days during spring training in March of 2018, the Seattle Mariners, San Diego Padres, Kanas City Royals and Texas Rangers will be hosting six Japanese athletic training interns in Arizona and the Tampa Bay Rays in Florida will be hosting two interns. Supported by the Major Trainers Inc. and PBATS, the interns will receive instruction in the care management and prevention of injuries that occur in the professional baseball setting. Over the course of this program there have now been more than 118 athletic trainers from Japan.

Simultaneously, a program is taking place in Florida featuring athletic training students from two universities in London, Salford and St Mary's, who spend time in the Grapefruit League. This year there will be four interns from Ireland working with the Reds, Mariners, Indians, Rangers and A's. PBATS sent Rick Griffin to Ireland to conduct seminars on Baseball Sports Medicine and meet with future interns interested in participating in the Spring Training Educational Exchange Program. This exchange took place at the IT Carlow Institute. In addition, Scott Sheridan from the Phillies went to London and lectured to four universities and met with students interested in coming to Florida to learn about baseball Sports Medicine. Finally, Steve Baumann went to Germany and lectured on baseball injuries and also visited a baseball camp working with top German players.

"I believe this series of programs is one of the most important projects that PBATS provides, giving students from overseas an opportunity to learn from athletic trainers in Major League Baseball," Griffin explains. "To reach out and share our knowledge of treating baseball related injuries worldwide only adds to the credit of what PBATS is trying to provide and build on internationally."

# All-Star Game

## All-Star Game Assignment is a Favorite of Many PBATS Members

Just as every Major Leaguer aspires to be selected to play in baseball's annual "Mid-Summer Classic," members of Professional Baseball Athletic Trainers Society, consider selection as an All-Star Game Athletic Trainer to be a significant achievement and a career highlight. Athletic trainers who are members of PBATS and have been Major League athletic trainers for a minimum of 10 years, or are the head athletic trainer of the host team, are eligible for the four coveted All-Star athletic training positions.

At the 2017 All-Star Game hosted by the Miami Marlins, the distinction of All-Star Athletic Trainer went to **Dustin Luepker**, athletic trainer of the host Marlins, and **Steve Baumann** of the Reds. They both served as the National League athletic trainers. Both **Nick Paparesta** of the Athletics and **Doug Teter** of the Tigers served as the All-Star Athletic Trainers for the American League.

The 2018 All-Star Game, to be hosted by the Washington Nationals, will see head athletic trainer **Paul Lessard** of the host Nationals and **Paul Navarro** of the Padres tending to the medical needs of the National League players. **Steve Donohue**, head athletic trainer of the Yankees, and **Kyle Turner** of the Royals will have the distinction of manning the American League training room.

"Players consider selection to the All-Star Game one of the greatest honors of their lives. And I can honestly say it's no different for athletic trainers. Being an All-Star Game athletic trainer means you've been recognized by your peers as one of the best of the best. In addition, athletic trainers enjoy the opportunity to work with star players from other teams and fellow athletic trainers," PBATS President Mark O'Neal said.

# Spring Training Seminar

Co-Chaired by **Nick Kenney**, Head Athletic tTainer of the Kansas City Royals, and **Doug Teter**, Head Athletic Trainer of the Detroit Tigers, the Spring Training Seminar is a great way for PBATS to bring in national experts in Sports Medicine to provide continuing education opportunities for athletic trainers who are new to the game of baseball.

Each year the seminars feature presentations on topics related to the medical care of professional baseball players. Topics are of keen interest to the baseball medical community and their inclusion at the PBATS Spring Training Seminar will ensure that athletic trainers of both the Major and Minor League levels will receive the best information and support possible on these often everyday occurrences and issues.

# Internship Program

## PBATS Provides Continuing Education for the Profession and Gives Tomorrow's Athletic Trainers a Taste of Life in the Major Leagues

One of the primary missions of PBATS is to be an educational resource, not only to Major League Baseball athletic trainers, but also those who aspire to become one someday. Two on-going educational initiatives of the organization that are helping to do just that, are the annual Spring Training Seminar for athletic trainers in Minor League Baseball, and the internship program for undergraduate athletic training students.

### Undergraduate Internship Program

In 2018, PBATS continues its long-standing internship program through which a selected group of young men and women receive a unique learning experience working in a professional baseball athletic training room.

Chaired by **Kyle Turner**, ATC, assistant athletic trainer of the Kansas City Royals, the PBATS Internship Program is renowned throughout the athletic training profession for its unique ability to provide invaluable career experience that can lead to future employment opportunities for the athletic trainers of tomorrow.

In 2017, PBATS received nearly 300 applications. Of these, PBATS placed 9 interns in Major League Athletic Training Rooms and an additional 34 in Athletic Training Rooms throughout the Minor Leagues. In addition, effort was also made to place the students with a professional team near their college or university. This program has had remarkable success.

Today, there are over 60 known certified athletic trainers working throughout baseball that began their careers with a PBATS internship. It's a track record that the organization is extremely proud of.

“PBATS is proud that its internship program has really began to blossom and bear fruit over the past few years,” Kyle Turner explained. “Dozens of young men and women who have been PBATS interns are now highly respected athletic trainers in all levels of baseball and throughout the professional and amateur ranks.”

## PBATS Speakers Bureau

Would you like to have a professional athletic trainer speak at an upcoming engagement or event? Many PBATS members are available for interviews and educational presentations on a variety of sports medicine topics. If you are a member of the media or if you are interested in the benefits of having a PBATS member address your audience, please contact PBATS communications firm, The Romano Group, LLC. Additional information about the speakers' bureau also is available on the PBATS website at www.pbats.com.

**The Romano Group, LLC**
Tel: 414.614.9909
Email: sam@theromanogroup.com

## Listing of Conditioning Coordinators

A team-by-team listing of conditioning coordinators can be found on page 77 of the media guide. Athletic trainers work hand-in-hand with their club's conditioning coordinators to design injury prevention and rehabilitation programs for their athletes. Some of baseball's conditioning coordinators are also certified athletic trainers.

## Medical Resources

The back of this booklet features a glossary of medical terms and anatomical charts beginning on page 79. For additional information about a particular athletic injury, please contact your local athletic trainer.

## Media Guide

This guide was produced by PBATS through the direction of President, **Mark O'Neal**, and Media Guide Chairman, **Brian Ebel**. For more information on the organization, please visit their website at www.PBATS.com.

# PBATS Honorary Members

*Frank W. Jobe, M.D.*

*Bill Schmidt*

*Lewis A. Yocum, M.D.*

*Rollin Mallernee*

*Neil Romano*

*Commissioner Allan "Bud" Selig*

# PBATS Hall of Fame

**Class of 2011**

Dave Pursley, ATC

Frank W. Jobe, M.D.

**Class of 2013**

Bill Bueller, ATC

Jeff Cooper, ATC

Charlie Moss, ATC

Lewis Yocum, M.D.

**Class of 2016**

Larry Starr, ATC

Gene Monahan, ATC

Kent Biggerstaff, ATC

# PBATS Executive Committee

| | |
|---|---|
| **President** | **Mark O'Neal**, *Dir. of Athletic Training*<br>Chicago Cubs<br>Wrigley Field<br>1060 W. Addison Street<br>Chicago, IL 60613 |
| **Treasurer** | **Tom Probst**, Sr. *Dir. of Medical Operations*<br>Colorado Rockies<br>Coors Field<br>2001 Blake St.<br>Denver, CO 80205 |
| **Secretary** | **Ron Porterfield**, *Director of Player Health*<br>Los Angeles Dodgers<br>Dodger Stadium<br>1000 Vin Scully Ave.<br>Los Angeles, CA 90012 |
| **NL Representative** | **Scott Sheridan,** *Head Athletic Trainer*<br>Philadelphia Phillies<br>Citizens Bank Park<br>1 Citizens Bank Way<br>Philadelphia, PA 19148 |
| **AL Representative** | **Nick Kenney**, *Head Athletic Trainer*<br>Kansas City Royals<br>Kauffman Stadium<br>1 Royal Way<br>Kansas City, MO 64129 |
| **Assistant Trainer Representative-NL** | **Ben Potenziano**, *Assistant Athletic Trainer*<br>Pittsburgh Pirates<br>PNC Park<br>115 Federal Street<br>Pittsburgh, PA 15212 |
| **Assistant Trainer Representative-AL** | **Brian Ball**, *Assistant Athletic Trainer*<br>Chicago White Sox<br>Guaranteed Rate Field<br>333 W. 35th Street<br>Chicago, IL 60616 |
| **Past President** | **Jamie Reed**, *Medical Director*<br>Texas Rangers<br>Globe Life Park in Arlington<br>1000 Ballpark Way<br>Arlington, TX 76011 |
| **General Counsel** | **Rollin E. Mallernee II**, *Attorney at Law*<br>400 Colony Square<br>1201 Peachtree St., Suite 1750<br>Atlanta, GA 30361 |
| **Media Operations** | **Neil Romano,** *Public Relations Consultant*<br>The Romano Group, LLC<br>526 Greenbrier Ave.<br>Kissimmee, FL 34747 |

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AMERICAN LEAGUE

## Brian EBEL

Head Athletic Trainer

Eastern Kentucky University (B.S.)
Johns Hopkins University (M.B.A.)
Years in MLB: 22

Brian Ebel begins his 1st year as Head Athletic Trainer, his 22nd year in Major League Baseball, and 34th as a member of the Baltimore Orioles athletic training staff. In 2017, Ebel received his 20 year Major League Service award. Brian, 50, was one of the recipients of the 2012 PBATS President's Distinguished Service award for his work on Electronic Medical Records. He was a recipient of the 2011 Major League Athletic Training staff of the year award along with Richie Bancells. He began his career with 12 years in the Orioles farm system, Working his way up through the ranks with affiliates in Bluefield, W.Va. (Rookie League); Erie, Penn. (Class A); and Hagerstown, Md. (Class AA). From 1992 to 1996, he served as the O's Head Minor League Athletic Trainer and rehabilitation coordinator in Sarasota, Fla. The Versailles, Ind. native received scholarships in 1985 from PBATS, and in 1986 from Eastern Kentucky University, his alma mater and was honored as a distinguished alumnus in 1999. In 2003, he earned an MBA degree from Johns Hopkins University. In 2004, Ebel completed an administrative residency at Johns Hopkins Bayview Medical Center. Ebel was an Athletic Trainer for the American League at the 2007 All-Star Game. Ebel served on the Major League Baseball Medical Advisory Board from 2003-2016. He is a co-chair of the MLB steering committee for Electronic Medical Records and serves on the MLB Concussion committee. He has also served on the PBATS Gatorade Advisory Board. Ebel served on the PBATS Board as the American League Assistant Athletic Trainer Representative from 1999-2005. He also served on the Board of Directors for United Cerebral Palsy of Central Maryland (UCP) from 2005-2010. In 2011, Ebel Traveled to Taiwan as part of the MLB All-Star series tour. In May 2012, Ebel was awarded a United States Patent for an Orthopedic device to aid in the treatment of Plantar Fasciitis and Heel Spurs during weight bearing activities. He is a Certified member of the National Athletic Trainers Association, Maryland Athletic Trainers Association, a licensed athletic trainer in both Maryland and Florida, as well as a member of the American College of Sports Medicine. Ebel has two sons, Brady and Brett.

## Mark SHIRES

Assistant Athletic Trainer

West Chester University (BS)
California University of Pennsylvania (MS)
Years in MLB: 1

Mark Shires begins his 1st year as Major League Assistant Athletic Trainer and 20th year as an Athletic trainer in the Orioles' Organization. A native of Crofton, MD he has previously made stops at five levels of the Orioles farm system, spending eleven years in Norfolk (Class AAA, 2007-2017), three years in Bowie (Class AA, 2004-06), three years in Frederick (Class A, 2001-03), and one year in Delmarva (Class A, 2000). He began his career with the Orioles in the Gulf Coast League in 1999, after previously serving as an intern for Bowie from 1996-1997. Mark was selected to represent Norfolk and the International League in the 2013 Triple-A All-Star Game. He was named the 2011 and 2009 International League Athletic Trainer of the Year and Carolina League Athletic Trainer of the Year in 2003 and 2001. Shires worked the Arizona Fall League in 2004 at Peoria and at Mesa in 2011. He is a Certified member of the National Athletic Trainers Association, and licensed in Maryland, Florida, Pennsylvania and Virginia, and also holds the National Academy of Sports Medicines Certification, Performance Enhancement Specialist. Shires received a degree in athletic training from West Chester University of Pennsylvania in 1998 and then completed his master's degree from California University of Pennsylvania in 2004. In 2006 Mark married Alison Gardiner-Shires, Associate Professor of Athletic Training at West Chester University. They have a son, Arthur John "AJ."

## *Patrick* WESLEY

Assistant Athletic Trainer

Assistant Athletic Trainer
McKendree University (B.S)
Years in MLB: 1

Patrick Wesley, 40, is entering his first season as an Assistant Athletic Trainer, after previously spending 15 years in the Baltimore Orioles Minor League System. Most recently he served as the Head Athletic Trainer for the AA Bowie Baysox (2015-2017). Wesley was named Carolina League Athletic Trainer of the year in 2013 and South Atlantic league Athletic Trainer of the year in 2008 and 2009. In 2009 he was also selected to represent the Baltimore Orioles Organization as an Athletic Trainer for the Phoenix Desert Dogs in the Arizona Fall League. He received his Bachelors of Science in Athletic Training in 2001 from McKendree University in Lebanon, IL. Wesley is a certified member of the National Athletic Trainers Association and is licensed to practice Athletic Training in both Maryland and Florida. Wesley currently resides in Frederick, MD with his wife Jessica, twin sons Chase and Caleb, and daughter Chloe.

## Minor League Athletic Trainers

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Chris Poole.....cpoole@orioles.com.....301.775.3029

***Bowie Baysox (AA)***
Brian Guzman .....bguzman@orioles.com .....203.942.7847

***Frederick Keys (A)***
Marty Brinker .....mbrinker@orioles.com .....330.402.1735

***Delmarva Shorebirds (A)***
Adrian Gonzalez.....agonzalez@orioles.com.....914.462.2496

***Aberdeen IronBirds (Short-Season A)***
Gary Smith .....gsmith@orioles.com.....443.844.2826

***Gulf Coast League (Rookie)***
Adam Sparks .....asparks@orioles.com.....256.452.1731

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Brian Ebel .....2018 - Present
Richie Bancells .....1988 - 2017
Ralph Salvon .....1968 - 1987
Eddie Weidner .....1954 - 1967

**ASSISTANT ATHLETIC TRAINER**
Mark Shires .....2018 - Present
Patrick Wesley .....2018 - Present
Brian Ebel .....1997 - 2017
Chris Correnti .....2014 - 2017
Chris Poole .....2015 - 2017
Jamie Reed .....1989 - 1996
Richie Bancells .....1984 - 1987
Ralph Salvon .....1966 - 1967

# Boston Red Sox

## Brad PEARSON
Head Athletic Trainer

Springfield College (B.S.)
University of Massachusetts (M.S.)
Years in MLB: 7

Brad, 39 enters his third season as Head Athletic Trainer and his second season serving as Director of Sports Medicine Service. Previously Brad served as assistant athletic trainer for from 2012-2015. Prior to be an assistant athletic trainer at the major league level, he spent 9 seasons in the minor league system. While in the minor leagues, Brad held the roll of Minor League Athletic Training Coordinator from 2008-2012. He served as an Athletic Trainer at the affiliate level prior to that. The Ludlow, VT native attended Springfield College (Springfield, MA) where he graduated with B.S. in Athletic Training and also attended the University of Massachusetts (Amherst, MA) and graduated with M.S. in Exercise Science. He is certified through both the NATABOC and the NSCA respectively. Brad currently resides in Lincoln, Mass. with his wife Candace.

## Masai TAKAHASHI
Assistant Athletic Trainer

University of Nevada - Las Vegas (B.S., M.S.)
Years in MLB: 12

Masai, 42, is entering his 12th year as an assistant athletic trainer for the Red Sox after formerly serving as Head Athletic Trainer for the AA affiliate of the Red Sox in Portland, ME, and the A affiliate of the Sarasota Red Sox in Florida. The Tokyo, Japan native moved to Nevada in 1995, and attended UNLV for his BS and MS degrees. He enjoys cycling and photography in his spare time. Masai, his wife, Ayumi, and their three sons, Kaisei, Shoei and Kensei reside in Southborough, MA.

## Paul BUCHHEIT
Assistant Athletic Trainer

Buena Vista University (B.A.)
Northern Iowa University (M.S.)
Years in MLB: 3

Paul, 35, begins his third season with the Boston Red Sox after previously working for ten years in the Boston Red Sox Minor League system. He most recently served as Head Minor League Medical Coordinator for 2 years and before that he was Minor League Athletic Trainer Coordinator for 2 years. Paul is a Sioux City, IA native who attended Buena Vista University (Storm Lake, IA) where he received his B.A. in Athletic Training in 2004. He then attended Northern Iowa University (Cedar Falls, IA) where he graduated with a M.S. in Athletic Training in 2006. Paul currently resides in Melrose, MA with his wife Allison, their two sons Hayden and Noah, and their daughter Heidi.

## Jon JOCHIM
Assistant Athletic Trainer

DePauw University (B.A.)
Indiana State University (M.S.)
Years in MLB: 2

Jon, 41 enters his second season as Assistant Athletic Trainer. Prior to being an assistant athletic trainer at the Major League level, he spent 14 seasons in the minor league system. Jon has held the role of AAA Athletic Trainer for 6 years and Senior Athletic Trainer for 1 year. The Mariah Hill, IN native attended DePauw University(Greencastle, IN) where he graduated with B.A. in Health and Physical Performance and also attended Indiana State University and graduated with M.S. in Athletic Training. He is certified through both the NATABOC and the NSCA respectively. Jon currently resides in Hopkinton, MA with his wife and 3 children.

*Fenway Park*
4 Yawkey Way | Boston, MA | 617.226.6000

## *Adam* THOMAS

Physical Therapist

Northeastern University (DPT, BS)
Western Michigan University (MA)
Years in MLB: 3

Adam, 42 enters his third season with the Boston Red Sox. Prior to joining the Red Sox at the end of the 2015 season, he was a professor for eleven years in the Department of Physical Therapy, Movement and Rehabilitation Sciences at Northeastern University. In addition he held the roles of Athletic Trainer and Physical Therapist for the Boston Cannons Professional Lacrosse Team and Team USA Lacrosse. Adam is a board certified sports clinical specialist and has practiced at Sports and Physical Therapy Associates in Boston, MA and South Shore Hospital Center for Orthopedics, Spine and Sports Medicine in Hingham, MA. He is a member of the American Physical Therapy Association and the National Athletic Trainer Association. From 2002-2004, Adam worked as an athletic trainer in the Houston Astros Organization at the A affiliates in Troy, NY and Lexington, KY. Adam currently resides in Dorchester, MA.

## *Elana* WEBB

Sports Medicine Administrative Manager

Bates College (B.S.)
Years in MLB: 3

Elana now serves as the Sports Medicine Administrative Manager for the Red Sox, providing oversight of all player related worker's compensation, medical billing management, Therapeutic Use Exemption management, oversight of the electronic storage of medical records and other administrative responsibilities for Sports Medicine Services and Behavioral Health. Prior to joining the Sports Medicine group, Elana held positions in Human Resources and Finance for the Red Sox. Previously, Elana spent most of her career in the financial services sector where she held various senior level Human Resources positions.

## Minor League Athletic Trainers

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***Latin Medical Coordinator***
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***Physical Therapist***
Jason Bartley .....jbartley@redsox.com .....617.620.7969
***Strength and Conditioning Coordinator***
Edgar Barreto .....ebarreto@redsox.com .....293.910.2974
***Pawtucket Red Sox (AAA)***
Eric Velazquez .....evelazquez@redsox.com.....512.318.0513
***Portland Sea Dogs (AA)***
Scott Gallon .....sgallon@redsox.com .....508.579.8493
***Salem Red Sox (A)***
Nick Kuchwara .....nkuchwara@redsox.com .....303.870.5041
***Greenville Bombers (A)***
Phillip Millan .....pmillan@redsox.com .....816.510.6837
***Lowell Spinners (Short-Season A)***
Joel Harris .....jharris@redsox.com .....802.299.6326
***GCL Red Sox (Rookie)***
David Herrera .....dherrera@redsox.com .....617.872.2225

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Brad Pearson .....2016 - Present
Richard Jameyson.....2012 - 2015
Mike Reinold .....2010 - 2011
Paul Lessard .....2006 - 2009
Jime Rowe.....1995 - 2005
Charlie Moss .....1975 - 1994
Buddy LeRoux.....1966 - 1974
Jack Fadden .....1950 - 1965

**ASSISTANT ATHLETIC TRAINER**
Paul Buchheit .....2016 - Present
Masai Takahashi .....2007 - Present
Jon Jochim.....2016 - Present
Brad Pearson.....2012 - 2015
Greg Barajas .....2010 - 2011
Mike Reinold .....2006 - 2009
Chris Correnti .....2001 - 2005
Chang-Ho Lee .....2002 - 2005
Rich Zawacki .....1990 - 2000

## Herman SCHNEIDER

Head Athletic Trainer

State University of New York (B.S.)
Years in MLB: 40

Herman Schneider, 66, is beginning his 40th season in the Major Leagues. Born in Amsterdam, the Netherlands, and raised in Rochester, N.Y., Schneider began his health care career in the Minor Leagues with the Orioles' Florida Instructional League team in 1969. The following season he joined the New York Yankees and made stops at each level of their system while also working nine years as head athletic trainer for Ponce in the Puerto Rican Winter League. Schneider earned his bachelor's degree in sports medicine from Monroe Community College in Rochester, N.Y., in 1975. He served as assistant athletic trainer for the Yankees during their World Championship years of 1977 and 1978 before joining the Chicago White Sox as head athletic trainer in 1979. In 2003, Schneider was an athletic trainer for the Major League Baseball All-Star Game in Chicago's U.S Cellular Field. He also served as an athletic trainer for the All-Star Game in 1977, 1983 and 1991, and along with his assistant, Mark Anderson, received the 1996 "Major League Baseball Athletic Training Staff of the Year Award." Schneider served as a board member for the Deicke Center for Visual Rehabilitation and lives in Naperville, Ill., with his wife, Janet, and their two children, Daniel and Caitlin.

## Brian BALL

Assistant Athletic Trainer

University of Kentucky (B.S.)
University of Memphis
Years in MLB: 18

Brian Ball, 46, begins his 18th season with the White Sox as the assistant athletic trainer. Prior to joining Chicago, Brian spent four years with the Texas Rangers. Ball graduated from the University of Kentucky in 1995. He then attended graduate school at the University of Memphis. There he served as a graduate assistant athletic trainer for football, baseball and Olympic sports. Brian is a certified member of the National Athletic Trainers Association (NATA), Great Lakes Athletic Trainers Association (GLATA), and the Illinois Athletic Trainer Association (IATA). A current member of the American Red Cross, he is a Professional Rescuers CPR and First Aid instructor. In 2011 he was selected to work as the AL Assistant Athletic Trainer for the All Star game at Chase Field in Phoenix, Arizona. Currently an active board member for the Spectrios Institute for Low Vision in Wheaton, IL. Brian serves as the American League Assistant Athletics Representative on the Executive Board for the Professional Baseball Athletic Trainers Society (PBATS). Brian enjoys fishing, outdoors and the offseason. He also enjoys spending some quality time with his kids. Brian makes his home in Chicago.

## *Brett* WALKER

Physical Therapist

University of Kentucky (B.S.)
College: University of Mary (B.S., MA)
Years in MLB: 4

Brett Walker, is entering his fourth season as a physical therapist/athletic trainer for the Chicago White Sox. Walker spent one year as the minor league physical therapist in Glendale, AZ. He obtained a Master's degree in Physical Therapy in 2004 and a Bachelor's degree in Athletic Training in 2013 both from the University of Mary. Walker completed a sports residency in Boise, ID in 2009 and became a Board Certified Sports Physical Therapist in 2010. At which point he moved to Great Falls, MT and got his start in baseball by volunteering with the White Sox rookie ball affiliate. He completed an internship with the Minnesota Twins in 2013. A native of Culbertson, MT, Walker lives in Litchfield Park, AZ with his wife and two children.

## Minor League Athletic Trainers

***Minor League Medical Coordinator***
Scott Takao .....623.302.5349
***Charlotte Knights (AAA)***
James Kruk .....205.703.4296
***Birmingham Barons (AA)***
Cory Barton .....623.302.5350
***Winston-Salem Dash (A)***
Josh Fallin .....336.331.3813
***Kannapolis Intimidators (A)***
Joe Geck .....704.938.3637
***Great Falls Voyagers (Rookie)***
Hyeon Kim .....334.782.1976
***Arizona League (Rookie)***
Scott Johnson .....704.274.8252
***Minor League Physical Therapist (Arizona)***
Derek Garris .....623.302.5350

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Herm Schneider .....1979 - Present
Charlie Saad .....1967 - 1978
Ed Froelich .....1954 - 1966
Myron Esler .....1951 - 1953
Ed "Packy" Schwartz .....1943 - 1950
Ed Froelich .....1942
Dr. A.F. Schacht .....1933 - 1941

**ASSISTANT ATHLETIC TRAINER**

Brian Ball .....2001 - Present
Mark Anderson .....1986 - 2000
Roy Ogren .....1985
Brandt McFarlin .....1984

## Cleveland Indians

## James QUINLAN

Head Athletic Trainer

Temple University (B.S.)
Widener University (DPT)
Years in MLB: 4

James Quinlan, 36, is beginning his fifth season as head athletic trainer with the Cleveland Indians after spending 6 seasons in the Cleveland Indians Player Development System. Quinlan spent two seasons (2012-2013) serving as athletic trainer at the club's Triple-A affiliate in Columbus, OH. Prior to 2012 he spent four seasons as the Indians rehabilitation coordinator. Quinlan joined the Indians organization in 2007 as the athletic trainer at the Mahoning Valley (Rookie) affiliate. Quinlan received a bachelor's degree in athletic training while a student at Temple University in Philadelphia. He then obtained a doctorate in physical therapy from Widener University. Quinlan, who is also a member of the NATA and APTA, began his career in baseball with the Philadelphia Phillies, working as a bat boy and clubhouse attendant before serving as an athletic training intern in 2003. In 2016, James shared honors with Lonnie Soloff, Jeff Desjardins and Michael Salazar as "Major League Athletic Training Staff of the Year." A native of Havertown, PA, Quinlan lives in Avon Lake, OH with his wife and two children.

## Jeff DESJARDINS

Assistant Athletic Trainer

Plymouth State College (B.S.)
Years in MLB: 9

Jeff Desjardins, 44, is beginning his ninth season as an assistant athletic trainer with the Cleveland Indians after spending 9 seasons as a minor league athletic trainer in the Cleveland Indians Player Development System. Desjardins spent three seasons (2007-2009) serving a dual role as the Indians athletic training coordinator and athletic trainer at the club's Triple-A affiliates in Buffalo, NY and Columbus, OH. In 2005 and 2006, he was the athletic trainer for the Indians AA affiliate in Akron, Ohio. In 2006, he was named the Eastern League Athletic Trainer of the Year and was selected to represent the Indians in the Arizona Fall League. He held the same position in Kinston, NC in 2004 and in Lake County, OH in 2003. Desjardins originally joined the Indians organization in 2001, as the athletic trainer in Burlington, NC and served in that role for two seasons. In 2016, Jeff shared honors with Lonnie Soloff, James Quinlan and Michael Salazar as "Major League Athletic Training Staff of the Year." A graduate of Plymouth State College in Plymouth, New Hampshire, Desjardins is a certified athletic trainer and a certified strength and conditioning specialist. He is also an American Red Cross First Aid and CPR Instructor. A native of Gorham, ME., Desjardins and family currently reside in Cleveland, Ohio.

## Michael SALAZAR

Assistant Athletic Trainer

Manchester University (B.S.)
University of Alabama at Birmingham (M.A.E.)
Years in MLB: 7

Michael Salazar, 42, is beginning his seventh season as an assistant athletic trainer with the Cleveland Indians after spending 11 seasons as a minor league athletic trainer in the Cleveland Indians player development system. Salazar spent two seasons (2010-2011) as an athletic trainer at the club's Triple-A affiliate in Columbus, OH. From 2007 through 2009, he was the athletic trainer for the Indians AA affiliate in Akron, Ohio. In 2005 and 2006, Salazar covered the Kinston Indians in Kinston, NC. In 2004 he spent one year covering the Tribe's low long Season A affiliate, the Lake County Captains, where he was named the South Atlantic League athletic trainer of the year. Prior to his tour with the Captains, Michael spent 3 seasons (2001-2003) with the Mahoning Valley Scrappers, in Niles, OH. Michael originally joined the Cleveland Indians organization in 2000 when he covered the Burlington Indians in Burlington, NC. Prior to working with the Tribe, Michael spent one year in the Atlanta Braves organization as a minor league athletic trainer. Of note, Michael was appointed to the position of head athletic trainer for the Dominican Team during the first two World Baseball Classics. He spent two off seasons (2004 & 2011) working for the Aguilas, a winter ball team in the Dominican Republic. Shared the honors with Lonnie Soloff, James Quinlan, and Jeff Desjardins in 2016, as "Major League Athletic Training Staff of the Year". Michael obtained his under graduate degree at Manchester University, in North Manchester, IN and completed his graduate work at the University of Alabama at Birmingham. Michael is currently working on his Doctor of Athletic Training degree from A. T. Still University. A native of Chicago, Salazar currently resides in Cleveland.

*Progressive Field*
2401 Ontario Street | Cleveland, OH 44115 | 216.420.4200

## *Lonnie* SOLOFF

Senior Director of Medical Services

St. Louis University (B.S., MPT)
Northeastern University (DPT)
Years in MLB: 19

Lonnie Soloff, 43, is beginning his fifth season as Senior Director of Medical Services after spending 10 years as head athletic trainer for the Cleveland Indians. In this role, Lonnie leads the organization's efforts in research and development pertaining to physical development, performance enhancement and injury prevention while assisting club executives in short-term and long-term injury risk assessments relative to strategic amateur and professional player personnel decisions. Lonnie continues to supervise the organization's athletic trainers, strength & conditioning coaches, physical therapists and team physicians, overseeing injury treatment, rehabilitation systems and physical development at both the major league and minor league levels. Active in teaching orthopedics and baseball sports medicine, Soloff participates in clinical research and lectures. Soloff shared the honor of Major League Athletic Training Staff of the Year Award in 2016 and 2007 and Dick Martin Award in 2007. In addition to serving as American League athletic trainer for the 2012 MLB All-Star game, Soloff was honored to represent his country working as an athletic trainer with Team USA during their Gold Medal run in the 2017 World Baseball Classic Prior to joining the Indians organization in 2003, Lonnie served as physical therapist from 1999-2002 and assistant athletic trainer in 2003 for the Cincinnati Reds. A member of the NATA and APTA, Soloff began his career in baseball with the St. Louis Cardinals in 1996 as part of the PBATS internship program. A native of New Orleans, Soloff lives in Avon Lake, Ohio with his wife and three children.

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

James Quinlan .....2014 - Present
Lonnie Soloff .....2004 - 2013
Paul Spicuzza .....1997 - 2003
Jim Warfield .....1971 - 1996

**ASSISTANT ATHLETIC TRAINER**

Jeff Desjardins .....2010 - Present
Michael Salazar .....2012 - Present
Richard Jameyson .....2003 - 2011
Nick Kenney .....2005 - 2009
Jim Warfield .....1997 - 2002
Paul Spiccuza .....1982 - 1996

## Minor League Athletic Trainers

***Athletic Training Coordinator***
Michael Salazar .....msalazar@indians.com .....216.533.6946

***Minor League Medical Coordinator***
Andrew Pipkin .....apipkin@indians.com .....240.925.5667

***Minor League Physical Therapist***
Jeremy Harris .....jfharris@indians.com .....216.256.4432

***Minor League Medical Administrator***
Teddy Blackwell .....tblackwell@indians.com .....216.702.2902

***Columbus Clippers (AAA)***
Chad Wolfe.....cwolfe@indians.com .....216.650.2395

***Akron Rubberducks (AA)***
Jeremy Heller .....jheller@indians.com .....216.533.3767

***Carolina Mudcats (A)***
Bobby Ruiz.....rruiz@indians.com .....216.973.7794

***Lake County Captains (A)***
Jake Legan.....jlegan@indians.com .....910.548.2993

***Mahoning Valley Scrappers (A)***
Gabriel Garcia .....ggarcia@indians.com.....619.972.1660

***Arizona Indians (Rookie)***
Matthew Beauregard ..mbeauregard@indians.com .....216.633.2183

***Dominican Complex Athletic Trainer***
TBD .....

## Kevin RAND

Senior Director, Medical Services

Bowdoin College (B.A.)
Years in MLB: 26

Rand was named Head Athletic Trainer on October 15, 2002, and served in that role until he was promoted to his current position on November 28, 2017. Based in Lakeland, FL, he oversees the athletic training efforts of the entire organization. Prior to joining Detroit, Rand was an Assistant Athletic Trainer with the Montreal Expos in 2002 and the Florida Marlins from 1993 to 2001. He served as the Head Athletic Trainer for the American League at the 2005 All-Star Game. In 2006, Rand was named as part of the PBATS Major League Athletic Training Staff of the Year. He represented the American League as an Athletic Trainer for the MLB All-Star Series in Japan in 2014. A native of Cape Elizabeth, ME, Rand was inducted into the Maine Baseball Hall of Fame in 2007. He began his career with the New York Yankees organization as the Athletic Trainer of the Class-A Ft. Lauderdale Yankees in 1982. In 1985, he was elevated to the Class AA Albany-Colonie Yankees and the Class AAA Columbus Clippers the following season. In 1989, Rand began a four-year stint as the Yankees' Minor League head athletic trainer/rehabilitation supervisor. He also served as athletic trainer for La Guaira in the Venezuelan Winter League in 1987 and Caimanes in the Dominican Winter League in 1985. Rand served on the PBATS Executive Committee as the National League Assistant Athletic Trainer Representative from 1998- 2001 and as the American League Head Athletic Trainer representative from 2004-2009. He is a certified member of the NATA and the NSCA.He and his wife, Tisa, have four sons, Keegan, Kamden, Kallen, and Kashton and reside in Lakeland, Fla.

## Doug TETER

Head Athletic Trainer

Central Michigan University (B.S.)
University of Alabama (M.A.)
Years in MLB: 13

Doug Teter, 47, will be entering his first year as Head Athletic Trainer following serving the past 12 years as an Assistant Athletic Trainer for the Detroit Tigers. He previously spent 13 years in the Minor League system. He joined the Tigers' Organization with the Fayetteville, NC affiliate (1993), moved on to Jamestown, NY (1994), and worked two years with the Lakeland Tigers (1995-1996). After serving two years as Rehabilitation Coordinator (1997-1998), he was given the Minor League Medical Coordinator position that he held until this year. Teter was named Dwight Lowry Player Development Man of the Year in 2001. In 2006 Doug shared the PBATS Major League Athletic Training Staff of the Year award. A native of Constantine, MI, Doug currently resides in Lakeland, FL with his wife Joya and three sons Zachary, Deacon, and Matthew.

## Matt RANKIN

Assistant Athletic Trainer

Ohio University (B.S. & M.S.)
Years in MLB: 5

Matt Rankin, 46, begins his fifth season as an Assistant Athletic Trainer for the Detroit Tigers after 18 seasons with the organization. Prior to joining the Major League team, Matt served as the Athletic Trainer for the AAA affiliate of the Tigers, the Toledo Mud Hens for the previous 13 seasons. He joined the organization in 1996 spending that season with Single- A Visalia before spending two seasons with both Single A Jamestown (1997-98) and Single- A Lakeland (1999-2000). Rankin also served as the Athletic Trainer for the Honolulu Sharks of the Hawaii League in 1997, Delaware Stars of the Maryland Fall League in 1998, Leones de Escogido in Dominican Winter in 2001 and 2003, Phoenix Desert Dogs (2006) and the Peoria Saguaros (2007) in the Arizona Fall League. In 2010 he was named International League Athletic Trainer of the Year by his peers. A native of Richwood, Ohio, Matt currently lives in Toledo, Ohio with his wife Amy.

## Minor League Athletic Trainers

***Minor League Medical Coordinator***
Corey Tremble .....corey.tremble@tigers.com .....863.413.4116
***International Medical Coordinator***
Manny Pena .....manuel.pena@tigers.com .....863.413.4116
***Toledo Mud Hens (AAA)***
Chris McDonald .....chris.mcdonald@tigers.com.....419.725.4367
***Erie Seawolves (AA)***
TJ Obergfell .....tj.obergfell@tigers.com .....814.456.1300
***Lakeland Flying Tigers (A)***
Chris Vick .....Christopher.Vick@tigers.com.....863.413.4152
***West Michigan Whitecaps (A)***
Jason Schwartzman....jason.schwartzman@tigers.com.....863.413.4152
***Connecticut Tigers (A)***
Sean McFarland..... Sean.McFarland@tigers.com .....607.432.6326
***GCL Tigers (Rookie) East***
Erick Flores .....Erick.flores@tigers.com .....863.413.4116
***GCL Tigers (Rookie) West***
Cody Derby .....cody.derby@tigers.com .....863.413.4116
***Physical Therapist***
Robbie Williams .....
***Conditioning Coordinator***
Chris Walter .....

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Doug Teter.....2018 - Present
Kevin Rand .....2003 - 2018
Russ Miller.....1991 - 2002
Pio DiSalvo .....1985 - 1990
Bill Beam .....1967 - 1984
Jack Homel .....1946 - 1966
Dr. Gustav Nemitz .....1941 - 1945
Denny Carroll.....1936 - 1940
Jimmy Duggan.....1922 - 1931
Thomas "Tim" Daly .....1920 - 1921

**ASSISTANT ATHLETIC TRAINER**
Doug Teter.....2006 - 2017
Matt Rankin.....2014 - Present
Steve Carter .....1995 - 2013
Bill Armstrong .....1985 - 1990
Pio DiSalvo.....1980 - 1984, 1991 - 1994
Joe Liscio.....1946 - 1962
Dr. Raymond Forsyth.....1944 - 1945

## Jeremiah RANDALL

Head Athletic Trainer

Tabor College (KS) (B.S.)
University of Kansas (M.Ed.)
University of Miami (D.P.T.)
Years in MLB: 6

Jeremiah Randall was named the Houston Astros Major League Head Athletic Trainer on November 9th, 2015. Prior to joining the Astros, he spent the previous three seasons with the Pittsburgh Pirates serving as the club's Major League Rehab Coordinator and Physical Therapist/Assistant Athletic Trainer. Prior to joining the Pirates, Randall worked two seasons with the Los Angeles Dodgers, serving as their Minor League Rehab Coordinator in 2010 and as their Major League Physical Therapist for the 2011 season. In addition to his time in Major League Baseball, Randall spent time as an intern in the NFL with the Seattle Seahawks and New England Patriots. He has also presented at several national sports medicine conferences and has contributed as an author to various sports medicine and rehabilitation textbooks. Currently, he is the principal investigator for the testing of several functional upper extremity assessment tools for use in the overhead throwing athlete. In addition to his clinical research, he has co-authored several case studies that are under peer review for publication in the American Journal of Sports Medicine. Jeremiah received his Doctor of Physical Therapy Degree in 2009 from the University of Miami (FL). He conducted research while at the University of Miami involving active military members and aided in the development of the Comprehensive High-level Activity Mobility Predictor (CHAMP). He received his undergraduate degree in Biology from Tabor College in Hillsboro, KS, and went on to the University of Kansas to obtain his athletic training degree. During his time at Tabor College, he was a 3 year letterman in basketball and track as well as receiving all-conference honors in both sports. The 35-year-old Randall was born in Mound City, KS. He resides in The Woodlands, TX, with his wife Kelly and daughter Aliann (5) and son Declan (2).

## Scott BARRINGER

Assistant Athletic Trainer

East Carolina University (M.S.)
East Stroudsburg University (B.S.)
Years in MLB: 2

Scott, 29, from Bucks County, PA, joined the Astros Major League staff as an assistant athletic trainer prior to the 2017 season. He originally joined the Houston organization in 2016, serving as the club's minor league medical coordinator for one year. Prior to joining the Astros, Scott spent five seasons as a minor league athletic trainer in the Chicago Cubs (2013-15) and Arizona Diamondbacks (2011-12) organizations. He began his career as a graduate assistant athletic trainer at East Carolina University (2009-11), before spending two seasons with the Diamondbacks as the athletic trainer at Rookie Level Missoula (2011) and Class A Advanced Visalia (2012). Scott then joined the Cubs organization in 2013 as an athletic trainer, starting at Double A Tennessee and then moving up to Triple A Iowa (2014-15). In addition to his regular season duties, Scott also served as an athletic trainer in the Arizona Fall League with the Mesa Solar Sox in 2013. Scott earned his bachelor's degree from East Stroudsburg University in athletic training. He served as an assistant professor in athletic training education at his alma mater in the fall of 2012. He also holds a Master's degree in athletic training from East Carolina University.

*Minute Maid Park*
501 Crawford St. | Houston, TX 77002 | 713.259.8000

## Minor League Athletic Trainers

***Medical Coordinator***
Bryan Baca .....713.376.6999

***Rehabilitation Coordinator***
Justin Podell .....574.339.0199

***Strength and Conditioning Coordinator***
Taylor Rhoades .....630.303.3233

***Frenso Grizzlies (AAA)***
Brian Baca.....713.376.6999

***Corpus Christi Hooks (AA)***
John Gregorich .....440.669.3968

***Buies Creek Astros (A)***
Christian Bermudez.....407.267.1895

***Quad City River Bandits (A)***
Elliot Diehl .....408.829.5554

***Tri-City Valley Cats (Rookie)***
Daniel Cerquera .....718.791.2317

***GCL Astros (Rookie)***
Alana Ranucci.....586.489.6766

***Dominican Summer League***
Roman Rendon.....805.434.8826
Daniel Burciaga.....713.502.8817
Joan Segura .....829.892.3567

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Jeremiah Randall .....2016 - Present
Nathan Lucero.....2009 - 2015
David Labossiere.....1983 - 2008
Don Kiger.....1978 - 1982
Jim Ewell .....1962 - 1977

**ASSISTANT ATHLETIC TRAINER**
Scott Barringer .....2017 - Present
Daniel Roberts.....2016 - 2017
James Ready.....2015 - 2016
Rex Jones .....1994 - 2015
Jim Ewell .....1983 - 1993

## Nick KENNEY

Head Athletic Trainer

Wilmington College (B.S.)
Years in MLB: 16

Nick Kenney, 46, is entering his Ninth season as head athletic trainer with the Kansas City Royals. He had spent the previous five years as the assistant athletic trainer with the Cleveland Indians after two years with the Cincinnati Reds. Kenney was the American League host for the 2012 MLB All-Star game. Prior to working in baseball, Kenney spent seven years as an athletic trainer with the Cincinnati Cyclones of the International Hockey League. The Wilmington, Ohio, native and Wilmington College graduate also worked from 2000 to 2002 as the program manager of sports medicine for TriHealth in Cincinnati. When not working, Kenney enjoys lifting weights and fishing. He lives in Overland Park, KS with wife, Patty, and their children, Paige, Colin, Nathan, and Madison.

## Kyle TURNER

Assistant Athletic Trainer

Southern Utah University (B.S.)
Years in MLB: 9

Kyle is entering his Ninth season as an assistant athletic trainer with the Kansas City Royals. From 2007 to 2009, he served as the Royals' minor league medical coordinator after spending 7 seasons with the Texas Rangers in different capacities in the minor leagues: Turner played 4 years of Division 1 baseball while at SUU and took his 1st Athletic Training position as the Head Athletic Trainer at Northern Oklahoma College. After spending 2 and half years at NOC he committed to his Professional Baseball career. Kyle enjoys playing golf, hunting, fishing, home improvement projects but most importantly, spending time with his wife Wendy and two beautiful daughters, Brooke and Malia.

## Jeffrey BLUM

Major League Physical Therapist/Rehab Director

Illinois College (B.S.)
Regis University (DPT)
Elon University (MPT)
Years in

Jeff Blum is entering his 11th season as the Kansas City Royals Major League Physical Therapist and Rehab Director. He had spent the previous six years with the Atlanta Braves serving as the Minor League Rehab Coordinator from 2006 - 2007. Prior to working in baseball, Blum was a Student Athletic Trainer, CNA/PRA, and played baseball while at Illinois College. When not working, Jeff enjoys outdoor activities and his family. He lives in Blue Springs, MO with his wife Heather, and their children, Maranatha, Austin, and Samuel.

*Kauffman Stadium*
1 Royal Way | Kansas City, MO 64141 | 816.921.8000

## Organizational Athletic Training Staff

***Medical Coordinator***
Chris DeLucia.....chris.delucia@royals.com .....816.277.2864
***Manual Therapist (Major League)***
Sean Bardenett .....sean.bardanett@royals.com .....315.430.1061
***Latin American Medical Coordinator***
Tony Medina.....tony.medina@royals.com.....816.277.2952
***Omaha Storm Chasers (AAA)***
Dave Iannicca.....dave.iannicca@royals.com .....816.277.2954
***Northwest Arkansas Naturals (AA)***
Masanobu Koyanagi....masanobu.koyanagi@royals.com .....816.304.6653
***Wilmington Blue Rocks (A)***
James Stone .....james.stone@royals.com.....816.721.9205
***Lexington Legends (A)***
Saburo Hagihara .....saburo.hagihara@royals.com .....816.723.4541
***Idaho Falls Chukars (Short-Season A)***
Justin Kemp .....justin.kemp@royals.com .....816.686.4043
***Burlington NC Royals (Short-Season A)***
Daniel Accola .....daniel.accola@royals.com .....314.560.7515
***Arizona Royals (Rookie)***
Gavin Grosh .....gavin.grosh@royals.com .....260.437.2993
***Dominican Summer League (DSL)***
Nevan Dominguez .....nevan.dominguez@royals.com .....505.250.1464
***Rehabilitation Coordinator/Physical Therapist***
Justin Hahn .....justin.hahn@royals.com.....952.212.7943
***Major League Strength & Conditioning Coordinator***
Ryan Stoneberg .....ryan.stoneberg@royals.com .....360.259.2458
***Major League Assistant & Latin American Coordinator***
Luis Perez .....luis.perez@royals.com.....314.566.3339
***Minor League Strength & Conditioning Coordinator***
Garrett Sherrill .....garrett.sherrill@royals.com .....623.266.8037

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Nick Kenney .....2010 - Present
Nick Swartz .....1991 - 2009
Mickey Cobb .....1978 - 1990
Jim Dudley.....1973 - 1977
Bill Jones .....1969 - 1972

**ASSISTANT ATHLETIC TRAINER**
Kyle Turner .....2010 - Present
Jeff Stevenson.....2008 - 2009
Frank Kyte .....2003 - 2009
Lee Kuntz .....1999 - 2002
Steve Morrow .....1991 - 1998
Nick Swartz .....1989 - 1990
Paul McGannon.....1984 - 1988

# Los Angeles Angels

## Adam NEVALA

Head Athletic Trainer, MS, ATC/LAT, PES, CES

Arizona State University (B.S.)
California University of Pennsylvania (M.S.)
Years in MLB: 14

Adam Nevala, 42, rejoins the Los Angeles Major League Athletic Training Staff for his fourteenth year and eighth as the Angels Head Athletic Trainer after working in the team's minor league system for eight seasons. Nevala served as the head athletic trainer in AAA Salt Lake City where he spent two seasons (2003-2004). Prior to that, he was the head athletic trainer for AA Arkansas (2002), Rancho Cucamonga (2001), Lake Elsinore (2000), Cedar Rapids (1999), and assistant athletic trainer/clubhouse manager in Butte (1998). In 2002 (Detroit), 2003 (Phoenix), and 2006 (Atlanta), Adam was a member of the PBATS faculty at the annual team medicine conference. He was selected to represent the American League as the head athletic trainer during the 2015 All Star Game in Cincinnati OH. A native of Minnesota, Nevala, received his undergraduate degree from Arizona State University and his Master's degree from California University of Pennsylvania. Adam, his wife Tina, and son Jackson reside in Mission Viejo, CA.

## Rick SMITH

Athletic Training Services Coordinator

University of Texas-El Paso (B.S.)
Years in MLB: 41

Rick "Ranger Rick" Smith, 64, gives a great deal of himself to the Angels, but he doesn't stop there as he regularly donates his time and auction items to the Child Abuse Prevention Center in Orange, Ca. Before his promotion to the Angels' parent club in 1978, where he served as the Angels' head athletic trainer from 1979 to 1990, Smith was the head athletic trainer for the Class AA El Paso Diablos. An El Paso, Texas native, Smith was a student athletic trainer for the University of Texas-El Paso Miners' athletic teams from 1971 until his graduation in 1975 and was inducted into the El Paso Texas Baseball Hall of Fame, in 2007. He served as American League athletic trainer for MLB All-Star Games in 1984, 1989 and 1997. Smith resides in Santa Ana Ca, with his wife Janell.

## Bernard LI

Dir. of Player Performance, Sports Science & Head P.T.

University of California Santa Barbara (B.S.)
University of Southern California (D.P.T.)
University of Southern California (G.C.O.P.T.)
Years in MLB: 8

Bernard is currently the Director of Sports Science and Player Performance/Head Physical Therapist with the Los Angeles Angels of Anaheim. He also serves as Adjunct Faculty at the University of Southern California Division of Biokinesiology and Physical Therapy. He received his Bachelors of Science in Physiological Sciences and minor in Exercise and Health Science from University of California Santa Barbara. Bernard obtained his Doctorate of Physical Therapy at the University of Southern California, and continued to distinguish himself by completing an orthopedic residency to obtain a Graduate Certificate in Orthopedic Physical Therapy at USC the following year. He is double board certified by the American Board of Physical Therapy Specialties, both as an Orthopedic Clinical Specialist, and a Sports Clinical Specialist. He is a member of the Orthopedic Section and the Sports Section of the American Physical Therapy Association. Bernard has lectured on numerous topics that include therapeutic exercise, shoulder assessment, hip rehabilitation and published several journal articles and book chapters. He resides in Playa Vista, California.

## Eric MUNSON

Assistant Athletic Trainer

North Dakota State University (B.S.)
Years in MLB: 2

Eric Munson, 38, joins the Los Angeles Major League Athletic Training Staff for his second season as the Angels Assistant Athletic Trainer after working in the team's minor league system for 7 seasons and the Minor League Rehab Coordinator for 5. Munson served as the head athletic trainer in AA Arkansas (2008-2010), Rancho Cucamonga (2007), Cedar Rapids (2005, 2006, 2011) and has served as the Minor League Rehab Coordinator based in Tempe (2012-2016). A native of North Dakota, Munson, received his undergraduate degree from North Dakota State University. Eric, his wife Leslie, and daughter Nora reside in Avondale, AZ.

## *Sean* JOHNSON

Physical Therapist, Asst. Strength & Condition-

University of Sioux Falls (B.S.)
University of Southern California (D.P.T.)
University of Southern California (G.C.O.P.T.)
Years in MLB: 2

Sean Johnson, 36, is in his second season within the Angels Organization as a Physical Therapist and Assistant Strength and Conditioning Coach for the team. In this role Sean facilitates continuity between Athletic Medicine and Strength and Conditioning for the Angel Players. He also serves as Adjunct Faculty at the University of Southern California Division of Biokinesiology and Physical Therapy where he teaches continuing education. Sean received his Bachelors of Science in Biology and Exercise Science from the University of Sioux Falls. He obtained his Doctorate of Physical Therapy Degree from the University of Southern California and received further specialized training by completing an Orthopedic Physical Therapy Residency at USC. He is board certified by the American Board of Physical Therapy Specialties as an Orthopedic Clinical Specialist. He is also a Certified Strength and Conditioning Specialist. He is a member of the Orthopedic and Sports Physical Therapy Sections and has served in various leadership roles within the California Physical Therapy Section. Sean has lectured on a variety of topics related to shoulder, elbow, wrist, hand, and lumbar pathology and has published several journal articles.

## Minor League Athletic Trainers

***Athletic Trainer, Medical Coordinator***
Geoff Hostetter.....geoff.hostetter@angels.com .....480.390.7997

***Rehab Coordinator***
Andrew Hawkins.....andrew.hawkins@angels.com .....785.408.9670

***Salt Lake Bees (AAA)***
Brian Reinker .....brian.reinker@angels.com .....480.241.5792

***Mobile Bay Bears (AA)***
Matt Morrell .....matt.morrell@angels.com .....831.236.5101

***Inland Empire 66ers (A)***
Yusuke Takahashi .....yusuke.takahashi@angels.com .....408.893.9155

***Burlington Bees (A)***
Richard Gill.....richard.gill@angels.com.....540.294.3218

***Orem Owlz (Short-Season A)***
TBD.....

***Arizona League Angels (Rookie)***
Chris Wells .....chris.wells@angels.com.....740.238.0768

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Adam Nevala.....2011 - Present
Ned Bergert.....1991 - 2010
Rick Smith.....1979 - 1990
Freddie Frederico .....1962 - 1978

**ASSISTANT ATHLETIC TRAINER**

Rick Smith.....1991 - Present
Eric Munson .....2016- Present
Adam Nevala.....2005 - 2010
Ned Bergert.....1979 - 1990
Rick Smith.....1978
Bruce Swart.....1976 - 1977
Doug Atkinson .....1974 - 1975
Curt Rager .....1968

## Tony LEO

Head Athletic Trainer

Bowling Green State University (B.S.)
Years in MLB: 8

Tony Leo, 44, is entering his eighth season in the Major Leagues. This will be his 1st season as the Head Athletic Trainer after spending the previous 7 as the Assistant Athletic Trainer for the Minnesota Twins. After graduating from Bowling Green State University, he spent 13 seasons in the Twins minor league system. He began his career as intern Athletic Trainer with the GCL Twins in 1997. During the next 13 years he made stops throughout the Twins System at short-season Elizabethton (1998-99), single-A Quad Cities (2000-01), double-A New Britain (2002-04), and triple-A Rochester (2005-10). In 2003 he was selected to the Eastern League All-Star Game and in 2009 represented the International League in the AAA All-Star game. Tony is also a Fellow of Applied Functional Science thru the Grey Institute. Leo, a native of Salem, OH, resides in Schaumburg, IL with his wife Jennifer and daughter Olivia.

## Masamichi ABE

Assistant Athletic Trainer

University of Northern Colorado (B.S.)
University of Arkansas (M.S.)
Years in MLB: 1

Masamichi Abe is entering his first season in the major leagues as an Assistant Athletic Trainer for the Minnesota Twins. Abe recently completed his seventh season as an athletic trainer in some capacity in the Arizona Diamondbacks organization, spending 2016-17 with Triple-A Reno, 2014-15 with Double-A Mobile, 2013 with High-A Visalia, 2012 with Rookie-Missoula, and 2011 with the AZL Diamondbacks. He also trained for the Japanese Team during the World Baseball Classic in 2017 and in the Arizona Fall League in 2013 and '14. He was named 2017 Pacific Coast League Athletic Trainer of the Year and 2012 Pioneer League Athletic Trainer of Year. He graduated with a degree in exercise science from the University of Arkansas, including a master's degree in biomechanics, there he also served as graduate assistant athletic trainer for U of A baseball team 2008-2010. He was athletic trainer/strength conditioning intern in 2007. He earned a B.S. in Kinesiology – Athletic Training from the University of Northern Colorado. Abe is originally from Nagoya, Japan, recently resides in Scottsdale, AZ.

## Matt BIANCUZZO

Assistant Athletic Trainer

University of Central Florida (B.S.)
Florida State University (M.S.)
Years in MLB: 1

Matt Biancuzzo, 34, is entering his first season in the major leagues as an Assistant Athletic Trainer for the Minnesota Twins. Biancuzzo comes to the Twins with 12 years of experience in athletic training, most recently as a performance medicine therapist and athletic trainer for Cirque du Soleil from 2010-17. Prior to that, Biancuzzo served as an assistant athletic trainer for Georgia Southern University from 2008-10 and as a graduate assistant athletic trainer for Florida State University from 2006-08. In addition to his athletic training experience, he also served as a strength and conditioning intern in 2009 for Cressey Sports Performance. He earned a master's degree in sports administration from Florida State University and a B.S. in Health Sciences – Athletic Training from the University of Central Florida. Biancuzzo, a native of Bristol, RI, resides in Las Vegas, NV.

*Target Field*
1 Twins Way | Minneapolis, MN 55403 | 612.659.3400

## Minor League Athletic Trainers

***Minor League Athletic Training & Rehab Coordinator***
Chad Jackson.....chad.jackson@twins.com.....239.533.7649
***Minor League PT/Asst. Rehab Coordinator***
Tim Vidale.....timvadale@twinsbaseball.com.....202.679.0985
***Minor League Strength & Conditioning***
Ian Kadish .....iankadish@twinsbaseball.com.....513.608.0367
***Latin America Medical Coordinator***
Axel Lopez .....axellopez@twinsbaseball.com.....570.801.0492
***Rochester Red Wings (AAA)***
Chris Johnson .....chrisjohnson@twinsbaseball.com .....612.518.0326
***Chattanooga Lookouts (AA)***
Alan Rail.....alanrail@twinsbaseball.com.....801.360.3886
***Ft. Myers Miracle (A)***
Stephen Taylor .....stevetaylor@twinsbaseball.com.....727.735.7123
***Cedar Rapids Kernels (A)***
Davey LaCroix .....daveylacroix@twinsbaseball.com .....920.904.6182
***Elizabethton Twins (Rookie)***
Ben Myers .....benmyers@twinsbaseball.com .....920.904.6182
***Gulf Coast League Twins (Rookie)***
Matt Kalies .....mattkalies@twinsbaseball.com .....305.304.0175

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Tony Leo .....2018 - Present
Dave Pruemer .....2013 - 2018
Rick McWane .....2005 - 2012
Jim Kahmann.....2002 - 2004
Dick Martin.....1973 - 2001
George Lentz.....1947 - 1972
Mike Martin .....1912 - 1946

**ASSISTANT ATHLETIC TRAINER**
Matt Biancuzzo .....2018 - Present
Masamichi Abe .....2018 - Present
Tony Leo .....2011 - 2017
Lanning Tucker .....2013 - 2017
Dave Pruemer .....2005 - 2012
Rick McWane .....2002 - 2004
Jim Kahmann.....1996 - 2001
Doug Nelson .....1990 - 1995
Dick Martin .....1972

## Steve DONOHUE

Head Athletic Trainer

University of Louisville (B.S.)
Years in MLB: 32

Steve Donohue, 61, enters his 7th season as only the 2nd Head Athletic Trainer of the New York Yankees have had in almost 40 years, following Gene Monahan's retirement. Donohue spent 26 years serving as Gene's assistant athletic trainer with the Yankees. Steve has been treating the injuries of professional athletes since his high school days in Mt. Vernon, N.Y. Donohue served as a student athletic trainer for the New York Jets, and he continued to assist the NFL team for four years. University of Louisville alum, Donohue joined the Yankees' Minor League organization after graduation, working with affiliates in West Haven, Nashville, and Columbus. He was promoted to the Yankees' MLB club in 1986. Donohue served as American Athletic Trainer for the 1999 and 2006 MLB All-Star Games. Donohue sits on the MLB Medical Advisory Committee, the Hall of Fame Committee. A member of the NATA and the Eastern Athletic Trainers Association, also serves on the NATA PR Committee. He authors the annual PBATS Confidential Directory. Donohue along with Gene Monahan, was honored with the annual "MLB Athletic Training Staff of the Year" in 1990 and again in 2010. Steve is also a certified New York State Emergency Medical Technician. Donohue and his wife, Paula, have two daughters, Shannon and Margaret.

## Mike SCHUK

Assistant Athletic Trainer / Physical Therapist

Nova Southeastern University (DPT)
University of Central Florida (B.S.)
Years in MLB: 4

Michael Schuk, 35, begins his fifth season as the Yankees' Assistant Athletic Trainer/Physical Therapist. Prior to working with the New York Yankees, Schuk spent time from 2012-2014 working on the THOR3 initiative, a program designed to aid the physical and mental abilities of Army Special Forces. Schuk began his career in baseball as an intern athletic trainer with the Cleveland Indians' minor league system in the spring of 2006. After spending the remainder of 2006 as part of the Indians' medical staff, Schuk returned to school for physical therapy. He earned a Doctor of Physical Therapy degree at Nova Southeastern University in Fort Lauderdale, Fla. in 2010 and immediately returned back to work another year in the Indians' minor leagues. He received a bachelor's degree in Health Science-Athletic Training from the University of Central Florida in 2005. Schuk also spent time as a season-long athletic training intern for the Washington Redskins in 2005.

## Tim LENTYCH

Assistant Athletic Trainer

Ball State University (B.S.)
University of Tennessee (M.S.)
Years in MLB: 2

Tim Lentych, 39, a native of South Bend, Indiana enters his third season as assistant athletic trainer for the New York Yankees after spending 12 years in the minor leagues with the Yankees with 4 of those years serving as the Head Athletic Trainer, Player Development. Earned a bachelor's of science in Applied Science and Technology with a concentration in athletic training from Ball State University in 2002 and a master's degree from the University of Tennessee in 2004. Lentych resides in Tampa, FL with his wife Katie.

*Yankee Stadium*
One East 161st Street | Bronx, NY 10451 | 718.293.4300

## Minor League Athletic Trainers

***Medical Coordinator, Player Development***
Mark Littlefield..... mlittlefield@yankees.com.....813.230.7116
***Assistant Athletic Trainer, Player Development***
Greg Spratt.....gspratt@yankees.com .....813.431.1616
***Scranton/W.B. Yankees (AAA)***
Darren London .....dlondon@yankees.com .....813.523.1455
***Trenton Thunder (AA)***
James Downam .....jdownam@yankees.com .....813.523.3327
***Tampa Yankees (A)***
Mike Becker .....mbecker@yankees.com.....813.466.0154
***Charleston Riverdogs (A)***
Mike Sole .....msole@yankees.com.....813.465.9041
***Staten Island Yankees (A)***
Jon Becker .....jbecker@yankees.com.....813.465.8127
***Pulaski Yankees (Short Season A)***
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***Gulf Coast Yankees I (Rookie)***
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***Gulf Coast Yankees II (Rookie)***
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***Draft Medical Coordinator***
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***Strength and Conditioning Coordinator***
Rigo Febles .....rfebles@yankees.com .....
***Assistant Strength and Conditioning Coordinator***
Mike Kicia.....mkicia@yankees.com .....813.215.7142
***Major League Strength and Conditioning Coordinator***
Matt Krause .....mkrause@yankees.com.....

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Steve Donohue .....2012 - Present
Gene Monahan .....1973 - 2011
Joe Soares .....1962 - 1972
Gus Mauch .....1944, 1948 - 1961
Ed Froelich .....1943, 1945 - 1947
Earl Painter .....1930 - 1942
Albert "Doc" Woods .....1918 - 1929

**ASSISTANT ATHLETIC TRAINER**

Tim Lentych.....2016 - Present
Mike Schuk .....2014 - Present
Mark Littlefield .....2012 - 2015
Steve Donohue .....1986 - 2011
Mark Letendre .....1982 - 1985
Barry Weinberg .....1979 - 1981
Herm Schneider.....1976 - 1978
Don Seger .....1962 - 1968
Gus Mauch .....1946

## Nick PAPARESTA

Head Athletic Trainer

Baldwin-Wallace College (B.A.)
Years in MLB: 11

Nick, 45, is entering his seventh season as the Head Athletic trainer with Oakland, after five years with the Tampa Bay Rays organization, of which three were as the Major League Assistant Athletic Trainer. He spent his first two seasons with the Rays as Minor League Athletic Trainer and Rehabilitation Coordinator, where he was responsible for overseeing all minor league athletic trainers and rehabilitation with minor league players, as well as assisting with the major league club. A native of North Fort Myers, Fla., Paparesta started his career working in the Cleveland Indians organization for 11 seasons, including three with Triple-A Buffalo. He is a graduate of Baldwin-Wallace College in Berea, Ohio, and is certified by the National Athletic Trainers' Association (NATA), and is a certified strength and conditioning trainer through the National Strength and Conditioning Association (NSCA). In 2009, Paparesta shared honors with Ron Porterfield and Paul Harker of the Tampa Bay Rays as "Major League Athletic Training Staff of the Year." Nick and his wife, Kristel, reside in Dublin, CA with son Noah and daughter Alaina.

## Jeff Collins

Assistant Athletic Trainer

Southern Illinois University, Carbondale (B.S.)
University of Nevada (M.S.)
Years in MLB: 2

Jeff Collins, 44, is entering his second season as an Assistant Athletic Trainer with the Oakland Athletics. Prior to this role, Collins had spent 19 seasons in the A's organization, with 16 of those years as the Minor League Medical Coordinator. Collins also served as the Athletic Trainer for Short-Season Vancouver in 2004 and served in the same capacity for Single-A Visalia (2000) and Short-Season Southern Oregon (1998-99). Collins was honored by his peers as the PBATS Medical Coordinator of the Year in 2014 and again in 2016. Since 2011, Collins has served as an Athletic Trainer for the ESPN Winter X Games. In his spare time he enjoys fitness, snowboarding and spending time with his family. Collins holds a Bachelor of Science degree in Athletic Training from Southern Illinois University at Carbondale and received his Master of Science degree in Health, Wellness and Exercise Science at the University of Nevada. He is a certified member of the National Athletic Trainers' Association (NATA) and is a Licensed Athletic Trainer in the state of Arizona, where he resides with his wife, Renea. They have a daughter, Breanne, who's currently working towards her PhD in International Relations and Political Psychology.

## Brian SCHULMAN

Assistant Athletic Trainer

University of California, Santa Barbara (B.A.)
California State University, Fresno (M.A.)
Years in MLB: 8

Brian Schulman, 38, enters his eighth year as an assistant athletic trainer with the Oakland Athletics. He spent the previous seven years as the rehabilitation coordinator and assistant athletic trainer with the University of California, Berkeley. In 2010, Schulman lectured at the PBATS annual meeting discussing "An Unusual Cause of Pain in a Collegiate Baseball Pitcher." While at Cal, Schulman worked with the Baseball, Men's Water Polo, Women's Soccer, and Swimming and Diving programs. In 2006 and 2007 he was part of back to back NCAA Water Polo championship teams. Prior to his time at Cal, Schulman was an intern athletic trainer with the San Francisco 49ers during the 2003 season. Currently Schulman serves on the PBATS Electronic Medical Records committee. He is also a member of the NSCA as a certified strength and conditioning specialist. A swimming, cycling, and running enthusiast, Schulman also enjoys cooking and resides in San Ramon, CA with his wife, Megan, and sons, Luke and Gavin.

*Oakland Coliseum*
7000 Coliseum Way | Oakland, CA 94621 | 510.638.4900

## Minor League Athletic Trainers

***Medical Coordinator***
Nathan Brooks .....nbrooks@athletics.com .....480.387.5800 Ext. 5808
***Minor League Rehab Coordinator***
Travis Tims .....ttims@athletics.com .....541.231.3558
***Minor League Latin American Coordinator***
Javier Alvidrez .....jalvidrez@athletics.com .....813.523.3551
***Nashville Sounds (AAA)***
Brad La Rosa .....blarosa@athletics.com .....618.830.7511
***Midland Rockhounds (AA)***
Justin Whitehouse .....jwhitehouse@athletics.com .....559.679.5711
***Stockton Ports (A)***
Shane Zdebiak .....szdebiak@athletics.com .....480.253.1237
***Beloit Snappers (A)***
Brian Thorson.....bthorson@athletics.com.....608.239.1621
***Vermont Lake Monsters (A)***
Toshiaki Nagahara .....tnagahara@athletics.com .....870.219.5020
***Arizona League Athletics (Rookie)***
Chris Lessner .....clessner@athletics.com .....602.790.4457
***Dominican Summer League (Rookie)***
Peter Walukiewicz .....kpwalukiewicz@athletics.com .....829.222.8578
***Coordinator of Medical Services***
Larry Davis .....ldavis@athletics.com .....480.387.5800 Ext. 5802

## Minor League Strength and Conditioning

***Strength and Conditioning Coordinator***
AJ Seeliger.....aseeliger@athletics.com .....509.336.9795
***Assistant Strength and Conditioning Coordinator***
Matt Rutledge.....mtutledge@athletics.com.....775.291.2172
***Minor League Latin American Coordinator***
JD Howell .....jhowell@athletics.com .....610.739.8416
***Nashville Sounds (AAA)***
Henry Torres.....htorres@athletics.com .....210.379.8097
***Midland Rockhounds (AA)***
Omar Aguilar .....oaguilar@athletics.com .....939.489.8969
***Stockton Ports (A)***
Matt Mossiman.....mmossiman@athletics.com .....610.739.8416
***Beloit Snappers (Low A)***
Scott Smith .....ssmith@athletics.com .....478.456.7777
***Vermont Stompers (Short A)***
Kevin Guild .....kguild@athletics.com .....802.999.7470
***Arizona Summer League (Rookie)***
JD Howell .....jhowell@athletics.com .....610.739.8416
***Dominican Summer League (Rookie)***
Kevin Guild .....kguild@athletics.com .....802-.999.7470

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Nick Paparesta .....2011 - Present
Stephen Sayles .....2008 - 2010
Larry Davis .....1998 - 2007
Barry Weinberg .....1982 - 1997
Joe Romo .....1969 - 1981
Bill Jones .....1968

**ASSISTANT ATHLETIC TRAINER**
Jeff Collins.....2016 - Present
Brian Schulman .....2011 - Present
Walt Horn.....2008 - 2016
Stephen Sayles .....1998 - 2007
Larry Davis .....1984 - 1997

## Rick GRIFFIN

Athletic Trainer Emeritus

Utah State University (B.S.)
University of Oregon (M.S.)
Years in MLB: 36

Rick "Griff" Griffin, 62, began his career in sports medicine as a teacher/athletic trainer at Winston Churchill High School in Eugene, Ore. in 1977. A native of Brigham City, Utah, Griffin moved to professional baseball in 1978 when he became an athletic trainer for the Eugene Emeralds, a Cincinnati Reds Minor League affiliate. In 1981, Griffin became a full-time athletic trainer for the Seattle-based Sports Medicine Clinic, before accepting the position of head athletic trainer for the Seattle Mariners in 1983. In May of 2015 Griffin worked his 5,000th game for the Mariners. In 2018, lectured in Ireland on behalf of the PBATS international program. A member of the NATA, ACSM, and the NWATS, Griffin has served as PBATS American League Athletic Trainer Representative from 1989-95, and worked at the MLB All-Star games in 1987, 1995, 2001, and 2010. He toured Japan with the Major-League All-Stars in 1996 and lectured in Japan in 1994-1995, 1998, 2000-2002, 2014, and 2014-2017. Griffin provides health care to the Montana Pro Rodeo Circuit Finals and is an avid hunter and fisherman. He lives in Bothell, Wash.

## Rob NODINE

Senior Athletic Trainer

University of Nevada-Las Vegas (B.S.)
Years in MLB: 1

Rob Nodine, 52, begins his twelfth year with the Major League Medical Staff after spending 14 years in the Mariners minor league system. A Battle Mountain, Nevada native, Nodine began his career as an Athletic Trainer for the Class-A Riverside Pilots in 1993. He progressed to the Class AA Memphis Chicks in 1997, and was promoted to the Class AAA Tacoma Rainiers in 2001. Nodine is a member of the NATA and the Northwest Athletic Trainers Association. Nodine was elected to the PBATS Executive Board as the American League Asst. Athletic Trainer Representative in 2009, he spent 6 years working on the PBATS Executive Board. Nodine lives in Edmonds, WA with his wife Summer and has 4 daughters, Olivia, Charlotte, Mckenna, and Shelby.

## Matthew TOTH

Assistant Athletic Trainer

John Carroll University (B.A.)
Oregon State University (M.S.)
Years in MLB: 7

Matt Toth begins his seventh year with the Major League Medical Staff after spending 10 years in the minor leagues. A Cleveland, Ohio native, Toth began his baseball career as a certified athletic trainer with the Mesa Cubs, the rookie ball affiliate of the Chicago Cubs in 2001. Toth also spent time with the Milwaukee Brewers and also worked at Oregon State University as the Baseball/Football Athletic trainer before joining the Seattle Mariners in 2006. Since joining the Mariners, Matt has spent six seasons between Inland Empire (2006), High Desert (2007), Wisconsin (2008), and Jackson (2009-2011). Toth was named the 2011 Southern League Athletic Trainer of the Year. Matt is a certified member of the NATA, as well as a certified strength and conditioning specialist and a corrective exercise specialist through NASM. Currently, Matt resides in Issaquah, WA with his wife Annie, son Alex, and daughter Ellie.

## *Lorena* MARTIN

Director of High Performance

University of Miami (B.A.)
Nova Southeastern University (M.S.)
University of Miami (Ph.D.)
UC San Diego – Postdoctorates
Years in MLB: 1

Dr. Lorena Martin was named the Mariners first-ever Director of High Performance on Oct. 30, 2017. She is responsible for coordinating all aspects of the Mariners physical and mental training approach of players and staff, including oversight of both the Major and Minor League's medical, strength and conditioning, nutrition and mental skills departments. Martin's specialty is integrating physiology, psychology, sports science, and statistical analysis to better professional athletes and others in the pursuit of maximum performance. Prior to joining the Mariners she was Director of Sports Performance Analytics for the NBA's LA Lakers. Dr. Martin has also consulted for professional teams as well as worked with professional athletes in individual sports such as tennis and golf. Martin has also worked with Ripken Baseball (Sports Science Evaluator and Consultant), Athletic Mental Performance, Inc. (Sports Psychology Coach) and the Kaweah Delta Hospital District (Lead Statistician). Dr. Martin's educational background includes earning three post-doctorates in GIS spatial analysis (2016), biostatistics (2015) and epidemiology (2014) at the University of California, San Diego, School of Medicine Department of Family and Preventive Medicine. She earned her Ph.D. in Exercise Physiology from the University of Miami in July, 2013. She earned her Master of Science, Psychology from Nova Southeastern University (Ft. Lauderdale, FL) in June 2009 with a concentration in Sports Psychology and her B.A. in Psychology from the University of Miami (with a double minor in Leadership and Spanish) in June 2005. Dr. Martin also spent time as a Visiting Scientist at the Salk Institute focusing on bioinformatics and has also been an invited Visiting Researcher at NASA Langley. She has taught at multiple universities including Northwestern University and the University of Miami. Martin is an accomplished tennis player who competed at the amateur, college and professional levels.

## Minor League Athletic Trainers

***Head Athletic Training Coordinator***
John Walker .....216.464.6449

***Rehabilitation Coordinator***
TBD .....

***Latin American Athletic Trianing Coordinator***
TBD .....

***Tacoma Rainiers (AAA)***
Tom Newberg .....206.612.4249
Ben Clawson .....217.791.0275

***Arkansas Travelers (AA)***
BJ Downie .....206.697.7370

***Modesto Nuts (A)***
Josh DiLoreto .....859.213.7839

***Clinton Lumberkings (A)***
Lyle Danley .....575.491.5195

***Everett Aquasox (A)***
Josh Gallagher .....

***Arizona League Mariners (Rookie)***
Randy Roetter .....623.776.4842

***Physical Therapist***
Ryan Bitzel .....330.705.3861

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Rick Griffin .....1983 - Present
Gary Nicholson .....1977 - 1982

**ASSISTANT ATHLETIC TRAINER**
Rob Nodine .....2006 - Present
Matthew Toth .....2012 - Present
Takayoshi Morimoto .....2012
Tom Newberg .....1990 - 2006

## Joe BENGE

Head Athletic Trainer

Loyola (MD) University (B.S.)
Fresno Pacific University (M.A.)
Years in MLB: 1

Joseph Benge, 40, is entering his first year as head Major League Athletic Trainer with the Tampa Bay Rays becoming the fourth head Athletic Trainer in Rays franchise history, following Jamie Reed (1997-2002), Ken Crenshaw (2003-05) and Ron Porterfield (2006-17). He has spent the last seven seasons in the Rays organization, including the last six (2012-17) as minor league medical coordinator, overseeing all minor league athletic trainers and rehabilitation with minor league players while assisting the major league club. He was named 2015 Minor League Athletic Trainer of the Year by the Professional Baseball Athletic Trainers Society (PBATS) and served as the athletic trainer for the World Team at the Futures Game in San Diego in 2016. Joe joined the Rays organization in 2011 as the athletic trainer for Triple-A Durham, following 10 seasons (2001-2010) as an athletic trainer in the Baltimore Orioles system. In total, Joe has served as an athletic trainer for teams in Bluefield, WV; Aberdeen, MD; Salisbury, MD; and Bowie, MD reaching Double-A Bowie in his final seasons with Baltimore. Joe has also spent time in winter ball assignment in La Romana, Dominican Republic (2001-2002, 2002-2003) as well as Honolulu, HI (Honolulu Sharks) in 2007. Prior to that he graduated from Loyola (MD) University with a B.S. in biology in 1999, and received his master's degree in kinesiology from Fresno Pacific University in 2010. He resides in Sarasota, FL and has a daughter Isla, age 7.

## Paul HARKER

Major League Medical Coordinator

Florida State University (B.S.)
Years in MLB: 13

Paul Harker, 48, is in his thirteenth year with the Major League team and first as Major League Medical Coordinator for the Tampa Bay Rays. He received a Bachelor of Science degree from Florida State University in 1991. Paul spent 6 seasons (1991-1996) working as a minor league athletic trainer for the Seattle Mariners organization. He was hired by the Rays organization in November of 1996. In 1997, he worked as the athletic trainer for the Rays Florida State League affiliate (St. Petersburg Devil Rays), and then spent the 1998-2002 seasons as the athletic trainer for the Rays International League affiliate (Durham Bulls). During the 2003-2005 seasons, he served as the Rays minor league athletic training and rehabilitation coordinator. In December of 2005, Paul was promoted to the position of Major League Assistant Athletic Trainer. In 2009, Paul shared honors with Ron Porterfield and Nick Paparesta as "Major League Athletic Training Staff of the Year." In 2015 Paul was honored to work the Major League All Star Game in Cincinnati. Paul, his wife Julie, and their children Derek, Cameron, and Paige reside in Parrish, Fla.

## Mark VINSON

Assistant Athletic Trainer

Bluefield (Va.) College (B.S.)
University of Virginia (M.Ed.)
Years in MLB: 8

Mark begins his thirteenth season with the Rays organization and eighth in his current position of major league assistant athletic trainer. Previously he served as the minor league medical coordinator from 2008 through 2010 and as the athletic trainer for Durham in 2007, and Montgomery in 2006. He spent four years (2001-2004) as an athletic trainer in the Texas Rangers organization. Mark received a Bachelor's of Science in Athletic Training from Bluefield (Va.) College, where he was also a pitcher on the baseball team. He earned a Master's of Education at the University of Virginia in 1999. He has been a certified athletic trainer (ATC) since 1998, as well as a Certified Strength and Conditioning Specialist (CSCS) since 2000. A native of Pearisburg, VA, Mark and his wife, Mary Carolyn, reside in St. Petersburg, FL.

*Tropicana Field*
One Tropicana Drive | St. Petersburg, FL 33705 | 727.825.3137

## *Mike* SANDOVAL

Assistant Athletic Trainer

New Mexico State University (B.S.)
Years in MLB: 12

Mike Sandoval joins the Major League athletic training staff as assistant athletic trainer after six seasons (2012-2017) as an athletic trainer with the Triple-A Durham Bulls. Next year will be his 32nd season in professional baseball, including 25 years with the Pittsburgh Pirates organization. From 2001-11, he was the Pirates assistant athletic trainer and major league rehab coordinator. He began his professional career in 1987 as athletic trainer for the Watertown Pirates of the New York-Penn League. He has also worked with Rookie-level Princeton (1988), Class-A Salem (1989), Double-A Harrisburg (1990), Double-A Carolina (1991, 1997-98), Triple-A Buffalo (1992-94), Triple-A Calgary (1995) and Double-A Altoona (1999-2000). Mike graduated from New Mexico State University in 1988 with a degree in physical education and sports medicine. He and his wife, Dodie, have a son, Michael Jr.

## Minor League Athletic Trainers

***Medical Coordinator***
Aaron Scott.....ascott@raysbaseball.com .....319.504.1722

***Rehab Coordinator***
Joel Smith.....jsmith@raysbaseball.com .....727.439.2062

***Latin American Medical Coordinator***
Chris Tomashoff .....ctomashoff@raysbaseball.com .....727.439.2074

***Major League S&C Coordinator***
Trung Cao .....tcao@raysbaseball.com.....727.439.2076

***Major League Assistant S&C Coordinator***
Joey Greany.....jgreany@raysbaseball.com .....845.649.3519

***Minor League S&C Coordinator***
Pat Trainor .....ptrainor@raysbaseball.com .....856.364.3541

***Durham Bulls (AAA)***
Scott Thurston .....sthurston@raysbaseball.com.....970.389.6507

***Montgomery Biscuits (AA)***
Kris Russell .....krussell@raysbaseball.com .....727.560.6434

***Port Charlotte Stone Crabs (A)***
James Ramsdell.....jramsdell@raysbaseball.com .....617.913.7383

***Bowling Green Hot Rods (A)***
Brian Newman .....bnewman@raysbaseball.com .....360.393.5702

***Hudson Valley Renegades (A)***
Tsutomu Kamiya.....tkamiya@raysbaseball.com .....937.409.6383

***Princeton Rays (Short-Season Rookie)***
Ruben Santiago .....rsantiago@raysbaseball.com.....787.390.7300

***Gulf Coast Rays (Rookie)***
Peter Walukiewicz .....pwalukiewicz@raysbaseball.com.....201.572.4599

***Gulf Coast Rays (Rookie)***
Shinichiro Fukuda.....sfukuda@raysbaseball.com.....334.482.2277

***Major League Conditioning Coordinator***
Trung Cao .....tcao@raysbaseball.com.....727.439.2076

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Joe Benge.....2018 - Present
Ron Porterfield.....2006 - 2017
Ken Crenshaw.....2003 - 2005
Jamie Reed .....1998 - 2002

**ASSISTANT ATHLETIC TRAINER**

Mike Sandoval.....2018 - Present
Mark Vinson .....2011 - Present
Paul Harker .....2006 - 2018
Nick Paparesta .....2008 - 2010
Ron Porterfield.....2003 - 2005
Ken Crenshaw.....1998 - 2002

## Jamie REED

Senior Director of Medical Operations & Sports

East Carolina University (B.S.)
Years in MLB: 30

Jamie Reed, 58, is entering his 16th season with the Texas Rangers organization. From 1997 to 2002, Reed was head athletic trainer for the Tampa Bay Devil Rays. He also was the assistant athletic trainer for the Baltimore Orioles from 1989 to 1996. While at the Orioles, Reed shared "Major League Baseball Athletic Training Staff of the Year" honors in 1995 with Richie Bancells. Prior to his Major League appointment in 1989, Reed spent seven seasons in the Orioles' Minor League system with teams in Bluefield (Rookie League), Hagerstown (Class A), Charlotte (Class AA) and Rochester (Class AAA). Reed is a former American League assistant athletic trainer representative on the PBATS Executive Committee. He spoke at MLB's 1999 Rookie Development Program. In December 2003 Reed traveled to Japan to address the Japanese Professional Baseball Athletics Trainers Society (JPBATS). He also served as one of the athletic trainer's for the 2006 Japan All-Star trip. He has been selected as American League All-Star athletic trainer for both the 2000 and 2008 teams. In December 2001, he was selected by his peers as the new president of PBATS, and was re-elected to the position in 2003 and again in 2005. He also served on the Board as Immediate Past President until 2013. A native of Annapolis, MD., Reed served as athletic trainer for the U.S. Naval Academy's football and basketball teams from 1982 to 1984, and again in 1988.Reed co-chairs the Red Romo Scholarship that provides the expenses to pay for an extra athletic trainer for the Naval Academy Sports Program. Reed lives in Grand Prairie, Texas, with his wife Jean. They have three children and seven grandchildren that all live in Texas.

## Kevin HARMON

Head Athletic Trainer

Central Michigan University (B.S.)
Years in MLB: 17

Kevin Harmon, 55, is in his 16th year with the Texas Rangers organization and his fifth as head athletic trainer. Harmon's career started with the Atlanta Class-A Sumter Braves (1986-1987) and then the Atlanta Class-A Durham Bulls (1988-1990). In 1991 he was a Clinical and Outreach Athletic Trainer in Ypsilanti, Mich., then moved to the Baltimore Orioles Class AA Hagerstown Suns in 1992, followed by a four year stay (1993-1996) with the Baltimore Orioles Class AAA Rochester Red Wings, and then in 1997 was the Minor League Coordinator for the Baltimore Orioles. From 1998-2000 Harmon was the Major League S&C Coordinator for the Tampa Bay Devil Rays and in 2001 was their Minor League S&C Coordinator. He was Minor League Medical and Strength Coordinator from 2003-2004 for the Texas Rangers and was promoted to major league assistant athletic trainer in 2005. Born in Battle Creek, Mich., Harmon now resides in Mansfield, TX with his wife Melony. They have 2 children, Madison and Gage.

## Matt LUCERO

Assistant Athletic Trainer

New Mexico State University (B.S.)
Years in MLB: 6

Matt Lucero, 48, will be entering his 13th season with the Texas Rangers organization. He was the Minor League Rehabilitation Coordinator in 2006, the Minor League Medical Coordinator from 2007 – 2010, and was added to the Major League staff prior to the 2011 season. Lucero's career began with the Tampa Bay Devil Rays Rookie team in Princeton, West Virginia (1999), followed by the Rays Class A Charleston Riverdogs (2000), Rays High A Bakersfield Blaze (2001 and 2002), Rays Double A Orlando Rays (2003), and Rays Double A Montgomery Biscuits (2004 and 2005). He is a graduate of New Mexico State University where he obtained a BS in Athletic Training Education. Born in Fairview, NM, Lucero now resides in Grapevine, Texas with his wife Regina and their children Madyson, Andres and Max.

*Rangers Ballpark in Arlington*
1000 Ballpark Way | Arlington, TX 76011 | 817.273.5222

## Minor League Athletic Trainers

***Medical Coordinator***
Jason Roberts .....jasonroberts@texasrangers.com .....817.879.3453
***Rehab Coordinator***
Sean Fields .....sfields@texasrangers.com.....806.241.1667
***Assistant Medical & Rehab Coordinator***
Chris Olson.....colson@texasrangers.com.....786.546.4374
***Round Rock Express (AAA)***
Carlos Olivas .....colivas@texasrangers.com .....505.681.9004
***Frisco RoughRiders (AA)***
Jacob Newburn .....jnewburn@texasrangers.com .....817.948.1749
***Down East Wood Ducks (A)***
Alex Rodriguez.....arodriguez@texasrangers.com .....809.519.0420
***Hickory Crawdads (A)***
Luke Teeters .....lteeters@texasrangers.com .....740.708.6820
***Spokane Indians (Short-Season A)***
Bronson Santillan .....bsantillan@texasrangers.com .....858.442.8650
***Arizona League Rangers (Rookie)***
Jeff Case .....jcase@texasrangers.com .....(US) 314.304.0902
***Dominican Summer League 1 (Rookie)***
Yuichi Takizawa .....ytakizawa@texasrangers.com....(DR) 809.399.0269
***Dominican Summer League 2 (Rookie)***
Derrick Decker .....ddecker@texasrangers.com .....809.519.0819
***Strength and Conditioning Coordinator***
Napolean Pichardo.....npichardo@texasrangers.com .....817.235.1541

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Kevin Harmon .....2014 - Present
Jamie Reed .....2003 - 2013
Danny Wheat.....1992 - 2002
Bill Zeigler .....1970 - 1991
Tom McKenna .....1961 - 1969

**ASSISTANT ATHLETIC TRAINER**
Matt Lucero .....2011 - Present
Kevin Harmon .....2005 - 2013
Greg Harell .....2003
Ray Ramirez .....1992 - 2004
Danny Wheat.....1985 - 1991

## *Nikki* HUFFMAN

Head Athletic Trainer & Director of Physical

Averett University (B.S.)
University of St. Augustine (DPT)
Years in MLB: 2

Nikki begins her third season with the Toronto Blue Jays organization and her second at the MLB level. She enters her first season as the Head Athletic Trainer after serving as the Rehab Coordinator in 2016 and Head Physical therapist in 2017. She received her Doctorate of Physical Therapy from the University of St. Augustine in 2012 after completing her Bachelors in Athletic Training from Averett University in 2009. She is a Board Certified Sports Clinical Specialist as recognized by the American Physical Therapy Association. Her career has included time spent at Atlanta Falcons Physical Therapy, followed by a Sports Physical Therapy Residency, and then a Fellowship at Duke University where she worked with Division I athletes in football, basketball, baseball and Olympic sports. During this time, Nikki was involved with research conducted in the Michael W. Krzyzewski Human Performance Laboratory (K-Lab) as well served as a clinician for collegiate and professional athletes. Nikki is a native of Hickory, NC and currently resides in Dunedin, FL.

## *Jose Julian* MINISTRAL

Assistant Athletic Trainer

Springfield College (B.S.)
Years in MLB: 1

Jose Julian Ministral, 44, begins his sixth season with the Toronto Blue Jays Organization and first year as the Assistant Athletic Trainer. A Summit, NJ native, Jose earned his undergraduate degree from Springfield College and is certified by the NATA and NSCA. He was named to the position of Assistant Athletic Training Coordinator in 2013, a position he held until becoming the Minor League Athletic Training Coordinator in 2016. Jose began his baseball career in 1998 with the Pittsburgh Pirates Organization as a GCL Intern, spending 14 years with the organization as a minor league athletic trainer. He spent six seasons (2003-05 & 2007-09) as Pittsburgh's Triple-A athletic trainer. Also served as athletic trainer at Lynchburg (A) in 2002 and as the Pirates Minor League Rehab Coordinator in 200l. Jose resides in Palm Harbor, Florida during the off-season with his wife Jenna and children Gillyan and Kirk.

## *Voon* CHONG

Assistant Athletic Trainer

Simon Fraser University, BC (B.S)
Years in MLB: 1

Voon, 47, is entering his 17th season overall with the Blue Jays organization and his 1st on the Major League staff as Assistant Athletic Trainer. He began his baseball athletic training career with the Blue Jays in Medicine Hat (Rookie A) in 2002 and has made stops in Charleston, WV (A) 2003; Manchester, NH (AA) from 2004-2009 and Buffalo, NY (AAA) from 2010-2017. He was voted the Eastern League Athletic Trainer of the Year in 2007 & 2008 and was selected to represent the Blue Jays in the Hawaii Winter Baseball League (Honolulu Sharks) in 2006 and Arizona Fall League (Scottsdale Scorpions) in 2007. Prior to baseball, Voon represented Canada as an Athletic Trainer/Equipment Manager on the Canadian U-20 National Soccer Team at the World Youth Cup in 1997 (Malaysia) and 2001 (Argentina), 2001 Canadian U-23 National Soccer Team at Francophone Games in Ottawa and Canadian Olympic National Soccer Team in the 2003 Olympic Qualifying Tournament. He was born in Ipoh, Malaysia and currently resides in Coquitlam, BC.

## *Scott* PETERS

Assistant Physical Therapist

Minot State (BS)
Duke University (DPT)
Years in MLB: 1

Scott enters his first season as the assistant physical therapist after serving the past two seasons in a part-time role with the organization. Scott obtained his Doctorate in Physical Therapy from Duke University in 2017 after receiving his Bachelors in Athletic Training and Corporate Fitness from Minot State University (ND) in 2013. He completed a Masters degree in Management from Minot State in 2014 while serving as a graduate assistant strength and conditioning coach with the baseball program for the Division II University. Other previous experience includes an athletic training internship with the Los Angeles Angels of Anaheim (2012) in Tempe, AZ, assistant athletic trainer for the Lowell Spinners (Boston Red Sox, 2014), and game day assistant with the Carolina Hurricanes (NHL, 2015-2016). He is currently pursuing a Fellowship in Orthopedic Manual Physical Therapy through the American Academy of Manipulative Therapy.

*Rogers Centre*
1 Blue Jays Way, Suite 3200 | Toronto, Ontario, Canada M5V 1J1 | 416.341.1000

## Major League Staff

***Director of High Performance***
Angus Mugford .....941.962.6133
***Asst. Dir. of High Performance & Head of Sports Science***
Clive Brewer .....727.325.0018
***Assistant Physical Therapist***
Scott Peters.....919.824.8840
***Head of Strength and Conditioning***
Donovan Santas .....727.235.3742
***Assistant Strength and Conditioning Coordinator***
Scott Weberg .....606.776.8304

## Minor League Athletic Trainers

***Athletic Training Coordinator***
Jeffrey Stevenson .....727.410.8617
***Minor League Strength and Conditioning Coordinator***
Jeremy Trach .....727.608.7032
***Rehabilitation Coordinator***
Pat Chasse .....860.690.1424
***Assistant Rehabilitation Coordinator***
Mauricio Elizondo .....617.913.9224
***Minor League Assistant Strength & Conditioning Coordinator***
Chad Uhlien .....414.559.7691
***Buffalo Bisons (AAA)***
Bob Tarpey .....207.451.7760
***New Hampshire Fisher Cats (AA)***
Drew MacDonald.....727.420.7074
***Dunedin Blue Jays (A)***
Daniel Leija .....586.839.9996
***Lansing (MI) Lugnuts (A)***
Caleb Daniel .....501.837.5269
***Bluefield Blue Jays (Short-Season A)***
Luke Green .....765.562.2453
***Vancouver Canadians (Short-Season A)***
Michael Rendon .....563.210.9434
***Gulf Coast League (Rookie)***
Jon Woodworth .....315.569.3011
***Dominican Summer League (Rookie)***
Hiroki Yoshimoto .....870.273.0508

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Nikki Huffman .....2018 - Present
George Poulis .....2004 - 2017
Scott Shannon.....2000 - 2003
Tommy Craig .....1987 - 1999
Ken Carson .....1977 - 1984

**ASSISTANT ATHLETIC TRAINER**
Jose Ministral .....2018 - Present
Voon Chong .....2018 - Present
Jeff Stevenson.....2016 - 2017
Mike Frostad .....2010 - 2017
David Hudson .....2011 - 2012
Dave Abraham.....2004 - 2009
George Poulis .....2000 - 2003
Scott Shannon .....1987 - 1988, 1998 - 1999
Brent Andrews .....1989 - 1997
Tommy Craig .....1985 - 1986

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## Ken CRENSHAW

Director of Sports Medicine & Performance

New Mexico State University (B.S.)
Years in MLB: 21

Ken Crenshaw, 50, is entering his first season as the Director of Sports Medicine and Performance after serving twelve years as the Head Athletic Trainer for the Arizona Diamondbacks. Crenshaw was the head athletic trainer for the Tampa Bay Devil Rays from 2003 to 2005 and served as the assistant athletic trainer for the Rays from 1998-2002. While with the Rays, Crenshaw shared "Major League Baseball Athletic Training Staff of the Year" honors in 2005 and the “Dick Martin Athletic Training Staff of the Year” honors in 2004 with Ron Porterfield. He also served as the organization's Minor League athletic training and conditioning coordinator for the 1996 and 1997 seasons. Prior to joining Tampa Bay, Crenshaw worked for seven years as a professional athletic trainer, including four years as Minor League conditioning coordinator for the Atlanta Braves from 1992 to 1995. He also served as an athletic trainer in the Pittsburgh Pirates' farm system from 1989 to 1991, working with affiliates in Princeton, W.Va., and Welland, Ontario. A native of Carrizozo, N.M., Crenshaw received an undergraduate degree in sports medicine from New Mexico State University in 1990. He is a certified member of the NATA and the (NSCA) National Strength & Conditioning Association. In his spare time, Crenshaw coaches youth football, basketball and baseball programs. Crenshaw, his wife, Robyn, and their sons, Wacy, Wyatt, and Dustin, reside in Chandler, AZ.

## Ryan DIPANFILO

Head Athletic Trainer

Springfield College (B.S.)
Years in MLB: 6

Ryan DiPanfilo, 33, is entering his first year as the Head Athletic Trainer after serving five years as the Assistant Athletic Trainer for the Diamondbacks. Before joining the Major League staff, DiPanfilo served as the organization’s Minor League Medical Coordinator (2011-2012). Prior to the 2011 season, he was the Head Athletic Trainer for the AA Mobile BayBears (2009-2010), High-A Visalia Oaks (2008), and Rookie Yakima Bears (2007). Prior to joining the Diamondbacks, DiPanfilo earned a bachelor’s degree in athletic training from Springfield College (Springfield, MA) in 2006. He is a certified member of both the NATA and NSCA. A native of Saugus, MA, DiPanfilo now resides in Chandler, AZ with his wife, Kathryn, and daughter, Kelly and son, Rhys. He enjoys coaching youth basketball in his spare time.

## Ben HAGAR

Physical Therapist

California State University - Sacramento (B.S. & M.S.)
Years in MLB: 3

Ben is entering his 3rd season as the Major League Physical Therapist for the Arizona Diamondbacks. Prior to this, he worked for 5 years in private practice orthopedics and has been a rehab consultant to the Arizona Diamondbacks (2012-2015) and Chicago Cubs (2014-2015). He has been a physical therapy clinical education coordinator/instructor to various doctor of physical therapy students and earned his PRC certification from the Postural Restoration Institute in 2014. He is certified in systemic dry needling and is a certified strength and conditioning specialist through the NSCA. Ben earned his Master’s Degree in Physical Therapy in 2009 and Bachelor’s degree in Kinesiology from California State University, Sacramento in 2007. He currently resides in Chandler, AZ and enjoys golfing, snowboarding, live music and traveling in his free time.

*Chase Field*
401 East Jefferson St. | Phoenix, AZ 85004 | 602.462.6500

## Minor League Athletic Trainers

***Medical Coordinator***
Kyle Torgerson .....ktorgerson@dbacks.com .....480.270.5864
***Assistant Coordinator***
Ryne Eubanks .....reubanks@dbacks.com .....901.270.5251
***Medical Administrator / Assistant Coordinator***
Jon Herzner .....jherzner@dbacks.com .....480.270.5863
***Minor League Physical Therapist***
Max Esposito .....mesposito@dbacks.com .....603.380.6345
***Reno Aces (AAA)***
Paul Porter .....pporter@dbacks.com .....480.270.5863
***Jackson General (AA)***
Joe Rosauer .....jrosauer@dbacks.com .....319.415.7891
***Visalia Rawhide (A)***
Chris Schepel.....cschepel@dbacks.com .....616.566.5486
***Kane County Cougars (A)***
Kelly Boyce.....kboyce@dbacks.com .....815.560.2716
***Hillsboro Hops (Rookie)***
Mike Powell .....mpowell@dbacks.com .....412.596.4639
***Missoula Osprey (Rookie)***
Damon Reel .....dreel@dbacks.com .....765.480.5622
***AZL Diamondbacks (Rookie)***
TBD.....
***Latin American Coordinator***
Spencer Ryan.....sryan@dbacks.com .....801.473.2006
***DSL Diamondbacks (Rookie)***
Adam Brewer .....abrewer@dbacks.com .....607.661.6221

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Ryan DiPanfilo .....2018 - Present
Ken Crenshaw.....2005 - 2017
Paul Lessard .....1998 - 2005

**ASSISTANT ATHLETIC TRAINER**
Ryan DiPanfilo.....2012 - 2017
PJ Mainville .....2011 - 2012
Dave Edwards .....1998 - 2010

## Jeff PORTER

Senior Advisor, Athletic Training

UNC-Wilmington (B.A.)
University of Denver (M.A.)
Years in MLB: 34

Jeff Porter, 62, has been the Head Athletic Trainer for the past 15 years and this year moves to the Athletic Training Senior Advisor role this year. His desire to treat athletic injuries began in college, and led him to a 1995 World Series title with the Braves. A Wilmington, N.C., native, Porter began his career as student athletic trainer at the University of North Carolina-Wilmington in 1974 and continued an assistant athletic trainer at the University of Denver in 1979. He worked his way up through the Minor Leagues with the Denver Bears, Jamestown Expos, Memphis Chicks, and the Indianapolis Indians before being promoted to the Braves' Major League club in 1985. In 1998, Porter and David Pursley hosted the PBATS Baseball Team Medicine Conference in Atlanta. He also was honored to serve as National League athletic trainer at the 1996 and 2008 MLB All-Star Game. He also served as one of the Athletic Trainers for the 2006 Japan All Star trip. Porter lives in Loganville, Ga. with his son, David Ray, and enjoys golfing, hunting, and fishing.

## George POULIS

Head Athletic Trainer / Director of Player

Baldwin-Wallace College (B.A.)
University of Alabama (M.A.)
Years in MLB: 19

George, 53, begins his first year as the Head Athletic Trainer / Director of Player Health for the Atlanta Braves after spending the past eighteen years with the Toronto Blue Jays. Prior to the Blue Jays, George was an athletic trainer in the San Diego Padres' Minor League system for 10 years. George got his first experience with professional sports in 1986 as an athletic training intern in the NFL with the Cleveland Browns Football Club. A Cleveland native, George earned his undergraduate degree from Baldwin-Wallace College in Berea, Ohio, and earned his master's degree from the University of Alabama. He worked his way up through the Padres' Minor League system with stops in Waterloo, Iowa (Class A); Wichita, Kan.; Memphis, Tenn.; Mobile, Ala. (Class AA); and Las Vegas, NV (Class AAA). At the conclusion of the 1998 Minor League season, George assisted the San Diego Padres' Athletic Training Staff during the 1998 playoffs and World Series. During the off-season, George and his wife, Jenny, live in Florida with their three daughters, Lainey, Evy, and Nicki.

## Andrew HAUSER

Assistant Athletic Trainer

The University of Kansas (B.S.)
Years in MLB: 3

Andrew, 33, enters his 3rd season as the Director of Player Health & Performance with the Atlanta Braves. Prior to that he served as the Minor League Medical Coordinator, as well as the Manual & Performance Coordinator for the Arizona Diamondbacks. He has worked with the Tampa Bay Rays as a minor league athletic trainer & the Philadelphia Phillies as a minor league strength coach, along with working at Therapy One Physical Therapy clinic in Farmington, NM during his off-seasons until 2011. Andrew is a Stilwell, KS native who attended the University of Kansas where he received his BS in Athletic Training. He currently resides in Mableton, GA with his wife Valerie and their two dogs Leo and Trevor.

*Turner Field*
755 Battery Avenue | Atlanta, GA 30339 | 404.614.2300

## *Mike* FROSTAD

Assistant Athletic Trainer

University of Calgary (B.P.E)
Years in MLB: 7

Mike Frostad, 45, begins his first season as assistant athletic trainer with the Atlanta Braves and twenty-third season overall in professional baseball. He spent the previous 22 seasons with the Toronto Blue Jays, 6 of them as the Major League assistant athletic trainer. A Calgary native, Mike earned his undergraduate degree from the University of Calgary and is certified by the NATA. He started his baseball career in 1996 with the St. Catharines Stompers (Short A) and made stops along the way in Medicine Hat Alberta, Hagerstown Maryland, and Dunedin Florida. Mike was named to the position of Minor League Medical Coordinator in 2005, a position he held until the 2010 season when he was appointed to Toronto as the Assistant Athletic Trainer. He returned to the role of Medical Coordinator in 2011 and 2012 before returning to Toronto. In 2004 and 2005 he won the Athletic Trainer of the Year Award for the Florida State League. In 2005 he was also the recipient of the Minor League Athletic Trainer of the Year Award. During the off season, Mike resides in Redcliff, Alberta with his fiancée, Candice.

## Minor League Athletic Trainers

***Minor League Medical Coordinator***
Joe Metz .....910.297.8326

***Minor League Performance Coordinator & Physical Therapist***
Pete Cicinelli .....407.939.2313

***Asst. Medical Coordinator & Gwinnett Braves (AAA)***
Nick Flynn .....727.808.3814

***Mississippi Braves (AA)***
TJ Saunders .....601.664.7821

***Florida Fire Frogs (A)***
Dave Comeau .....617.799.5133

***Rome Braves (A)***
Nick Jensen .....908.246.1022

***Danville Braves (Rookie)***
Vic Scarpone.....847.951.6272

***GCL Braves (Rookie)***
Drew Garner .....256.394.2316

***DSL Braves (Rookie)***
Luis Palomares .....TBD

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

George Poulis .....2018 - Present
Jeff Porter .....2003 - 2017
David Pursley .....1969 - 2002
Harvey Stone.....1966 - 1968
Bob Feron .....1957 - 1965
Charles Lacks .....1946 - 1956
Ralph May .....1944 - 1945
Eddie Froelich .....1937 - 1938

**ASSISTANT ATHLETIC TRAINER**

Mike Frostad .....2018 - Present
Andrew Hauser .....2018 - Present
Jim Lovell.....2003 - 2017
Jeff Porter .....1984 - 2002
Gene Lane.....1982 - 1983
David Pursley .....1961 - 1968

## PJ MAINVILLE

Head Athletic Trainer

East Carolina University (B.S.)
California University of Pennsylvania (M.S.)
Years in MLB: 8

PJ begins his sixth season as the head athletic trainer for the Chicago Cubs. Prior to joining the Cubs, he completed the previous two seasons (2011-2012) as the Assistant Athletic Trainer for the Arizona Diamondbacks. Mainville spent 13 years in the Minor Leagues with the Baltimore Orioles and Arizona Diamondbacks organizations. He served as the Minor League Medical & Rehabilitation Coordinator from 2007 to 2010 for the Diamondbacks. Prior to the 2007 season while serving in the Baltimore Orioles minor league system, he was the Head Athletic Trainer for the AAA Ottawa Lynx (2004-2006), AA Bowie Baysox (2001-2003), High-A Frederick Keys (2000), Low-A Delmarva Shorebirds (1999), and Rookie Bluefield Orioles (1998). He began his interest in professional baseball as an undergraduate intern with the Baltimore Orioles in 1996 and 1997 while attending East Carolina University. A certified member of the NATA, Mainville later earned his Masters of Science degree in Performance Enhancement from California University of Pennsylvania in 2005. A native of Warrenton, VA, Mainville now resides in Chicago, IL with his wife, Michele, and children Kylie, Caden, and Carter.

## Mark O'NEAL

Director of Athletic Training

University of Arkansas (B.S.)
Years in MLB: 21

Mark O'Neal joined the Chicago Cubs in 2004 as Head Athletic Trainer, and he was promoted to his present role as Director of Medical Administration in October 2012. Prior to his career with the Cubs, Mark spent the During his career in the athletic training room, among Mark's proudest moments was working the 2009 MLB All-Star game in St. Louis and being a part of the 2016 World Series Champion Chicago Cubs organization. Over the span of his career in baseball, Mark has received numerous honors from both his peers and athletic training organizations. In 2008, Mark, alongside Cubs' Assistant Athletic Trainer Ed Halbur, was part of the 2008 Major League Athletic Training Staff of the Year. In 2007, O'Neal was elected by fellow MLB athletic trainers as Secretary of the Professional Baseball Athletic Trainer's Society. After serving his peers as Secretary, O'Neal was awarded one of the highest honors among PBATS members when he was unanimously elected President in 2013. Now serving in his third term as PBATS President, O'Neal has truly left his mark on the society in a huge way. Mark led the reinvigoration of the PBATS tobacco education program (ProTep), and worked to expand the PBATS reach into areas outside of the game of baseball as he helped develop the Ability Transcends Challenges program (ATC). This program is designed to educate the American public about disability inclusion in sports and in the workplace. Mark's work on the ATC program has led to millions of Americans being made aware of the issue of disability inclusion. He has also forged partnerships with the National Down Syndrome Society and the Ruderman Family Foundation; two of the largest disability advocacy groups in the world. Mark also spearheaded PBATS' efforts to build one of the largest scholarship annuities in NATA history from a single organization. A graduate of the University of Arkansas, Mark worked for the Razorbacks' football and basketball teams during his time in school. Outside of baseball, Mark enjoys having his private pilot's license and flying with his sons. Mark and his wife, Stefanie, reside in Chicago with their three children – Conner, Cade and Kyle.

## Nick FRANGELLA

Assistant Athletic Trainer

Assistant Athletic Trainer
Illinois State University (B.S.)
California University of Pennsylvania (M.S.)
Years in MLB: 1

Nick begins his first season as assistant athletic trainer for the Chicago Cubs. He joins the major league staff after serving as an athletic trainer in the Cubs' minor league system for 13 years. Most recently, Nick served as head minor league athletic training and performance coordinator (2013-2017). Prior to this, he was head athletic trainer for the Iowa Cubs (2012-2013), Tennessee Smokies (2008-2011), Peoria Chiefs (2006-2007), and Boise Hawks (2005). Frangella was an Athletic Trainer for the Mesa Solar Sox of the Arizona Fall League (2011) and has also earned Southern League Athletic Trainer of the Year honors in 2009 while with the Tennessee Smokies. Nick served as PBATs Athletic Training intern for the Chicago Cubs during the 2004 season at the major league level. He earned a Bachelor of Science degree from Illinois State University in 2004 and a Masters Degree from California University of Pennsylvania in 2007. Nick was raised in Oak Forest, IL and resides in Normal, IL with his wife Becky.

*Wrigley Field*
1060 W. Addison St. | Chicago, IL 60613 | 773.404.2827

# *Matt* JOHNSON

Assistant Athletic Trainer

Ohio University (B.S.)
Boston University (M.S.)
Years in MLB: 7

Matt is in his seventh season as assistant athletic trainer for the Chicago Cubs. Matt joined the Cubs' major league staff after serving as an athletic trainer in the Cubs' minor league system for 10 years. Matt has made stops at Mesa (Rookie), Boise (Short-Season), Peoria (A), West Tenn. (AA), Tennessee (AA), and Iowa (AAA). Matt was the athletic trainer for the Iowa Cubs from 2008-2011. In 2008, he also served as the athletic trainer for the Aguilas de Cibaenas in the Dominican Winter League. Matt graduated from Ohio University with a Bachelor of Science degree in athletic training. He earned a Master's degree from Boston University in applied anatomy and physiology. Matt is a Certified Athletic Trainer (NATA), Certified Strength and Conditioning Specialist (NSCA), a Corrective Exercise Specialist and Performance Enhancement Specialist (NASM), has his CFAS (Gray Institute) and is ASTYM Certified. Matt was born and raised in La Grange Park, IL. He and his wife Rachel, reside in Stow, Ohio with their kids Sam, Brian and Maggie.

## Minor League Athletic Trainers

***Medical Coordinator***
Chuck Baughman .....480.668.4572

***Rehabilitation Coordinator***
Jonathan Fierro .....480.452.8883

***Iowa Cubs (AAA)***
Ed Halbur .....773.750.4699
Mike McNulty.....815.274.0909

***Tennessee Smokies (AA)***
Toby Williams .....404.547.7484

***Myrtle Beach Pelicans (A)***
Logan Severson .....815.258.4758

***South Bend Cubs (A)***
James Edwards .....630.774.5019

***Eugene Emeralds***
Sean Folan .....847.769.8591

***Mesa Cubs (Rookie)***
Ike Ogata.....414.248.3060

***Mesa Cubs 2 (Rookie)***
Matt Hussey .....815.685.8219

***Dominican Summer League (Rookie)***
Brennan Connelly .....402.601.3133
German Suncin .....224.374.8092

***Strength and Conditioning Coordinator***
Doug Jarrow .....860.982.4799

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

PJ Mainville.....2013 - Present
Mark O'Neal.....2004 - 2012
Dave Groeschner .....2004
Dave Tumbas .....1997 - 2003
John Fiero .....1987 - 1996
Tony Garafolo .....1977 - 1986
Gary Nicholson .....1973 - 1976
Al Sheuneman.....1953 - 1972
Andy Lotscha.....1922 - 1952

**ASSISTANT ATHLETIC TRAINER**

Nick Frangella .....2018 - Present
Matt Johnson.....2012 - Present
Ed Halbur.....2004 - 2017
Sandy Krum.....2001 - 2004
Steve Melendez.....1998 - 2000
Brian McCann .....1995 - 1997
Brett Fischer .....1993 - 1994
Dave Cilladi .....1986 - 1992
Gary Nicholson .....1972

## Steve BAUMANN

Head Athletic Trainer

University of Cincinnati (B.S.)
Years in MLB: 14

Steve Baumann, 40, enters his 3rd season as Head Athletic Trainer, 14th season with the Major League team and 19th season overall with the Cincinnati Reds. He spent the prior 11 seasons as Assistant Athletic Trainer. Baumann joined the Reds organization in 2000 as the Athletic Trainer at Rookie Level Billings. After 3 seasons in Billings, Steve was promoted to AA Chattanooga for the 2003 season and moved on to AAA Louisville for the 2004 season. Following the 2004 season, Steve was an Athletic Trainer in the Arizona Fall League. While pursuing his degree in Health Promotion and Education from the University of Cincinnati, Steve was an intern for the Reds during the 1999 season. He is a member of the NATA and the Ohio Athletic Trainers Association and Greater Cincinnati Athletic Trainers Association. Steve, his wife Rachel, and children Andrew and Natalie reside in Cincinnati year-round.

## Tomas VERA

Assistant Athletic Trainer

University of Pedagogy Libertador-Venezuela
Years in MLB: 8

Tomas Vera, 50, enters in his 8th season with the Cincinnati Reds as Assistant Athletic Trainer, his 28th in professional baseball. He joined the Reds organization in September of 2006 as a Reds Minor League Athletic Trainer (Louisville Bats AAA 2009-10, Sarasota Reds 2007-08). Prior to the Reds he worked 12 years with the Chicago White Sox organization (Kannapolis Intimidators 2004-06, Great Falls Sox 2003, Bristol Sox 2002, Phoenix 2001, Tucson 1998-2000, and Sarasota 1995-97). Prior to the White Sox, Tomas worked for the Milwaukee Brewers in Spring Training/Extended Spring in 1994. He began his baseball career in Venezuela Summer League with the Azucareros de la Victoria in 1990, serving as an Athletic Trainer in the Venezuela Winter League with Aragua, Caracas, Cabimas and Pastora teams (1990-96, 2009, 2012), He also spent time in the Dominican Winter League with the Licey Tigers (1999-2002). Vera has been named Head Athletic Trainer for the 2006, 2009, 2013 &2017 World Baseball Classic Venezuelan National Team. He received his degree in Physical Education from UPEL – Venezuela; Vera is recognized as the first Venezuelan Certified members of the NATA. Tomas is the son of Leandro Vera Fortique and Hilda Oviedo de Vera. He was born in Caracas Venezuela; He and his wife Mariela have two children, Rafael and Carolina. They reside in Sarasota, Fla.

## Jimmy MATTOCKS

Assistant Athletic Trainer

Northern Arizona University (B.S.)
Oregon State University (M.S.)
Years in MLB: 3

Jimmy Mattocks, 36, is entering his third year as Assistant Athletic Trainer for the Cincinnati Reds. He has spent the previous 10 years in the Reds organization as a minor league Athletic Trainer. Beginning his career in 2006, he spent a year in Billings (2006) and Dayton (2007), 3 years in AA at Chattanooga & Carolina (2008-2010), and 5 years in AAA Louisville (2011-2015). He graduated from Northern Arizona University in 2004 with a Bachelor of Science degree in Athletic Training and completed an internship with the Arizona Diamondbacks (2004) before continuing his education at Oregon State University, graduating in 2006 with a Master of Science degree in Exercise and Sport Science. Originally from Phoenix, AZ; Jimmy, his wife Alma, and son Brady, reside in the Cincinnati/Northern Kentucky area year-round.

## Minor League Athletic Trainers

***Director of Medical Administration***
Richard Stark .....623.932.6828
***Director of Physical Therapy***
Brad Epstein .....623.932.6829
***Director of Athletic Training***
Patrick Serbus.....623.932.6819
***Louisville Bats (AAA)***
Steve Gober .....484.951.6272
***Pensacola Blue Wahoos (AA)***
Tyler Moos.....303.902.8358
***Daytona Beach (A)***
Larry Bennese.....239.209.2243
***Dayton Dragons (A)***
Andrew Cleves .....513.479.4857
***Billings Mustangs (Rookie)***
Joshua Hobson .....217.836.3548
Brandon Blascak.....440.465.8364
***Greenville Reds***
Ryan Ross.....732.267.9732
***Arizona Reds (Rookie)***
Clete Sigwart.....623.932.6590
***Goodyear Complex***
Joshua Bickel, PT .....505.301.0659
Marcus Ahrens, PT .....319.430.6625
***Dominican Republic Complex***
Wade Hebrink .....641.590.6136
Aric Quinney .....715.853.8795
***Director of Sports Science Initiatives***
Charles Leddon.....702.821.6066
***Strength & Conditioning Coordinator***
Morgan Gregory .....513.720.5975

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Steve Baumann.....2016 - Present
Paul Lessard .....2010 - 2015
Mark Mann.....2003 - 2009
Greg Lynn .....1993 - 2002
Larry Starr .....1972 - 1992
Bill Cooper.....1968 - 1971
Al "Hump" Wylder .....1965 - 1967
"Doc" Rhode .....1960 - 1964
"Doc" Wayne Anderson .....1951 - 1959
Bob Bohm .....1948 - 1950

**ASSISTANT ATHLETIC TRAINER**
Jimmy Mattocks .....2016 - Present
Tomas Vera .....2012 - Present
Steve Baumann.....2005 - 2015
Tim Elser .....2004 - 2006
Nick Kenney .....2003 - 2004
Lonnie Soloff.....2003
Mark Mann.....1995 - 2002
Doug Spreen .....1992 - 1994
Dan Wright.....1990 - 1991
Joe Harvey .....1982 - 1989

## Keith DUGGER

Head Athletic Trainer

San Diego State Universityi (B.A.)
Years in MLB: 19

Keith Dugger, 51, begins his 19th season in Major League Baseball after nine seasons in the Minors. After receiving an undergraduate degree in athletic training in 1989 from San Diego State University, Dugger joined the San Diego Padres' farm system, working with Class A affiliates in Spokane, Wash., from 1990 to 1991, and Charleston, S.C., in 1992. He came to the Rockies' farm system in 1993, working with the Class A Bend, Ore., Rockies for one season, Class AA New Haven, Conn., Ravens in 1994, and Class AAA Colorado Springs Sky Sox from 1995 to 1998. Dugger earned the Pacific Coast League's "Athletic Trainer of the Year Award" in 1997, and in 2003 earned the honor of Major League "Training Staff of the Year" along with head trainer Thomas Probst. Dugger was selected to represent the National League as one of its athletic trainers at the 2010 All-Star Game in Anaheim. In addition, Dugger has served on the Executive Board of the Professional Baseball Athletic Trainers Society (PBATS) as National League Representative and is on the Pitch Smart Panel which was launched in 2014 through the works of MLB and USA Baseball. A member of the NATA and the Rocky Mountain Athletic Trainers Association, Dugger also volunteers as a YMCA Big Brother and enjoys golfing, fishing, and traveling. He lives in Morrison, Colo., with wife, Shannon, and daughter, Tianna, and his son Cashel.

## Scott GEHRET

Assistant Athletic Trainer

Colorado State University (B.S. - A.T.C.)
Thomas Jefferson University (M.S.P.T.)
Years in MLB: 13

Scott Gehret, 46, begins his 13th year in Major League Baseball as Assistant Athletic Trainer for the Colorado Rockies. Scott received an undergraduate degree in Exercise and Sports Science from Colorado State University in 1993 and a Master's degree in Physical Therapy from Thomas Jefferson University in 1997. His professional career started with the Colorado Rockies in 1995 as Team Athletic Trainer for Class A affiliate, Portland. Scott returned to Portland in 1998 and moved up to the Double-A affiliate in 1999. Scott will represent the National League as one of the Athletic Trainers in 2015 All Star game in Cincinnati. Scott was Colorado's Minor League Rehabilitation Coordinator from 2000-2004. Scott lives in Denver, Colorado and enjoys skiing and snow shoeing.

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Keith Dugger .....2004 - Present
Thomas Probst .....1999 - 2004
Dave Cilladi .....1993 - 1998

**ASSISTANT ATHLETIC TRAINER**

Scott Gehret .....2004 - Present
Keith Dugger .....1998 - 2004
Thomas Probst .....1993 - 1998

*Coors Field*
2001 Blake St. | Denver, CO 80205 | 303.292.0200

## *Thomas* PROBST

Senior Director of Medical Operations & Special Projects

Mankato State University (B.S. - A.T.C.)
Florida International University (B.S. - P.T.)
Years in MLB: 25

In honor of his 14 years of service with the club, the Rockies named Tom Probst as baseball's very first Director of Medical Operations on Nov. 18, 2004. In this newly created role, he oversees all medical personnel at both the major and minor league levels. An original hire when the team began Minor League play in 1992, Probst was the first Athletic Trainer hired in the Colorado Rockies Organization history. He has worked in the training room for each of Colorado's first 12 seasons of Major League existence. He served as assistant athletic trainer from 1993-98 before being named the second head trainer in franchise history on Oct. 27, 1998. He spent six years in that capacity, ending his Athletic Trainer's room tenure at the end of the 2004 season after being named the Director of Medical Operations. In 2003, he and Keith Dugger were named Major League Training Staff of the Year by their peers. Probst was also selected to represent the National League as one of its trainers at the 2003 All-Star Game in Chicago. During the 2004 off-season, he toured Japan with the Major League Baseball All-Stars. TP served as trainer for the franchise's first group of draftees during a June, 1992, mini-camp. Later that year, he was the trainer of the first team in organizational history, Bend in the Northwest League. The 1992 campaign marked a return to pro baseball for Probst, who spent five years in the Montreal organization dating back to 1981. Tom has served on the Executive Board of the Professional Baseball Athletic Trainers Society (PBATS). He was the NL representative for PBATS in 2002 and 2003 and the treasurer in 2004 and was re-elected to the board in 2014. In December of 2004, he was asked to speak in Nagoya, Japan for JPBATS. Probst has two degrees: one in physical education from Mankato State University (1981) and a B.S. in physical therapy from Florida International University (1988). He and his wife, Gina, reside in Littleton with their three sons, Daniel, Nicholas and Christopher.

## Minor League Athletic Trainers

***Rehabilitation Coordinator***
Scott Murayama .....murayams@coloradorockies.com .....303.564.1398

***Assistant Rehabilitation Coordinator***
Andy Stover .....stovera@coloradorockies.com .....716.908.1198

***Albuquerque Isotopes (AAA)***
Heath Townsend.....townsendh@coloradorockies.com .....205.936.2560

***Hartford Yard Goats (AA)***
Hoshito Mizutani.....Hoshito.Mizutani@Rockies.com .....541.908.2936

***Modesto Nuts (A)***
Josh Guterman.....gutermaj@coloradorockies.com.....510.304.6717

***Asheville Tourists (A)***
Kelsey Branstetter .....branstetterk@coloradorockies.com ....303.601.1987

***Boise Hawks (Short-Season A)***
Mickey Clarizo .....mickey.clarizo@gmail.com.....623.882.5545

***Grand Junction Rockies (Rookie)***
John Duff .....duffj@coloradorockies.com .....303.921.9502

***Strength and Conditioning Coordinator***
Gabe Bauer .....bauerg@coloradorockies.com .....608.469.4682

***Spring Training Office***
Mike Jasperson .....mike.jasperson@rockies.com .....480.362.2848

## *Neil* RAMPE

Head Athletic Trainer

University of Findlay, Findlay, OH (A.A. & BS)
University of Minnesota, Minneapolis, MN (M.Ed)
Years in MLB: 11

Neil Rampe enters his third season with the Dodgers serving as the Head Athletic Trainer. Prior to the Dodgers, Rampe was the Major League Manual & Performance Therapist with the Arizona Diamondbacks from 2008-2015. Neil's education includes an AA in Personal Training as well as BS in Athletic Training and Physical Education with an emphasis in Strength & Conditioning from the University of Findlay in 2000. He went on to receive his M.Ed. in Applied Kinesiology with a Sport and Exercise Science emphasis in 2002 from the University of Minnesota where he served as a strength & conditioning coach in the Golden Gopher athletic department. Neil then served as a certified athletic trainer at the Boulder Center for Sports Medicine in Boulder, CO. Neil went on to spend five years at The University of Arizona where he served as the Associate Director, Performance Enhancement. Neil is a Certified Athletic Trainer through the NATABOC, a Certified Strength & Conditioning Specialist through the NSCA, a Licensed Massage Therapist through the AMTA and NCBTMB. Neil resides in La Crescenta, CA with his wife, Laura, and daughter, Liv.

## *Nate* LUCERO

Assistant Athletic Trainer

Assistant Athletic Trainer
New Mexico State University (BS)
Years in MLB: 10

Nathan Lucero, 48, is in his third season with the Los Angeles Dodgers after spending 23 years in the Houston Astros Organization. Lucero was the Astros Head Athletic Trainer from 2009 thru 2015. Prior he held the position of Assistant Strength & Conditioning Coach from 2007 thru 2009. Before being promoted to the Major leagues as a Strength coach, Lucero held the position of Strength & Conditioning Coordinator for the Houston Astros Player Development system (2002 – 2006). Prior to his tenure as a Strength and Conditioning coach he was a minor league ATC in the Houston Astros organization, 1999 with the AA Jackson Generals, 2000-2001 AA with the Round Rock Express, where he was named the Texas League Athletic Trainer of the Year in 2001. In 1998, Lucero was the ATC for the Kissimmee Cobras. Prior to his time in Kissimmee, Lucero was with the Quad City River Bandits from 1995 – 1997, and the Gulf Coast League Astros from 1993-1994. Lucero holds a Bachelor's of Science degree from New Mexico State University. He is a Certified Athletic Trainer, along with Strength and Conditioning Specialist, Lucero is also a licensed ATC in the state of Texas. In 2015 Lucero and the Houston Astros Medical Staff were awarded the PBATS MLB Athletic Training Staff of the Year. Lucero resides in Albequerque, NM with his wife Janet and three children Isabella Feliz, Sophia Rose, and son, Isaiah.

## *Thomas* ALBERT

Assistant Athletic Trainer & Physical Therapist

Upper Iowa University (B.S.)
A.T. Still University (D.P.T)
Years in MLB: 3

Thomas Albert returns in his third season with the Los Angeles Dodgers. He was the Medical/Rehabilitation Coordinator for the Cleveland Indians for 4 years. A native of Burlington, IA, Thomas earned his Doctorate degree in Physical Therapy from A.T. Still University. He earned a Bachelor's degree in Athletic Training, Sports Science, and Fitness from Upper Iowa University. He is certified in Spinal Manipulation and Dry Needling through the Spinal Manipulation Institute. He is also a Certified Strength and Conditioning Specialist through the NSCA. Thomas resides in Chino, CA with his wife Mandi and three children Chloe, Adelyn and Juliet.

## *Yosuke* NAKAJIMA

Assistant Athletic Trainer & Manual Therapist

Chuo University, Tokyo Japan (B.S.)
Long Beach State University (M.A.)
Massage Therapist / Athletic Trainer
Years in MLB: 4

Yosuke "Possum" Nakajima enters his 16th season with the Dodgers' medical staff. Nakajima has worked for 10 seasons as a minor league athletic trainer and spent 3 seasons as the athletic trainer with AAA club in Albuquerque before joining major league club. Nakajima began his career with the Dodgers as an athletic training intern (2003 and 2004 seasons). Nakajima earned his master's degree from Long Beach State in 2005. Prior to his time with the Dodger organization, Nakajima worked for the Long Beach State Baseball program as an equipment manager. A native of Yokohama, Japan, Nakajima attended Chuo University where he earned his bachelor's degree in Physics. He lives in Long Beach with his wife Mimi, who is an associate professor at Long Beach State, and his two sons, Mario and George.

*Dodger Stadium*
1000 Elysian Park Avenue | Los Angeles, CA 90012 | 323.224.1500

# *Ron* PORTERFIELD

Director of Player Health

New Mexico State University (B.S.)
Years in MLB: 16

Ron Porterfield, 53, is entering his first year as Director of Player Health with the Los Angeles Dodgers after serving the previous twelve years as the Head Athletic Trainer for the Tampa Bay Rays, and three years as the Assistant Athletic Trainer before that. Prior to his move to the Major Leagues, Porterfield spent 15 years in the Minor Leagues. From 1988 to 1996, he worked his way through the ranks of the Houston Astros organization. During this time, Porterfield served as an athletic trainer for teams in Auburn, N.Y.; Kissimmee, Fl.; Columbus, Ga.; Jackson, Miss.; and Tucson, Ariz. In 1997, Porterfield was hired by the Tampa Bay Rays to serve as their Minor League medical and rehabilitation coordinator until he was promoted to the Major League club. A Santa Fe, N.M., native, Porterfield is a certified member of the NATA. In 2013 was honored to work the Major League All Star Game in New York. In 2009, Porterfield shared honors with Paul Harker and Nick Paparesta as "Major League Athletic Training Staff of the Year. In 2005, Porterfield shared honors with Ken Crenshaw as "Major League Athletic Training Staff of the Year," in 1992, Porterfield was named the Texas League Athletic Trainer of the Year, and in 1991 and 1992 he served as an athletic trainer for Magallanes in Valencia, Venezuela. Porterfield and his wife Barbara live in Parrish, Fla., with their children, Alec (21) and Abbey (18).

## Minor League Athletic Trainers

***Medical Coordinator***
Kevin Orloski .....kevino@ladodgers.com .....908.328.7231

***Assistant Medical Coordinator***
Jimmy Southard .....jamess@ladodgers.com.....520.249.8337

***Physical Therapist***
Ryan Yoshita .....ryany@ladodgers.com .....559.723.2132

***Medical Administrator/Billing Coordinator***
Andrew Otovic .....andrewo@ladodgers.com .....323.224.4234

***Oklahoma City Dodgers (AAA)***
Jason Kirkman .....jasonk@ladodgers.com .....215.360.4007

***Tulsa Drillers (AA)***
Kalie Swain.....kalies@ladodgers.com.....714.328.2544

***Rancho Cucamonga Quakes (A)***
Yuya Mukaihara .....yuyam@ladodgers.com .....541.602.9050

***Great Lakes Loons (A)***
Chris McNeely .....chrism@ladodgers.com .....208.695.0171

***Ogden Raptors (Rookie)***
Nick Svboda .....nicks@ladodgers.com .....420.215.3407

***AZL Dodgers (AZL)***
Jesse Guffey .....jesseg@ladodgers.com .....570.878.7762

***DSL Dodgers (Rookie)***
Allison Wood .....allisonw@ladodgers.com .....

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Neil Rampe .....2016 - Present
Stan Conte.....2014 - 2015
Sue Falsone .....2012 - 2013
Stan Conte.....2007 - 2011
Stan Johnston .....2000 - 2006
Charlie Strasser.....1996 - 1999
Bill Buhler .....1961 - 1995
Dr. Harold Wendler .....1958 - 1960

**ASSISTANT ATHLETIC TRAINER**

Yosuke Nakajima .....2015 - Present
Nathan Lucero.....2016 - Present
Thomas Albert.....2016 - Present
Nancy Patterson .....2011 - 2015
Greg Harrel .....2012 - 2014
Todd Tomczyk .....2007 - 2011
Rick Lembo .....2008 - 2009
Stan Johnston .....1996 - 1999, 2007 - 2008
Matt Wilson .....2000 - 2006

## Dustin LUEPKER

Head Athletic Trainer

Stephen F. Austin State University (B.S. M.Ed.)
Years in MLB: 7

Dustin Luepker,40, is entering his 3rd season as the head trainer for the Miami Marlins. He spent 3 seasons in the Marlins minor league system at Jacksonville, FL (AA). Prior to the Marlins, he spent 3 years in the San Francisco Giants minor league system at Augusta, GA (A) and Norwich, CT (AA). In 2010 he was named Southern League athletic trainer of the year. The Houston, TX native attended Stephen F. Austin State University where he graduated with a BS in Kinesiology and M.Ed. in Exercise Science. A certified athletic trainer, certified strength and conditioning specialist, and a corrective exercise specialist, Luepker lives in Fort Lauderdale, FL with his wife, Ann, their daughter Camden, and their son Cole.

## Mike KOZAK

Assistant Athletic Trainer

Sheridan College
University of Waterloo (B.S.)
Years in MLB: 38

Mike Kozak, 60, is entering his 17th season as the assistant athletic trainer for the Miami Marlins. The Toronto native started his athletic training career with the Royal York Junior Hockey Club in 1977 before joining the Hamilton, Ontario, YMCA as an athletic trainer. In 1981 Kozak begin his career in baseball as an assistant athletic trainer with the Montreal Expos. In 1995, Kozak was the first National League assistant athletic trainer honored to serve in an All- Star Game in Arlington, Texas. He was honored to work his second All-Star game in 2008 at Yankee Stadium. A certified member of the NATA and is a licensed athletic trainer in the state of Florida. He served as an athletic trainer for Team Canada in the 2013 World Baseball Classic. Kozak was named the National League Asst. Trainer rep on the PBATS Executive Board in 2009 and held that position until 2015. Mike was selected to the PBATS Hall of Fame Committee in 2011. Kozak lives in West Palm Beach, Florida with wife, Maria, and their children, Derek and Caylie. His hobbies include downhill , cross country skiing and golf.

## Gene BASHAM

Assistant Athletic Trainer

Cal State Northridge University (B.A.)
Wichita State University (MEd)
Years in MLB: 2

Gene Basham, 46, is entering his 2nd season as an assistant Athletic Trainer with the Miami Marlins. He spent the last 14 seasons serving as the organizations minor league medical coordinator. Prior to the Marlins, he started his baseball career working with the Texas Rangers and Montreal Expos organizations from 1995-2002. In 2012 the Los Angeles, California native was named the Miami Marlins Player Development Person of the Year. Gene attended Cal State Northridge and Wichita State Universities where he earned his BA and MEd in Sports Administration respectively. Basham resides in West Palm Beach, FL with his son, Jackson and daughter, Jade Savannah.

*Marlins Ballpark*
501 Marlins Way | Miami, FL 33125 | 305.480.1300

## Minor League Athletic Trainers

***Medical Coordinator***
Brian Bobier .....bbobier@marlins.com .....405.441.4074
***Rehabilitation Coordinator***
Steve Carlin .....scarlin@marlins.com .....405.816.7075
***New Orleans Zephyrs (AAA)***
Greg Harrel.....gharrel@marlins.com.....405.812.6695
***Jacksonville Jumbo Shrimp (AA)***
Cesar Roman .....croman@marlins.com .....787.671.2885
***Jupiter Hammerheads (A)***
Ben Cates.....bcates@marlins.com .....815.985.4327
***Greensboro Grasshoppers (A)***
Eric Reigelsberger .....ereigelsberger@marlins.com .....660.676.1544
***Batavia Muckdogs (Short-Season A)***
Jordan Wheat.....jwheat@marlins.com .....972.979.0527
***Gulf Coast League Marlins (Rookie)***
Melissa Hampton ..... mhampton@marlins.com .....405.249.9350
***Minor League Conditioning Coordinator***
Kevin Barr.....kbarr@marlins.com .....941.544.4319
***Major League Conditioning Coordinator***
Ty Hill .....thill@marlins.com.....412.841.4038

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Dustin Luepker .....2016 - Present
Sean Cunningham .....2002 - Present
Larry Starr .....1993 - 2001

**ASSISTANT ATHLETIC TRAINER**
Gene Basham .....2016 - Present
Dustin Luepker .....2012 - Present
Mike Kozak .....2002 - Present
Kevin Rand .....1993 - 2001

## Dan WRIGHT

Head Athletic Trainer

University of Oregon (B.S. & M.S.)
Years in MLB: 19

Roseburg, OR native Dan Wright, 56, is entering his 7th year as the Head Athletic Training for the Milwaukee Brewers after serving for 10 years as the assistant. He began his career as a minor league athletic trainer with the Kansas City Royals from 1985 to 1989. The next year in 1990 he was named Assistant Athletic Trainer for the Cincinnati Reds. As Larry Starr's assistant, he was part of the 1991 MLB "Training Staff of the Year" awarded by PBATS. Wright was also part of the Brewer's medical staff that received the 2005 Dick Martin Award, 2014 and 2015 Martin-Monahan Awards and served as member of the National league medical staff for the 2011 Major League All-Star Game. From 1992 to 1994 Wright served as the head athletic trainer for the San Francisco Giants minor league Department. He also represented the Giants as an athletic trainer for the 1993 Fall League. In 1996 Wright co-founded FitLife Health Systems, an athletic trainer-owned conditioning and sports medicine clinic in Scottsdale, AZ. An active member of the Arizona Athletic Trainer's Association, he has served on the board of directors and various committees. In 2000, Wright was named "Arizona Athletic Trainer of the Year" by the AZATA. Later, he was appointed by Governor Jane Hull to sit on the first Arizona Board of Athletic Training Licensure. A certified member of the NATA, Wright also is certified by the NSCA as strength and conditioning specialist. He completed his first marathon in 2008 and has many outdoor hobbies include hiking, fishing, target shooting and scuba diving. Wright lives in Tempe, AZ, and has two children, Emma and Robbie.

## David YEAGER

Assistant Athletic Trainer

Auburn University (B.S.)
Jacksonville State University (M.S.)
Years in MLB: 7

David enters his seventh year as the Assistant Athletic Trainer with the Milwaukee Brewers Major League Team. In 2015 and 2014 was part of the staff that received the Martin-Monahan Award for the best medical staff in professional baseball. Yeager, 45, previously spent 7 seasons in the Milwaukee minor league system including AA Huntsville and AAA Nashville. He was named 2007 Southern League Athletic Trainer of the Year by his peers and served as the Southern League North Division All-Star Athletic Trainer. He is an active member of the Professional Baseball Athletic Trainers Society (PBATS) serving on the website and internship committees. David is an NATA Certified Athletic Trainer and is certified by the NSCA as a Strength and Conditioning Specialist. He holds athletic training licenses in Wisconsin and Alabama. David earned his bachelor's degree from Auburn University and his Master's from Jacksonville State University. David and his wife, Wendy, reside in Athens, Alabama with their sons, Duke and Seth.

## Rafael FREITAS

Assistant Athletic Trainer

Florida State University (B.S.)
Florida International University (M.S.)
Years in MLB: 2

Rafael Freitas, 31, a native of Rio de Janeiro, Brazil is entering his 2nd season as an Assistant Athletic Trainer for the Milwaukee Brewers. He began his career as a minor league athletic trainer with the Cincinnati Reds (2012-2013) working at their Dominican Republic Academy. In 2014-2015 he served as the Arizona Diamondbacks' Low A Athletic Trainer (South Bend SilverHawks '14, Kane County Cougars '15) and spent the 2016 season as the AAA Athletic Trainer for the St. Louis Cardinals organization (Memphis Redbirds). Rafael worked with the Toros Azucareros del Este in Dominican Winter Ball in 2013 as well as serving as the Head Athletic Trainer for Team Brazil during the World Baseball Classic Tournaments in 2012-13 and 2016. In 2015 he was voted by his peers as the Midwest League Athletic Trainer of the Year. Freitas is an NATA Certified Athletic Trainer and is also certified by the NSCA as a Strength and Conditioning Specialist.

*Miller Park*
One Brewers Way | Milwaukee, WI 53214 | 414.902.4400

# *Roger* CAPLINGER

Director of Medical Operations

Metropolitan State College of Denver (B.A.)
University of Colorado (M.Ed.)
Years in MLB: 21

Roger Caplinger, 51, enters his seventh season as the Director of Medical Operations, following 10 years as the head athletic trainer. Caplinger previously spent four seasons as the Assistant Athletic Trainer following eight years in the Brewers farm system. After earning an undergraduate degree in physical education/athletic training from Metropolitan State College in Denver, Colo., Caplinger joined Milwaukee's Rookie league team in Peoria, Ariz., in 1990. The Wheat Ridge, Colo. native worked his way up through the Brewers' athletic training ranks, working with affiliates in Helena, Mont., in 1991 and 1993, and Chandler, Ariz., in 1994. From 1995 through 1999, Caplinger served as coordinator of Minor League athletic training, strength and conditioning. Caplinger is coordinator of athletic training for Major League Baseball's Arizona Fall League from 1996 through 2007 and was recognized along with head athletic trainer John Adam with the 2001 "MLB Athletic Training Staff of the Year Award and in 2005 received the Dick Martin Award by Baseball Prospectus". The Brewers organization was also awarded the 2014 Martin-Monaghan Award as the Best Medical Staff in Major League Baseball by Rotowire. He was honored to serve as the National League athletic trainer for the 2002 Major League All- Star game. He also served on the PBATS Executive Board as the National League Athletic Trainer representative. Caplinger is a certified member of the NATA and is a member of the AzATA, WATA and is a licensed athletic trainer in Arizona and Wisconsin. A golf enthusiast, Caplinger resides in Menomonee Falls, WI with wife Jackie and has children Kyle, Gabi, Brett and Ryan.

## Minor League Athletic Trainers

***Medical Coordinator***
Frank Neville .....frank.neville@brewers.com .....623.245.5605

***Rehab Coordinator***
TBD .....

***Physical Therapist***
TBD .....

***Colorado Springs (AAA)***
Aaron Hoback.....aaron.hoback@brewers.com .....414.795.5040

***Biloxi Shuckers (AA)***
Kevan Creighton.....kevan.creighton@brewers.com .....414.795.5783

***Carolina Mudcats (A)***
Jeff Bodenhamer .....jeff.bodenhamer@brewers.com .....414213.2957

***Wisconsin TimberRattlers (A)***
Jeff Paxson.....jeff.paxson@brewers.com .....414.795.5925

***Helena Brewers (Rookie)***
Matt Deal .....matt.deal@brewers.com .....414.795.5146

***Arizona League Brewers (Rookie)***
Josie Harding .....josie.harding@brewers.com.....414.795.5682

***Dominican League Brewers (Rookie)***
Benny Arroyo .....benny.arroyo@brewers.com .....
Matt Collazo .....matt.collazo@brewers.com .....

***Minor League Strength & Conditioning Coordinator***
Ben Mendelson, CSCS .....

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Dan Wright .....2012 - Present
Roger Caplinger.....2002 - 2011
John Adam.....1984 - 2001
Fred Frederico .....1981 - 1983
Curt Rayer .....1969 - 1980

**ASSISTANT ATHLETIC TRAINER**

David Yeager.....2012 - Present
Rafael Freitas .....2016 - Present
Kevan Creighton .....2014 - 2016
Dan Wright.....2002 - 2011
Paul Anderson .....2003 - 2005
Roger Caplinger .....1998 - 2001
Al Price .....1988 - 1997

## Brian CHICKLO

Head Athletic Trainer

Shenandoah University (B.S.)
University of Nevada, Las Vegas (M.S.)
Years in MLB: 7

Brian Chicklo, 45, enters his first season as head athletic trainer with the New York Mets after spending the past 6 season as the assistant athletic trainer. Chicklo spent a total of 13 seasons as a minor league athletic trainer in the New York Mets system as well. Chicklo began his career in professional baseball in 1999 as the athletic trainer for the Pittsfield Mets, in Pittsfield, Mass. Brian progressed through the minor leagues working 10 seasons in AAA and 1 season (2011) as the minor league athletic training coordinator. Chicklo, a native of Winchester, VA now resides in Fort Mill, S.C. with his wife Ashley, son Dalton and daughter Collins.

## Joseph GOLIA

Assistant Athletic Trainer

West Virginia Wesleyan College (B.S)
The Citadel (M.Ed.)
Years in MLB: 1

Joseph Golia, 40, enters his first season as the assistant athletic trainer with the New York Mets and 13th season overall with the organization. Prior to joining the major league medical staff, Golia held the position of Minor League Medical Coordinator in 2017. Joseph began his professional baseball career with the New York Mets in 2005 and served as the athletic trainer for the Brooklyn (A) affiliate of the New York- Penn League. Golia went on to spend the 2006-2010 seasons with the AA affiliate in Binghamton, NY of the Eastern League and the 2011-2015 seasons with the AAA affiliate (s) in Buffalo, NY of the International League and Las Vegas, NV of the Pacific Coast League. Joseph is a native of Wappinger Falls, NY and now resides in Charleston, SC with his wife and two children.

*Citi Field*
123-01 Roosevelt Avenue | Flushing, NY 11368 | 718.507.6387

## Minor League Athletic Trainers

***Medical Coordinator***
Matt Hunter.....mhunter@nymets.com .....352.219.1575
***Rehabilitation Coordinator***
Dave Pearson.....dpearson@nymets.com .....904.838.7893
***Las Vegas 51's (AAA)***
Grant Hufford .....ghufford@nymets.com .....913.426.1279
Giovanni D'Onza .....gd'onza@nymets.com .....347.217.4175
***Binghamton Rumble Ponies (AA)***
Bob Grimes .....bgrimes@nymets.com .....480.818.7496
***St. Lucie Mets (A)***
Kiyoshi Tada.....ktada@nymets.com .....719.248.6210
***Columbia Fireflies (A)***
Hiroto Kawamura .....hkawamura@nymets.com .....618.203.0358
***Brooklyn Cyclones (Short-Season A)***
Daichi Arima .....darima@nymets.com .....209.628.9880
***Kingsport Mets (Rookie)***
Vanessa Weisbach.....vweisbach@nymets.com .....570-877-0949
***Gulf Coast League Mets (Rookie)***
Anthony Oliveiri .....aoliveiri@nymets.com .....201.893.0304
***Dominican Academy***
Austin Dayton.....adayton@nymets.com .....423.571.0550

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Brian Chicklo.....2018 - Present
Ray Ramirez .....2005 - 2017
Scott Lawrenson .....2002 - 2004
Fred Hina.....1995 - 2001
Steve Garland .....1984 - 1994
Larry Mayol .....1981 - 1983
Tom McKenna .....1970 - 1980, 1981 - 2006 (Trainer Emeritus)
Gus Mauch .....1962 - 1969

**ASSISTANT ATHLETIC TRAINER**
Joseph Golia .....2018 - Present
Brian Chicklo .....2012 - 2018
Mike Herbst .....2002 - 2011
Scott Lawrenson .....1997 - 2001
Sam McCrary.....1992 - 1996
Bob Sikes .....1985 - 1991
Paul Grayner.....1984
Steve Garland.....1983
Paul Weiner.....1981 - 1982
Larry Mayol .....1979 - 1980
Joe Deere .....1964 - 1978
Lynn Lischer .....1962 - 1963

## Scott SHERIDAN

Head Athletic Trainer

West Chester University (B.S., ATC)
Neumann College (M.S., P.T.)
Years in MLB: 12

Scott was named the Phillies' head athletic trainer on October 20, 2006. The 2017 season is his sixteenth with the Phillies and twelfth as a major league athletic trainer. Previously, Scott was the coordinator of rehabilitation and minor league athletic trainers for the Phillies for four years (2003-06). A graduate of West Chester University and Neumann University, Scott earned his bachelor's degree in athletic training from West Chester in 1991 and a master's degree in physical therapy from Neumann in 1998 and is a certified member of the National Athletic Trainers Association (1991) and American Physical Therapy Association (1998). In 2005, he attained certified strength and conditioning credentials from the National Strength and Conditioning Association. Before joining the Phillies, Scott worked 11 years as a staff physical therapist/athletic trainer at Chester County Orthopedic and Sports Physical Therapy (Physiotherapy Associates) in West Chester, PA and served as adjunct faculty at Neumann for three years. Scott and his staff were the recipients of the 2009 Dick Martin Award, given to the best athletic training staff in baseball by Baseball Prospectus. Scott currently serves on the Professional Baseball Athletic Trainers Society (PBATS) Executive Board as National League Representative along with serving on the Electronic Medical Records and Medical Advisory Committees. Scott was born on October 29, 1969, in Seaford, Del. He and his wife, Deborah, live in West Chester, Pa. They have one son, Scott Michael and one daughter, Emilee Lynn.

## Shawn FCASNI

Assistant Athletic Trainer

West Chester University (B.S.)
Nova Southeastern University (M.H.Sc.)
Years in MLB: 7

Shawn Fcasni joined the Phillies' major league training staff in November, 2011. 2018 is his seventh season as a Major League Athletic Trainer and his 16th in the organization. Prior to being named to his current position, Shawn spent four years (2008-11) as the Phillies minor league Conditioning Coordinator and had been promoted to the club's minor league Athletic Training and Rehabilitation Coordinator at the end of the 2011 season. He worked as the Athletic Trainer for the Phillies' minor league affiliates in Ottawa (AAA) in 2007 and Reading (AA) in 2006 and the same capacity for the Peoria Saguaros in the 2006 Arizona Fall League. He began his Phillies career as an intern athletic trainer, first with the Phillies in 2001 and then the Gulf Coast League Phillies (R) in 2002.Shawn earned his Bachelor's degree in Athletic Training from West Chester University and his Master's degree from Nova Southeastern University. He holds certifications as a Certified Strength and Conditioning Specialist (National Strength and Conditioning Association), Performance Enhancement Specialist and a Corrective Exercise Specialist (National Academy of Sports Medicine). Shawn was born in Point Pleasant, NJ, and currently resides in Sewell, NJ, with his wife Shannon, son Brandon, and daughter Alyssa.

## Chris MUDD

Assistant Athletic Trainer

Western Kentucky University (B.S.)
University of Alabama (M.A.)
Years in MLB: 4

Chris was named the Phillies' assistant athletic trainer in 2014. The 2018 season is his 15th with the Phillies organization and fourth with the Major League team. Prior to joining the Major League team, Chris served three seasons as athletic trainer for the Lehigh Valley IronPigs, the Phillies Triple-A affiliate. Chris began his career with the Phillies in 2004 with the Batavia Muckdogs and progressed through the minor leagues with stops in Lakewood (N.J.), Clearwater (Fla.), and Reading (Pa.). Chris was the athletic trainer for the 2006 South Atlantic League Champion Lakewood BlueClaws and 2007 Florida State League Champion Clearwater Threshers. Chris served with the Mesa SolarSox of the 2008 Arizona Fall League and with the Yaquis de Obregon of the Mexican Pacific League. He was named to the Eastern League All-Star Game staff in 2010. Chris earned his bachelor's degree in exercise science from Western Kentucky and master's degree from Alabama. He is certified as an athletic trainer, Corrective Exercise Specialist (National Academy of Sports Medicine), certified ART provider (UE), certified functional range release upper limb provider and primal reflex release technique. Chris was born in Leitchfield, Ky., and resides in Elizabethtown, Ky., with his wife Carol. They have twin sons, Jonah and Jacob.

*Citizens Bank Park*
One Citizens Bank Way | Philadelphia, PA 19148 | 215.463.6000

## Minor League Athletic Trainers

***Athletic Training and Rehabilitation Coordinator***
Joe Rauch .....jrauch@phillies.com .....513.235.0337

***Minor League Physical Therapist***
Alexander Plum .....aplum@phillies.com .....203.915.8465

***Lehigh Valley Iron Pigs (AAA)***
Jon May .....jmay@phillies.com .....267.294.8855

***Reading Phillies (AA)***
Mickey Kozak .....mkozak@phillies.com .....215.284.6980

***Clearwater Threshers (A)***
Michael Hefta .....mhefta@phillies.com .....405.590.7579

***Lakewood Blue Claws (A)***
Kris Terrian .....kterrian@phillies.com.....727.336.3956

***Williamsport Crosscutters (A)***
Steve Torregrossa .....storregrossa@phillies.com.....201.562.5285

***Gulf Coast Phillies (Rookie)***
Troy Hoffert.....thoffert@phillies.com .....215.360.4006

***Gulf Coast Phillies II (Rookie)***
Andrew Dodgson .....adodgson@phillies.com .....863.698.0500

***Assistant Major League Conditioning Coordinator***
Dong Lien .....

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Scott Sheridan.....2007 - Present
Jeff Cooper .....1981 - 2006
Don Seger .....1969 - 1980
Joe Liscio.....1963 - 1968
Frank Wiechec.....1948 - 1962
Dusty Cooke .....1945 - 1947
Leo Miller.....1941 - 1944

**ASSISTANT ATHLETIC TRAINER**

Shawn Fcasni .....2012 - Present
Chris Mudd .....2015 - Present
Dong Lien .....2008 - 2013
Mark Andersen.....1986 - 2011
John Fiero .....1984 - 1985
Jeff Cooper .....1976 - 1980

## Todd TOMCZYK

Director of Sports Medicine

Duquesne University (B.S.)
California University of Pennsylvania (M.S.)
Years in MLB: 12

Todd Tomczyk begins his first season as the Director of Sports Medicine for the Pittsburgh Pirates. After spending six years as the Head Athletic Trainer & five years as the assistant athletic trainer of the Los Angeles Dodgers. Tomczyk begins his 19th season working in professional baseball. He spent 8 years in the minor leagues for the Cleveland Indians farm system. Tomczyk spent the 2005 and 2006 seasons as the Triple-A Buffalo Bison's athletic trainer. He held the same position for the Double-A Akron during the 2003 and 2004 seasons. In 2002, he was named the Akron athletic trainer mid-way through the season, prior to being named the Akron athletic trainer, Tomczyk was the rehabilitation coordinator for the Indians (2001-2002). Todd spent the first half of the 2001 season and the entire 2000 season as the athletic trainer for the Columbus RedStixx. He held the same position of athletic trainer for the Burlington Indians during the 1999 campaign. The Pittsburgh, PA native earned a Bachelor's degree in athletic training from Duquesne University (1998), and Master's degree in exercise science and performance enhancement from California University of PA in 2003. Tomczyk is a Certified Strength & Conditioning Specialist (CSCS) and Performance Enhancement Specialist (NASM-PES). He is an adjunct faculty member at Duquesne University. Todd and his wife Colleen, reside in Pittsburgh, PA with their two daughters.

## Bryan HOUSAND

Head Athletic Trainer

University of North Carolina at Chapel Hill (B.S)
Years in MLB: 1

Bryan Housand begins his first season as the Head Athletic Trainer for the Pittsburgh Prates. This will mark his 18th year within the Pirates organization, spending the last two years as the Athletic Training Coordinator. Housand spent the 2011-2015 seasons as the Triple-A Indianapolis Indians Athletic Trainer. He also held the same position at Double-A Altoona (2010), High-A Lynchburg (2006-2009), Low-A Hickory (2003-2005) and Short Season-Williamsport (2001-2002). Baseball honors include being selected as the team Korea Atletic Trainer for the 2013 and 2017 World Baseball Classics. He was also selected as an Athletic Trainer in the Arizona Fall League (Phoenix 2007), Mesa (2010) and Scottsdale (2012). Housand has also been the Athletic Trainer for the 2003 South Atlantic League All-Star Game and the 2015 Triple-A All-Star Game. He is a 1996 graduate of the University of North Carolina at Chapel Hill. In the offseason, Bryan and his wife Amanda reside in Charlotte, NC with their daughter Brinkley.

## Ben POTENZIANO

Assistant Athletic Trainer

University of Maine at Farmington (B.S.)
University of Maine at Orono (M.Ed.)
Years in MLB: 13

Ben Potenziano was named Pittsburgh's Major League Assistant Athletic Trainer on October 24, 2011. Potenziano spent the previous eight seasons at the Major League level with the San Francisco Giants, the last seven as the club's Strength and Conditioning Coordinator and Assistant Athletic Trainer. Ben is a member of the National Athletic Trainers Association, Professional Baseball Athletic Trainers Society, National Strength and Conditioning Association, and the NASM. He spent five seasons in San Francisco's minor league system as the head athletic trainer with short-season Bellingham (1995), Class-A San Jose (1996), Double-A Shreveport (1997-98) seasons. He also worked with the Giants as the Minor League Rehab Coordinator in 2003. Potenziano is a 1992 graduate of the University of Maine at Farmington and earned his Masters of Education with a Concentration in Exercise Science from the University of Maine at Orono, where he also spent three years (1999-2002) as an assistant athletic trainer. Ben has 2 children, Olivia (18) and Benjamin (15). He resides in CT.

*PNC Park*
115 Federal St. | Pittsburgh, PA 15212 | 412.323.5000

# *Otis* FITZGERALD

Rehab Coord./Physical Therapist/Asst. Athletic Trainer

Penn State University (B.S.)
University of Kentucky (PT/M.S.)
Years in MLB: 2

Kevin (Otis) Fitzgerald is in his 3rd year as the Pirates Physical Therapist. He joined the organization on January 5, 2016. A native of Pittsburgh, Fitzgerald is a 1988 graduate of Central Catholic High School. He also graduated from Penn State in 1993 with a BS degree in Kinesiology/Athletic Training. Fitzgerald spent three years (1993-1995) in Port St. Lucie, FL, with the Joyner Sports medicine Institute, where he worked closely with the New York Mets. He also worked as the Athletic Training Outreach Coordinator in Altoona, PA, from 1995-1997 and spent four years (1997-2000) as the Clinical Athletic Trainer with Kentucky Sports medicine in Lexington. Otis received a Master's degree in Physical Therapy from the University of Kentucky in 2000 before working as the Director of Physical Therapy University Ortho in State College, PA until 2002. From 2002 to 2004, Fitzgerald worked as the Center Manager for Drayer Physical Therapy in Roaring Spring/Altoona, PA, prior to serving as the Regional Vice President for Pittsburgh/Central PA, West Virginia and Georgia from 2005 to 2015. Fitzgerald currently resides in Shadyside, PA, with his wife Amy and two children; Maren Shea (7) and Josh Gibson (4).

## Minor League Athletic Trainers

***Coordinator of Amateur Draft/Minor League Medical Services***
Carl Randolph .....carl.randolph@pirates.com .....412.337.5869

***Senior Rehabilitation & Rehab Coordinator***
AJ Patrick .....aj.patrick@pirates.com .....850.591.1158

***Indianapolis Indians (AAA)***
Dru Scott .....dru.scott@pirates.com .....765.490.1139

***Altoona Curve (AA)***
Justin Ahrens .....justin.ahrens@pirates.com.....608.295.2583

***Bradenton Marauders (A)***
Lee Slagle .....lee.slagle@pirates.com .....412.478.6560

***West Virginia Power (A)***
Matt DenBleyker..... matthew.denBleyker@pirates.com ....732.997.8477

***West Virginia Black Bears (Short-Season A)***
Jorge Islas .....jorge.Islas@pirates.com.....704.957.6930

***Bristol Pirates (Short-Season A)***
Tyler Brooks .....tyler.brooks@pirates.com.....717.304.3469

***Gulf Coast Pirates***
Andy Bumgarner .....andy.bumgarner@pirates.com .....937.631.2464

***Dominican Summer League***
Matt McNamee .....matt.mcnamee@pirates.com .....646.463.9328
Alex Mena.....alex.mena@pirates.com .....708.606.5074

***Applied Science Coordinator***
Brendon Huttmann .....brendon.huttmann@pirates.com .....216.272.1926

***Minor League Strength & Conditioning Coordinator***
Joe Hughes .....joe.hughes@pirates.com .....512.925.1890

***Minor League Physical Therapist***
Seth Steinhauer .....seth.steinhauer@pirates.com .....772.529.3044

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Bryan Housand .....2018 - Present
Todd Tomczyk .....2012 - 2018
Brad Henderson.....2003 - 2011
Kent Biggerstaff .....1986 - 2002
Tony Bartirome .....1967 - 1985
Danny Whelan .....1957 - 1966

**ASSISTANT ATHLETIC TRAINER**

Ben Potenziano.....2012 - Present
Otis Fitzgerald .....2016 - Present
Jeremiah Randall.....2013 - 2016
Erwin Valencia .....2006 - 2012
Mike Sandoval .....2001 - 2011
Mark Rogow .....2001 - 2005

## Adam OLSEN

Head Athletic Trainer

Auburn University (B.S.)
University of Wisconsin - Madison (M.P.T.)
Years in MLB: 9

Adam begins his third season as Head Athletic Trainer of the St. Louis Cardinals after completing six seasons as their Assistant Athletic Trainer/Physical Therapist. Prior to his time in St. Louis, he served for four seasons as the Medical/Rehab Coordinator for the Cardinals out of their Spring Training Complex in Jupiter, Florida. Olsen is a native of Green Bay, Wisconsin and is a graduate of Auburn University where he earned his Athletic Training Certification. Olsen worked as an athletic trainer for Disney's Wide World of Sports and Wildwood High School in the Orlando area before returning to school for his Master's in Physical Therapy from The University of Wisconsin – Madison. Following graduation, Olsen completed a post-professional Sports Physical Therapy Fellowship at Champion Sports Medicine and the American Sports Medicine Institute (ASMI) under the direction of Dr. James Andrews and Kevin E. Wilk in Birmingham, Alabama. Olsen, 40, and his wife, Amy, reside in St. Louis with their daughters, Annabelle Frances (8) and Piper James (3), and their dog Bailey.

## Chris CONROY

Assistant Athletic Trainer

College of Charleston (B.S.)
Years in MLB: 7

Chris is entering his seventh season with the St Louis Cardinals major league staff, after 13 years in their minor league system. Chris spent time with five different affiliates, including the Memphis Redbirds, where he spent 7 seasons. During his minor league career, Chris was awarded the Eastern League Athletic Trainer of the year, as well as the Pacific Coast League Athletic Trainer of the year. Along with being a certified athletic trainer, he is a certified strength and conditioning specialist, a performance enhancement specialist, a corrective exercise specialist, and is currently working on advanced SFMA / FMS based treatment paradigms. Born an Irish citizen, Chris was naturalized as a United States Citizen on July 3, 2010. He and his wife Kristi, and two daughters Madelyn, and Cecelia reside in St Louis.

## Jeremy CLIPPERTON

Assistant Athletic Trainer

Truman State / Northeast Missouri St. University (B.S)
Years in MLB: 3

Jeremy is entering his third season with the Cardinals major league staff, after serving 4 seasons at AAA with the Memphis Redbirds. Before joining the Cardinals organization in 2012, Jeremy spent 11 years in the Seattle Mariners organization, including two in the PCL with the Triple-A Tacoma Rainiers. He also spent time at 4 other affiliates in the Seattle Mariner farm system and had one year (2001) in the Northwest League with the Spokane Indians in the Kansas City Royals Organization. The Iowa native is a two-time award recipient, recognized by the Midwest League in 2006 and again in 2008 as the Minor League Athletic Trainer of the Year by the Professional Athletic Trainers Society, the highest Minor League award as the top athletic trainer in all of the Minor Leagues. He was also named the Southern League Trainer of the Year in 2008. Jeremy, his wife Jessica, and son Calvin, reside in St Louis Hills.

*Busch Stadium*
700 Clark St. | St. Louis, MO 63102 | 314.345.9600

## Minor League Athletic Trainers

***Medical Coordinator***.....
Keith Joynt .....kjoynt@cardinals.com .....314.448.6007

***Memphis Redbirds (AAA)***
Matthew Corvo .....mcorvo@cardinals.com .....914.494.0615

***Springfield Cardinals (AA)***
Brent Neuharth .....bneuharth@cardinals.com .....608.844.4664

***Palm Beach Cardinals (A)***
Chris Whitman .....cwhitman@cardinals.com .....267.825.1863

***Peoria Chiefs (A)***
Daniel Martin .....dmartin@cardinals.com .....503.884.6206

***State College Spikes (Rookie)***
TBD.....

***Johnson City Cardinals (Rookie)***
Koji Kanemura .....kkanemura@cardinals.com .....479.935.7771

***GCL Cardinals (Rookie)***
Chris Walsh .....cwalsh@cardinals.com .....416.333.9475

***DSL Cardinals (Rookie)***
Shoki Hioki .....shioki@cardinals.com .....310.892.4467
Alex Wolfinger .....awolfinger@cardinals.com .....609.571.2999

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Adam Olsen .....2016 - Present
Greg Hauck .....2011 - 2015
Barry Weinberg .....1998 - 2010
Gene Gieselmann .....1969 - 1997
Bob Bauman .....1956 - 1968
Harrison "Buck" Weaver .....1927 - 1955
Kirby Samuels.....1926

**ASSISTANT ATHLETIC TRAINER**

Jeremy Clipperton.....2016 - Present
Chris Conroy .....2012 - Present
Adam Olsen.....2010 - 2015
Barry Weinberg .....2011
Mark O'Neal.....2003 - 2004
Brad Henderson .....1988 - 2002
Bob Bauman .....1954 - 1955

## Mark ROGOW

Head Athletic Trainer

University of Florida (B.S.)
Years in MLB: 8

Mark Rogow, 48, enters his third season with the Padres as their Head Athletic Trainer. Mark joined the Padres after five years with the United States Department of Defense, serving as Sports Medicine Program Manager for the Naval Special Warfare (Navy SEALS) at NSW Group 1 - NAB Coronado. In his previous position he helped oversee the clinic operation that was responsible for providing musculoskeletal care and rehabilitation for SEAL Teams 1, 3, 5 and 7, as well as several other large commands that helped support the SEAL Teams. Prior to working for the D.O.D., Mark spent 20 years working in professional baseball, most recently as the Minor League Medical Coordinator for the New York Mets for five seasons (2006-10). Prior to the Mets, he worked for the Pittsburgh Pirates organization from 1991-2005 in various capacities...he was a Pirates' Major League Assistant Athletic Trainer and Assistant Strength and Conditioning Coordinator for five seasons (2001-05) and in 2002 he and the Pirates' Major League Athletic Training Staff was voted by their peers as Major League Athletic Training Staff of the Year. Prior to being promoted to the major league club he served as their Minor League Athletic Training/Rehab/Strength and Conditioning Coordinator for four seasons (1997-2000). He also served as their athletic trainer for the Carolina Mudcats (1996), Bradenton Pirates (1991-95) and in the offseason worked as an athletic trainer for the Chandler Diamondbacks (1994) in the Arizona Fall League and with the Honolulu Sharks (1996) of the Hawaiian Winter League. Mark graduated with honors from the University of Florida with a Bachelor of Science in Exercise and Sport Sciences in 1991 and earned his certification in massage therapy from the Florida School of Massage in 1991. He is a Certified Athletic Trainer (ATC) with the National Athletic Trainers' Association as well as a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association. Mark resides in Carlsbad, Calif with his wife, Cheryl, and their three children, Spencer, Preston and Hayden.

## Paul NAVARRO

Assistant Athletic Trainer

University of La Verne (B.S.)
Years in MLB: 12

At age 44, Paul is in his 18th year as a professional baseball athletic trainer. He began his career in 2000 with the Padres in the Arizona Rookie League. From 2001 through 2003 Paul served in the Pioneer League with the Idaho Falls Padres and then moved to the Midwest Leagues Fort Wayne Wizards in 2004 and 2005. Prior to his career in professional baseball Paul distinguished himself with the West-Star Physical Therapy Group in OrangeCounty California, and, graduated in 1994, from the University of La Verne with a B.S.. Paul is a Certified Athletic Trainer and a certified strength and Conditioning specialist. He enjoys mountain biking, running long distance and music. Paul and his wife Rosalie live in Chino Hills California with their three sons Paul, Colin and Cade.

## Will SINON

Assistant Athletic Trainer

University of La Verne (B.S.)
Years in MLB: 3

Will Sinon, 43, enters his 21st season with the Padres organization and his 4th season with the Major League staff. He served the previous eight seasons with Single-A Lake Elsinore as athletic trainer, where he earned California League Trainer of the Year honors for the 2008 campaign. Will spent the 2006 season as athletic trainer at Triple-A Portland and served in the same capacity for Double-A Mobile from 2003- 05, earning Southern League Trainer of the Year honors in 2003. Will joined the Padres or- ganization in 1998 as athletic trainer at Rookie-level Peoria and held that position through the 1999 season...also served as athletic trainer for the Pioneer League Champion Idaho Falls club in 2000 and Single-A Fort Wayne from 2001-02. Will is a Certified Athletic Trainer and Certified Strength and Conditioning Specialist (CSCS). Earned his Bachelor's degree from the University of La Verne. Will is an avid golfer in his spare time. Sinon and his wife, Amy, daughter, Emily, and son, Matthew, reside in Ladera Ranch, Calif.

*Petco Park*
100 Park Blvd. | San Diego, CA 92101 | 619.795.5000

## *Scott* HACKER

Physical Therapist

University of California - San Diego (B.S.)
University of St. Augustine (DPT)
Years in MLB: 2

Scott Hacker enters his second season as the Padres' Major League Physical Therapist. Joining the team in February 2017. Hacker Served as a contracted physical therapist for the Padres organization during the 2015-2016 baseball seasons. Scott Earned a bachelor's of science degree in Human Biology from University California San Diego in 2010 and completed his Doctor of Physical Therapy Degree at University of St. Augustine in San Diego in 2013. Scott, his wife, Karras, and their son, Hudson reside in San Diego, Calif.

## Minor League Athletic Trainers

***Coordinator, Medical Administration***
JoJo Tarantino.....619.997.0955

***Minor League Athletic Training Coordinator***
Ben Fraser .....262.995.8061

***Physical Therapist***
Tanner Fields.....619.547.7039

***Physical Therapist***
John Biggar.....619.573.5240

***El Paso Chihuahuas (AAA)***
Nathan Stewart .....623.326.4414
Dan Turner .....619.481.0194

***San Antonio Missions (AA)***
Isak Yoon.....619.871.1772

***Lake Elsinore Storm (A)***
Ricky Huerta .....619.873.7725

***Ft. Wayne Wizards (A)***
Allyse Kramer.....619.385-1548

***Tri-City Dust Devils (Short-Season A)***
David Bryan.....619.483.6468

***Peoria Padres 1 (Rookie)***
Maritza Castro..... 760.972.9427
Tung-Lin Li (Interpreter / ATC).....603.937.1463

***Peoria Padres 2 (Rookie)***
Jordan Light .....619.483.7755
Nick Coberly .....619.609.4352

***Minor League Strength and Conditioning***
Dan Byrne .....619.601.4650
Asst. Eric Wood.....303.495.8207

***DSL Padres***
Oscar Orengo .....809.467.3688
Jairo Garcia (Asst.) .....

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Mark Rogow .....2016 - Present
Todd Hutcheson.....1998 - 2015
Larry Duensing .....1993 - 1997
Bob Day.....1991 - 1992
Dick Dent.....1975 - 1990
John "Doc" Mattei .....1969 - 1974

**ASSISTANT ATHLETIC TRAINER**

Will Sinon .....2015 - Present
Paul Navarro .....2006 - Present
Jim Daniel .....1998 - 2005
Bill Henry .....2003
Todd Hutcheson.....1991 - 1997
Larry Duensing .....1985 - 1990
Tiny Tunis .....1969 - 1974

## David GROESCHNER

Senior Director of Athletic Training

University of South Carolina (B.S.)
Years in MLB: 19

Dave begins his 1st season as Senior Director of Athletic Training for the Giants and 22nd season overall with the Giants. Dave was the Head Athletic Trainer for the past 11 seasons from 2007- 2017. Groeschner spent the 2005 and 2006 seasons as the Giants Assistant Athletic Trainer in his second stint with the Giants after having spent the 2004 season as the Head Athletic Trainer for the Chicago Cubs. Groeschner previously had spent four seasons in a dual role as the Assistant Athletic Trainer and strength and conditioning coordinator for the Major League club. He served as Athletic Trainer for the triple-A Fresno Grizzlies during the 1999 season, after logging two years at single-A San Jose and one campaign at rookie-league Bellingham. Groeschner served as the Giants Minor League Medical Coordinator during the 2000 and 2001 seasons. Dave served as Athletic Trainer for the 2007 All Star Game in San Francisco. He earned a Bachelor's degree in physical education from the University of South Carolina. Groeschner is a member of the National Athletic Trainers Association and is licensed in the State on Arizona. He and his wife, Aimee, and daughters, Katie and Karmyn, reside in Mesa, Ariz.

## Anthony REYES

Head Athletic Trainer

San Jose State University (B.S.)
Years in MLB: 6

Anthony begins his first season as head athletic trainer for the Giants. He served the previous six seasons as Assistant Athletic Trainer. Reyes previously spent four seasons as the athletic trainer for the triple-A Fresno Grizzlies (2008-2011), his tenth season overall within the Giants organization. He also spent two seasons (2006-07) with double-A Connecticut and worked with the Arizona Rookie team in 2005 after completing an internship for the Major League club in 2004. He earned a Bachelor's degree in Kinesiology from San Jose State University in 2004. Reyes is certified by the National Athletic Trainers' Association and also holds a certification with the National Strength and Conditioning Association. Anthony and his wife, Fay, along with their daughter Amelia, reside in Martinez, Calif.

## Eric ORTEGA

Assistant Athletic Trainer

California State University, Sacramento (B.S.)
Years in MLB: 4

Eric Ortega enters his 5th season as an assistant athletic trainer for the Giants. Ortega previously spent two seasons as an athletic trainer for the triple-A Fresno Grizzlies. This year marks his ninth season overall within the Giants organization, as he worked with the Arizona squad in 2006-07, Augusta in 2008, and in double-A with Connecticut and Richmond from 2009-2011. In 2007 he was the athletic trainer for the World Team of the 2007 Futures Game, and in 2010 and 2011, he was an athletic trainer for the Scottsdale Scorpions of the Arizona Fall League. He earned a B.S. in Kinesiology in 2005 at CSU Sacramento and is certified by the National Athletic Trainer's Association (NATA). He and his wife, Alicia, and children, JJ, Jakobe, Jayla, and Alivia reside in Walnut Creek, Calif.

*AT&T Park*
24 Willie Mays Plaza | San Francisco, CA 94104 | 415.972.1631

## Minor League Athletic Trainers

***Medical Coordinator***
LJ Petra.....559.320.2582

***Assistant Medical Coordinator***
Garrett Havig.....804.359.6061

***Rehabilitation Coordinator***
Frank Perez.....480.990.3341

***Latin American Coordinator***
Mark Gruesbeck .....415.297.7298

***Sacramento Rivercats (AAA)***
David Getsoff .....415.793.8247

***Richmond Flying Squirrels (AA)***
Hiroki Sato.....206.398.9885

***San Jose Giants (A)***
Ryo Watanabe .....408.297.1435

***Augusta GreenJackets (A)***
Vito Maffei .....503.390.2225

***Salem-Keizer Volcanoes (Short-Season A)***
Char Wichman .....330.671.1242

***Arizona League Giants (Rookie)***
Chris Gorosics.....206.949.2382

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**

Anthony Reyes .....2018 - Present
David Groeschner .....2007 - 2018
Stan Conte.....2000 - 2006
Mark Letendre .....1986 - 1999
Perry Archibald .....1981 - 1985
Joe Liscio.....1975 - 1980
Leo Hughes .....1966 - 1974
Frank Bowman .....1958 - 1965

**ASSISTANT ATHLETIC TRAINER**

Eric Ortega .....2014 - Present
Anthony Reyes .....2013 - 2017
Mark Gruesbeck .....2004, 2007 - 2013
Ben Potenziano .....2004 - 2011
David Groeschner .....2002 - 2003, 2005 - 2006
Barney Nugent .....1993 - 1998, 2000 - 2003
Stan Conte .....1999
Greg Lynn .....1986 - 1992
Gary Iacini .....1981 - 1985

## Paul LESSARD

Director of Athletic Training

Northeastern University (B.S.)
Years in MLB: 21

Paul Lessard, 55, was hired in November '15 to be the Director of Athletic Training. He held the Head Athletic Trainer position with Cincinnati Reds (2010-15), Boston Red Sox (2005-09), and the Arizona Diamondbacks (1997-2005). He has an extensive background in collegiate sports, as well as professional sports. He was the Head Athletic Trainer at Holy Cross (1994-97) and Senior Athletic Trainer at Boston University (1988-94). Paul served as a Summer Intern Athletic Trainer for the NFL's Atlanta Falcons in 1985 & '86, followed by 2 seasons with the New York Yankees affiliate in Fort Lauderdale, FL (1987 & '88). A native of Stamford, CT, Lessard received an undergraduate degree in Athletic Training from Northeastern University. Lessard's hobbies include golf and motorcycling. Paul and his wife Lisa live in Glendale, AZ and have 3 daughters, Anne, Grace and Nicole, as well as a Granddaughter name Natalie.

## Dale GILBERT

Athletic Trainer

Arizona State University (B.S.)
Years in MLB: 3

Dale enters his third season with the Washington Nationals as an Athletic Trainer. He spent the previous five seasons from 2011-2015 with the Texas Rangers holding the positions as Medical Coordinator and Rehabilitation Coordinator (2011). Prior to that, he spent eight seasons from 2003-2014 with the Kansas City Royals serving several capacities and holding the positions of medical coordinator, rehabilitation coordinator, and athletic trainer. He began his baseball career with the Arizona Diamondbacks organization as an athletic trainer from 1997-2002. During his career he has worked in the Winter Baseball Leagues in Venezuela and Mexico, the Arizona Fall League, and Team USA. Gilbert graduated from Arizona State University with a degree in Exercise Science/Physical Education with a minor in Spanish. He resides in Burke, Virginia with his wife, Susan, and daughter, Kiley.

## Greg BARAJAS

Athletic Trainer

Metropolitan State University of Denver (B.A)
University of Northern Colorado (M.A.)
Years in MLB: 5

Greg is starting his third season with the Washington Nationals as an Athletic Trainer. He is an Arizona native who has grown up in the Phoenix area. He obtained his undergraduate education at Metropolitan State College of Denver and performed his graduate work at the University of Northern Colorado. Greg has spent 17 seasons in total with both the Boston Red Sox and the Milwaukee Brewers. He began his career with the Milwaukee Brewers in 1998 with the rookie affiliate Helena Brewers. In 2000 he was promoted to the Midwest League Beloit Snappers. During the 2001 season he was promoted to the California League High Desert Mavericks. Following the 2001 season Greg received the California League Athletic Trainer of the Year award. He was moved to the AA affiliate the Huntsville Stars as Head Athletic Trainer in 2002 and remained at that position until 2004. Following the 2004 season he took a job with the Boston Red Sox, he served as Head Athletic Trainer for the Red Sox AAA affiliate, the Pawtucket Red Sox. In 2007 he received the International League Athletic Trainer of the year. In 2010 he was promoted to the major league team as the Assistant Athletic Trainer. He returned to the Milwaukee Brewers after the 2011 season and worked with the AAA team the Nashville Sounds in 2012. In 2013 he remained in Arizona where he worked with the newly drafted players and assisted with rehabilitations until this past year when he took the job with the Washington Nationals Baseball Club. Greg, his wife Heather and two children Ava and Zachary live in Phoenix, AZ during the off-season

*Nationals Park*
1500 South Capitol Street SE | Washington, DC 20003 | 202.640.7000

## Minor League Athletic Trainers

***Medical/Rehab Coordinator***
Jon Kotredes .....jonathan.kotredes@nationals.com.....202.302.9255
***Assistant Medical/Rehab Coordinator***
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***Syracuse Sky Chiefs (AAA)***
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***Harrisburg Senators (AA)***
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***Potomac Nationals (A)***
Donald Neidig.....don.neidig@nationals.com.....202.302.4084
***Hagerstown Suns (A)***
Darren Yoos .....darren.yoos@nationals.com .....203.598.2352
***Auburn Doubledays (Short-Season A)***
Kirby Craft .....kirby.craft@nationals.com .....623.261.3226
***Gulf Coast Nationals (Rookie)***
TBD.....
***Dominican Summer League (Rookie)***
Manny Moore .....manny.moore@nationals.com .....202.384.2168

## Athletic Trainers' History

**HEAD ATHLETIC TRAINER**
Paul Lessard.....2016 - Present
Lee Kuntz .....2007 - 2015
Tim Abraham .....2004 - 2006
Ron McClain .....1980 - 2004
Yvan Belanger.....1975 - 1979
Joe Liscio.....1969 - 1974

**ASSISTANT ATHLETIC TRAINER**
Dale Gilbert.....2016 - Present
Greg Barajas.....2016 - Present
Steve Gober .....2013 - 2015
Mike McGowan .....2005 - 2012
Tim Abraham .....2004
John Adam.....2002 - 2003
Kevin Rand .....2002
Mike Kozak .....1981 - 2001
Paul Gauvreau .....1980
Rene Lavigueur.....1975 - 1979

# Major League Baseball Umpires

## Mark LETENDRE

Director of Umpire Medical Services

University of Maine at Orono (B.S.)
Years in MLB: 36

Mark Letendre, 61, was selected in 2000 by the Major League Baseball Commissioner's Office to develop and oversee a first-ever, comprehensive athletic health care program for the 76 umpires in the Major Leagues. Letendre served as a Major League Baseball athletic trainer for 18 years with the San Francisco Giants and New York Yankees. Mark was honored to serve as National League athletic trainer at the 1987 and 1994 MLB All-Star Games. He was inducted into the Manchester Central High School Hall of Fame in 2006. A 2010 recipient of the NATA Most Distinguished Athletic Trainer Award. Inducted into the Hall of Fame at the Boys' and Girls Club of Manchester, NH November 2011. In addition, was the recipient of the prestigious 2011 Professional Baseball Athletic Trainers Society President's Distinguished Service Award. Recognized by the University of Maine Foundation, President Abram W. Harris Outstanding Alumni Award in 2014 and by the Professional Baseball Chiropractic Society with the 2015 Visionary Award. He is a frequent speaker to amateur umpires on equipment safety, umpire conditioning and umpire injury management. Mark is Chairperson for the Boys' and Girls' Club of Greater Scottsdale Foundation as well as a member of a Civic Group, The Scottsdale Charros. He serves as Vice President on the Board of Directors for the Baseball Assistance Team. He and his wife, Judy resides in Phoenix, Ariz. and have two daughters, Alyssa Hall and Shannon Philips.

## Mark STUBBLEFIELD

Medical Coordinator PBUC

Indiana State University (B.S.)
California University of Pennsylvania (M.S.)
Years in MiLB: 17

Mark Stubblefield, 40 , coordinates the preventative care and injury treatment of Minor League umpires throughout the United States and Canada. He joined the MiLB staff in February 2011, after a 10-year career as a certified athletic trainer with both the Cincinnati Reds and Kansas City Royals. Mark was selected to work the 2010 Midwest League All-Star game as the ATC for the West team. He received a Bachelor's degree in Athletic Training from Indiana State University in 2000 and a Master's degree in 2001 from California University of Pennsylvania. Born in Kansas City, MO he currently resides in Largo, FL with his wife Shay, and is a member of both the NATA and PBATS.

# Conditioning Coordinators

## American League

Baltimore Orioles ..... Ryan Driscoll
Boston Red Sox ..... Kiyoshi Momose & Mike Roose
Chicago White Sox ..... Allen Thomas
Cleveland Indians ..... Joe Kessler
Detroit Tigers ..... Chris Walter
Houston Astros ..... Brendan Verner
Kansas City Royals ..... Ryan Stoneberg
Los Angeles Angels ..... Al Sandoval
Minnesota Twins ..... Perry Castellano
New York Yankees ..... Matt Krause
Oakland Athletics ..... Terence Brannic
Seattle Mariners ..... Rob Fumigalli
Tampa Bay Rays ..... Trung Cao
Texas Rangers ..... Jose Vazquez
Toronto Blue Jays ..... Chris Joyner

## National League

Arizona Diamondbacks ..... Nate Shaw
Atlanta Braves ..... Bradford Scott
Chicago Cubs ..... Tim Buss
Cincinnati Reds ..... Zach Gjestvang
Colorado Rockies ..... Mike Jasperson & Brian Buck
Los Angeles Dodgers ..... Brian Stoneberg & Travis Smith
Miami Marlins ..... Ty Hill
Milwaukee Brewers ..... Josh Seligman, ATC/L, CSCS
New York Mets ..... Jason Craig
Philadelphia Phillies ..... Paul Fournier
Pittsburgh Pirates ..... Carlo Alvarez
St. Louis Cardinals ..... Jim Malone
San Diego Padres ..... Brett McCabe
San Francisco Giants ..... Brad Lawson
Washington Nationals ..... Landon Brandes

***ATC: Athletic Trainer Certified***

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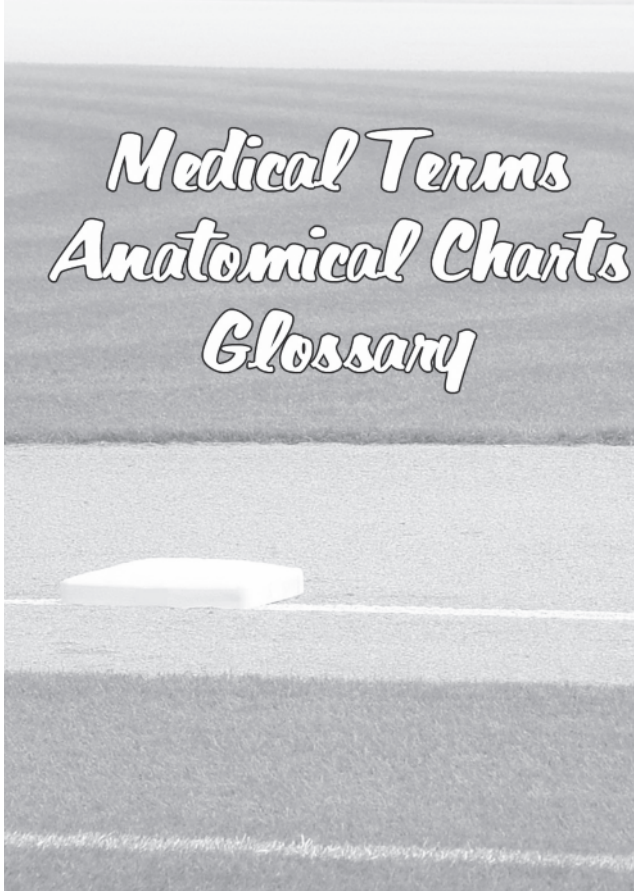
# Medical Terms
# Anatomical Charts
# Glossary



# GLOSSARY OF MEDICAL TERMS

**ATC** Athletic Trainer Certified; athletic trainers with this designation have passed the certification exam administered by the National Athletic Trainers Association (NATA).

**AC Joint** Acromioclavicular joint; joint of the shoulder where the acromion process of the scapula and the distal end of the clavicle meet; most shoulder separations occur at this point.

**Abduct** Movement of any extremity away from the midline of the body. This action is achieved by an abductor muscle.

**Abrasion** Any injury that rubs off the surface of the skin.

**Abscess** An infection that produces pus; can be the result of a blister, callus, penetrating wound or laceration.

**Adduct** Movement of an extremity toward the midline of the body. This action is achieved by an adductor muscle.

**Adhesion** Abnormal adherence of collagen fibers to surrounding structures during immobilization following trauma or as a complication of surgery that restricts normal elasticity of the structures involved.

**Aerobic** Exercise in which energy needed is supplied by oxygen inspired and is required for sustained periods of vigorous exercise with a continually high pulse rate.

**Anabolic Steroids** Steroids that promote tissue growth by creating protein in an attempt to enhance muscle growth. The main anabolic steroid is testosterone (male sex hormone).

**Anaerobic** Exercise without the use of oxygen as an energy source; short bursts of vigorous exercise.

**Anaphylactic Shock** Shock that is caused by an allergic reaction.

**Anterior** In front of; the front surface of.

**Anterior Compartment Syndrome** Condition in which swelling within the anterior compartment of the lower leg jeopardizes the viability of muscles, nerves and arteries that serve the foot. In severe cases, emergency surgery is necessary to relieve the swelling and pressure.

**Anterior Cruciate Ligament (ACL)** A primary stabilizing ligament within the center of the knee joint that prevents hyperextension and excessive rotation of the joint. A complete tear of the ACL necessitating reconstruction could require up to 12 months of rehabilitation.

**Anterior Talofibular Ligament** A ligament of the ankle that connects the fibula (lateral ankle bone) to the talus. This ligament is often times subject to sprain.

**Anti-Inflammatory** Any agent that prevents inflammation, such as aspirin or ibuprofen.

**Arteriogram** A film demonstrating arteries after injection of a dye.

**Arthrogram** X-ray technique for joints using air and/or dye injected into the affected area; useful in diagnosing meniscus tears of the knee and rotator cuff tears of the shoulder.

**Arthroscope** An instrument used to visualize the interior of a joint cavity.

**Arthroscopy** A surgical examination of the internal structures of a joint by means of viewing through an arthroscope. An arthroscopic procedure can be used to remove or repair damaged tissue or as a diagnostic procedure in order to inspect the extent of any damage or confirm a diagnosis.

**Aspiration** The withdrawal of fluid from a body cavity by means of a suction or siphonage apparatus, such as a syringe.

**Asymptomatic** Without symptoms.

**Atrophy** To shrivel or shrink from disuse, as in muscular atrophy.

**Avascular Necrosis** Death of a part due to lack of circulation.

**Avascularity** When controlling bleeding.

**Avulsion** The tearing away, forcibly, of a part or structure.

**Axilla** The armpit.

**Bakers Cyst** Localized swelling of a bursa sac in the posterior knee as a result of fluid that has escaped from the knee capsule. A Bakers cyst indicates that there is a trauma inside the knee joint that leads to excessive fluid production.

**Bennetts Fracture** A fracture and dislocation of the base of the first metacarpal, the thumb.

**Blowout Fracture** A fracture of the cavity containing the eyeball and its associated muscles that can be a result of a direct blow to the eye or cheek.

**Bone Scan** An imaging procedure in which a radioactive-labeled substance is injected into the body to determine the status of a bony injury. If the radioactive substance is taken up by the bone at the injury site, the injury will show as a hot spot on the scan image. The bone scan is particularly useful in the diagnosis of stress fractures.

**Brachial Plexus** Network of nerves originating from the cervical vertebrae and running down to the shoulder, arm, hand and fingers.

**Bruise** A discoloration of the skin due to an extravasation of blood into the underlying tissues.

**Bursa** A fluid-filled sac that is located in areas where friction is likely to occur, this minimizes the friction; for example, between a tendon and bone.

**CPR** Cardiopulmonary Resuscitation; artificial establishment of circulation of blood and movement of air into the lungs in a pulseless, non-breathing person.

**Calcaneofibular Ligament** The ligament that connects the fibula to the calcaneous.

**Calf** Large muscle located at the back of the shin that includes the gastrocnemius and the soleus muscles and is connected to the heel by the Achilles tendon. This is responsible for foot plantar flexion and is instrumental in jumping.

**Capsule** An enclosing structure that surrounds the joint and contains ligaments that stabilize that joint.

**Cartilage** Smooth, slippery substance preventing two ends of bones from rubbing together and grating.

**Cellulitis** Inflammation of cellular or connective tissue.

**Cervical Vertebrae** Group of seven vertebrae located in the neck.

**Chondral Fracture** Fracture to the chondral (cartilaginous) surfaces of bone.

**Chondromalacia** Roughening of the articular cartilage. Best known for the roughening of the underside of the patella, which can occur in any patellofemoral injury.

**Clavicle** The collar bone.

**Coccyx** The tail bone; a group of four vertebrae that are fused together, located at the terminal end of the spine.

**Cold Pack** A pack of natural or synthetic ice that is applied to any injury in order to minimize blood flow in the area to control the injury.

**Collagen Substance** Existing in commonly injured tissues of the body, including skin, cartilage, ligaments and bone.

**Collateral Ligament** On either side of, and acting as a radius of movement of, a hinge joint, as of the elbow, knee and wrist.

**Colles Fracture** A fracture of the distal end of the radium with the lower end being displaced backward.

**Computed Tomography (CT)** Method of visualizing the bodys soft tissues. Using X-rays with the beam passing repeatedly through the body part, the CT scans while a computer calculates tissue absorption at each point scanned.

**Concentric Muscle Contraction** A shortening of the muscle as it develops tension and contracts to move a resistance.

**Concussion** Jarring injury of the brain resulting in dysfunction. It can be graded as mild, moderate or severe depending on loss of consciousness, amnesia and loss of equilibrium.

**Congenital** Existing before birth; to be born with.

**Conjunctivitis** Inflammation of the membrane lining the eyelids and covering the eyeball.

**Connective Tissue Theory** Microscopic tissue trauma, thought to be brought on by explosive or ballistic movements.

**Contractures** Abnormal, usually permanent contraction of a muscle due to atrophy of muscle fibers, extensive scar tissue over a joint, or other factors.

**Contusion** An injury to a muscle and tissues caused by a blow from a blunt object.

**Cortical Steroids** Used to suppress joint inflammation.

**Costochondral** Cartilage that separates the bones within the rib cage.

**CPM** Constant passive motion devices used in the early stage of rehabilitation.

**Cranium** Bony framework of the head consisting of eight cranial bones, 14 bones of the face and the teeth.

**Cryokinetics** Treatment with cold and movement.

**Cryotherapy** A treatment with use of cold.

**CT Scan** Computerized axial tomography (also referred to as a CAT Scan) offers axial visualization of bone, muscle, and fat tissue with the same limiations of radiograms. Bone visualization is usually excellent and soft tissue structures less so. A recent advance of CT scanning allows for coronal and sagital reconstruction of the body part imaged. CT scanning performed in conjunction with an arthrogram enhances the sensitivity of the scan by showing the leakage of dye outside the joint capsule. This is helpful in the diagnosis of ligament injuries around the joint. In addition it is used to detect intra-articular loose bodies.

**Cyst** Abnormal sac containing liquid or semi-solid matter.

**Debridement** Removal of non-healthy tissues and foreign material from a wound or burn to prevent infection and permit healing.

**Degenerative Joint Disease** Changes in the joint surfaces as a result of repetitive trauma.

**Dehydration** Loss of body water.

**Deltoid Ligament** Ligament that connects the tibia to bones of the medial aspect of the foot and is primarily responsible for stability of the ankle on the medial side. The Deltoid Ligament is sprained less frequently than other ankle ligaments.

**Deltoid Muscle** Muscles at top of the arm, just below the shoulder, responsible for shoulder motions to the front, side and back.

**Disc, Intervertebral** A flat, rounded plate between each vertebrae of the spine. The disc consists of a thick fiber ring that surrounds

a soft gel-like interior. It functions as a cushion and shock absorber for the spinal column.

**Dislocation** Complete displacement of joint surfaces.

**Distal** Term referencing one anatomical term away from another; for example, the hand is distal to the elbow.

**Dorsiflexion** Ankle motion such that the foot and toes are moved away from the ground in an upward fashion.

**Dorsum** The back; the back surface of any part.

**Dysfunction** Unable to function normally as a body organ or system.

**Eccentric Muscle Contraction** An overall lengthening of the muscle as it develops tension and contracts to control motion performed by an outside force; often times referred to as a negative contraction in weight training.

**Eccymosis** Bleeding into the surface tissue below the skin, resulting in a black and blue effect.

**Ectomy** Suffix connoting surgical removal of the affected part (e.g., appendectomy).

**Edema** Accumulation of fluid in organs and tissues of the body; swelling.

**Efferent** Away from, pushing toward the center.

**Effusion** Accumulation of fluid, or the fluid itself, in various spaces in the body. Commonly, the knee has an effusion after an injury.

**Electrical Galvanic Stimulation (EGS)** An electrical therapeutic modality that sends a current to the body at select voltages and frequencies in order to stimulate pain receptors, disperse edema, or neutralize muscle spasms among other functional applications.

**Electrolyte** Ionized salts in blood, tissue fluids and cells, including salts of sodium, potassium and chlorine.

**Electrolyte Drink** Fluid for replacing electrolytes, such as Gatorade' Thirst Quencher.

**Electromyogram (EMG)** Test to determine nerve function.

**Epicondylitis** Inflammation in the elbow due to overuse.

**Ethyl Chloride** Cold spray, a chemical coolant sprayed onto an injury site to produce a local, mild anesthesia.

**Etiology** Study of the causes of injury and disease.

**Eversion** Action of the ankle turning outward.

**Extension** Action of straightening of a joint as achieved by an extensor muscle.

**External Rotation** Lateral movement of a joint or extremity to the outside.

**Extrinsic** From without.

**Fascia** A connective tissue sheath consisting of fibrous tissue and fat that unites the skin to the underlying tissue.

**Fat Percentage** The amount of body weight that is adipose, fat tissue. Fat percentages can be calculated by underwater weighing, measuring select skin fold thickness, or by analyzing electrical impedance.

**Femur** Thigh bone; longest bone in the body.

**Fibula** Smaller of the two bones in the lower leg; runs from knee to ankle along the outside of the lower leg.

**Flexibility** The ability of muscle to relax and yield to stretch forces.

**Flexibility Exercise** General term used to describe exercise performed by a player to passively or actively elongate soft tissue without the assistance of an athletic trainer.

**Flexion** Motion of bending a joint as achieved by a flexor muscle.

**Fracture** Breach in continuity of a bone. Types of fractures include simple, compound, comminuted, greenstick, incomplete, impacted, longitudinal, oblique, stress, or transverse.

**Gadolinium MRI** The chemical gadolinium is injected into the joint being studied so as to enhance the diagnosis image of the structure under investigation.

**Gamekeepers Thumb** Tear of the ulnar collateral ligament of the metacarpophalangeal joint of the thumb.

**Glenohumeral** The shoulder girdle; consists of the glenoid capsule, head of the humerus and labrum. The type of joint that allows 360-degree motion, a ball and socket joint.

**Glenoid** Cavity of the scapula into which the head of the humerus fits to form the shoulder girdle.

**Glycogen** Form in which foods are stored in the body as energy.

**Grade One Injury** A mild injury in which ligament, tendon, or other musculoskeletal tissue may have been stretched or contused, but not torn or otherwise disrupted.

**Grade Two Injury** A moderate injury in which musculoskeletal tissue has been partially but not totally torn, which causes appreciable limitation in function of the injured tissue.

**Grade Three Injury** A severe injury in which tissue has been significantly, and in some cases, totally torn or otherwise disrupted causing a virtual total loss of function.

**Groin** Junction of the thigh and abdomen; location of muscles that rotate, flex and adduct the hip.

**Hammer Toe** Condition when the first digit of a toe is at a different angle than the remaining digits of the same toe.

**Hamstring** Category of muscle that runs from the buttocks to the knee along the back of the thigh. It functions to flex the knee, and is oft times injured as a result of improper conditioning or lack of muscle flexibility.

**Heat Cramps** Painful muscle spasms of the arms or legs caused by excessive body heat and depletion of fluids and electrolytes.

**Heat Exhaustion** Mild form of shock due to dehydration because of excessive sweating when exposed to heat and humidity.

**Heat Stroke** Condition of rapidly rising internal body temperature that overwhelms the bodys mechanisms for release of heat and could result in death if not cared for appropriately.

**Heel Cup** Orthotic device that is inserted into the shoe and worn under the heel to give support to the Achilles tendon and help absorb impacts at the heel.

**Hemarthrosis** Accumulation of blood within a joint as a result of an acute injury.

**Hematoma** Tumor-like mass produced by an accumulation of coagulated blood in a cavity.

**Hip Pointer** Contusion to the iliac crest.

**Hot Pack** Chemical pack that rests in water, is approximately 160 degrees, and retains its heat for 15 to 20 minutes when placed in a towel for general therapeutic application.

**Humerus** Bone of the upper arm that runs from the shoulder to the elbow.

**Hyaline Cartilage** Most common type of cartilage.

**Hydrotherapy** Treatment using water.

**Hyperextension** Extreme extension of a limb or body part.

**Ice Massage** A block of ice formed into a paper cup rubbed on an injury in a massaging action to achieve a level of numbness.

**Iliac Crest** Lateral edge of the hip; generally the site of a hip pointer.

**Illiotibial Band** A thick, wide fascial layer that runs from the iliac crest to the knee joint and is occasionally inflamed as a result of excessive running.

**Impingement Syndrome** Pinching together of the supraspinatus muscle and other soft tissue in the shoulder. The most common (throwing) arm injury, which represents many pathologies and generally involves supraspinatus overuse.

**Induced Erythrocythemia** Blood doping.

**Inferior** Anatomically beneath, lower, or toward the bottom.

**Inflammation** The bodys natural response to injury in which the injury site might display various degrees of pain, swelling, heat, redness and/or loss of function.

**Intermittent Compression Pump** Therapeutic modality that uses an air pump to send air into a sleeve worn over an injury, on an intermittent basis, in order to disperse edema and break up swelling at the injury.

**Internal Rotation** Rotation of a joint or extremity medially, to the inside.

**Interosseus Membrane** Uniting membrane between the tibia and fibula that forms a collagenous fibrous tissue. It has two functions: to serve as an origin for many of the muscles of the lower leg, and to transmit stress from the tibia to the fibula.

**Intrinsic** Inherent or inside.

**Iontophoresis** The use of constant direct current to drive heavy metal ions into and through the skin.

**Isokinetic Exercise** Form of active resistive exercise in which the speed of limb movement is controlled by a pre-set limiting machine, such as Cybex or Biodex.

**Isometric Contraction** Muscular contraction in which tension is developed but no mechanical work is done. There is no appreciable joint movement and the overall length of the muscle stays the same.

**Isotonic Contraction** A concentric or eccentric muscular contraction that results in movement of a joint or body part, as in lifting a weight.

**Itis** Suffix connoting inflammation (e.g., tendinitis, bursitis).

**Joint Mobilization** Passive traction and/or gliding movements applied to joint surfaces that maintain or restore the joint play normally allowed by the capsule, so that the normal roll-slide joint mechanisms can occur as the player moves.

**Labrum (Labrum Glenoidule)** The cartilage of the glenoid cavity in the shoulder. A lip-edge or lip-like structure.

Lateral To the outside of the body.

**Lateral Collateral Ligament (LCL)** Ligament of the knee along the lateral aspect that connects the femur to the fibula. It provides lateral stability to the joint.

**Lesion** Wound, injury or tumor.

**Ligament** Band of fibrous tissue that connects bone to bone or bone to cartilage and supports and strengthens joints.

**Lumbar Vertebrae** Five vertebrae of the lower back that articulate with the sacrum to form the lumbosacral joint.

**Lumbosacral** Region of lower back comprised of lumbar and sacral spine.

**Magnetic Resonance Imaging (MRI)** Imaging procedure in which a radio frequency pulse causes certain electrical elements of the injured tissue to react to this pulse and through this process a computer display and permanent film establish a visual image. MRI does not require radiation and is very useful in the

diagnosis of soft tissue, disc and meniscus injuries.

**Malleolus** Rounded projection on either side of the ankle joint; the lateral malleolus is the fibula and the medial malleolus is the tibia.

**Mallet Finger** Injury of the finger tip in which the extension tendon is avulsed off the distal phalanx.

**Manipulation** A passive movement using physiological or accessory motion that may be applied with a thrust or when the player is under anesthesia.

**Maximal Aerobic Power (MAX V0 2)** The maximal volume of oxygen consumed per unit of time.

**Medial** To the inside of the body.

**Medial Collateral Ligament (MCL)** Ligament of knee along the medial aspect that connects the femur to the joint.

**Meniscectomy** An intra-articular surgical procedure of the knee by which all or part of the damaged meniscus is removed.

**Meniscus** Crescent-shaped cartilage, usually pertaining to the knee joint; also known as cartilage. There are two menisci in the knee, medial and lateral. These work to absorb weight within the knee and provide stability.

**Metacarpals** Five long bones of the hand, running from the wrist to the fingers.

**Metatarsals** Five long bones of the foot, running from the ankle to the toes.

**Morbidity** An illness or abnormal condition or quality.

**Mortons Neuroma** Involves the nerves and is usually the result of a trauma to the foot, causing inflammation and sharp pain, usually between the third and fourth toes.

**Mortons Toe** A hereditary condition in which the second toe is longer than the first toe. This can cause mechanical imbalances that produce pain with weight bearing.

**MRI Arthrogram** An arthrogram used in conjunction with an MRI scan which enhances the ability to detect ligament and capsular injuries around the joint.

**Myositis** Inflammation of a muscle.

**Myositis Ossificans Traumatica** A benign ossification, usually following severe trauma to a large muscle mass.

**NATA** National Athletic Trainers Association. The certifying and governing body of the Athletic Training profession.

**Necrotic** Relating to death of a portion of tissue.

**Neoprene** Lightweight rubber used in joint and muscle sleeves designed to provide support and/or insulation to the area.

**Neuritis** Inflammation of a nerve.

**Olecranon Process** Bony projection of the ulna at the tip of the elbow.

**One Repetition Maximum** The maximum amount of weight that can be lifted by the player in a particular exercise at one time. This is used as a strength testing technique.

**Orthotic** Any device applied to or around the body in the care of physical impairment or disability, commonly used to control foot mechanics.

**Osteochondritis Dessicans** A piece of bone and/or cartilage loosened from its attachment after trauma and a cause of a lesion.

**Overuse Syndrome** A result of repetitive stress to body structures.

**Osteomyelitis** An inflammatory disease of bone caused usually by infection with streptococcus or staphylococcus.

**Parasthesia** Sensation of numbness or tingling, indicating nerve irritation.

**Patella** The kneecap. The patella functions to protect the distal end of the femur as well as increase the mechanical advantage and force-generating capacities of the quadriceps muscle group.

**Patella Tendinitis** Inflammation of the patellar ligament; also known as jumpers knee.

**Patellofemoral Joint** Articulation of the kneecap and femur. Inflammation of this joint can occur through: 1) acute injury to the patella, 2) overuse from excessive running, particularly if there is an associated knee weakness, 3) chronic wear and tear of the knee, and 4) as a result of poor foot mechanics. Patellofemoral irritation can lead to chondromalacia, which, in its most chronic condition, could require surgery.

**Pathology** Study of the nature and cause of injury.

**PBATS** Professional Baseball Athletic Trainers Society; the governing body of athletic trainers in professional baseball.

**Pectorals** Chest muscles beneath breast that lead up to the shoulder.

**Peroneal Muscles** Group of muscles of the lateral lower leg that are responsible for everting the ankle. Tendons of these three muscles are vital to the stability of the ankle and foot.

**Phalanx** Any bone of the fingers or toes; plural is phalanges.

**Phlebitis** Inflammation of a vein.

**Phonophoresis** The technique of driving whole molecules of medication with ultrasound.

**Plantar** Pertaining to the sole of the foot.

**Plantar Fascia** The tight band of muscle beneath the arch of the foot.

**Plantar Fasciaitis** Inflammation of the plantar fascia; associated with overuse of acute foot injury.

**Plantarflexion** Ankle motion such that the toes are pointed toward the ground.

**Plica** Fold of tissue in the joint capsule and a common result of knee injury.

**Posterior** At the back part, or rear of the body.

**Posterior Cruciate Ligament (PCL)** A primary stabilizing ligament of the knee that provides significant stability and prevents displacement of the tibia backward within the knee joint. A complete tear of this ligament necessitating reconstruction could require up to 12 months of rehabilitation.

**Progressive Resistance Exercise (PRE)** An approach to exercise whereby the load or resistance to the muscle is applied by some mechanical means and is quantitatively and progressively increased over time.

**Pronation** In the foot, it is a combination of motions resulting in a position such that the foot is abducted and everted. Foot pronation can be a by-product of an arch problem, leg length discrepancy, or chronically bad running mechanics; can be compromised with the use of an orthotic. In the hand, pronation is movement of the forearm into a palm down position.

**Proprioceptive Neuromuscular Facilitation (PNF)** An approach to therapeutic exercise based on the principles of functional human anatomy and neurophysiology.

**Proximal** Near the source, closer to the point being described. The elbow is proximal to the hand.

**Q-Angle** Normal angle of quadriceps relative to the patella. The normal angle for males is 10 degrees.

**Quadriceps Quads** A group of four muscles of the front thigh that run from the hip and form a common tendon at the patella; they are responsible for knee extension.

**Radiography** Taking of X-rays.

**Radius** Forearm bone on the thumb side.

**Reconstruction** Surgical rebuilding of a joint using natural, artificial or transplanted materials.

**Referred Pain** Pain felt in an undamaged area of the body away from the actual injury.

**Resect** To cut off, or cut out, a portion of a structure or organ.

**Retraction** The moving of tissue to expose a part or structure of the body.

**Rotator Cuff** Comprised of four muscles in the shoulder area that can be irritated by overuse. The muscles are the supraspinatus (most commonly injured), infraspinatus, teres minor and subscapularis.

**Rotator Cuff Impingement Syndrome** A microtrauma or overuse injury caused by stress. The four stages are: 1) tendonitis with temporary thickening of the bursa and rotator cuff, 2) fiber dissociation in the tendon with permanent thickening of the bursa and scar formation, 3) A partial rotator cuff tear of less than 1 cm, and 4) a complete tear of 1 cm or more.

**SC Joint** Sternoclavicular joint; articulation of the collarbone with the sternum.

**Sacroilliac** Junction of the sacrum with the hip bone.

**Sacrum** Group of five fused vertebrae located just below the lumbar vertebrae of the low back.

**Scapula** Shoulder blade.

**Sciatica** Irritation of the sciatic nerve resulting in pain or tingling running down the inside of the leg.

**Sciatic Nerve** Major nerve that carries impulses for muscular action and sensations between the low back,thigh and lower leg; it is the longest nerve in the body.

**Shin Splint** A catch-all syndrome describing pain in the shin that is not a fracture or tumor and cannot be defined otherwise.

**Soft Corn** A corn, softened by moisture, that is found beneath the toes rather than on the upper surface of the toe.

**Sorbothane** An energy-absorbing polyurethane utilized in some foot orthotics to absorb shock forces of the foot.

**Spasm Theory** Muscle soreness induced by exercise; is the result of reduced muscle blood flow, which results in pain.

**Spinous Process** A small projection off the posterior portion of each vertebrae that functions as an attachment site for muscles or ligaments of the spine.

**Spleen** Large, solid organ responsible for the normal production and destruction of blood cells.

**Spondylitis** Inflammation of one or more vertebrae.

**Spondylolisthesis** Forward displacement of one vertebrae over another below it due to a developmental defect in the vertebrae.

**Spondylosis** Abnormal vertebral fixation or immobility.

**Sports Psychology** A science that deals with the mental and emotional aspects of physical performance.

**Sprain** Injury resulting from the stretch or twist of the joint; causes various degrees of stretch or tear of a ligament or other soft tissue at the joint.

**Sternum** The breast bone.

**Steroids** Any one of a large number of hormone-like substances. See anabolic steroids and cortical steroids.

**Strain** Injury resulting from a pull or torsion to the muscle or tendon that causes various degrees of stretch or tear to the muscle or tendon tissue.

**Stress Fracture** A hairline type of break in a bone caused by overuse.

**Stress X-Ray** A continual X-ray taken when a portion of the body is stressed to its maximum in order to determine joint stability. This is a test utilized for some ankle injuries.

**Stretching** Any therapeutic maneuver designed to elongate shortened soft tissue structures and thereby increase flexibility.

**Subluxation** Partial dislocation of a joint. The term usually implies that the joint can return to its normal position without formal reduction.

**Superior** In anatomy, the upper of two parts; toward the top or above.

**Supination** Movement of the forearm into a palm-up position.

**Synovial Fluid** Lubricating fluid for joints and tendons, produced in synovium, or the inner lining of a joint.

**Synovitis** Inflammation of the synovial lining of a joint.

**Talus** The ankle bone that articulates with the tibia and fibula to form the ankle joint.

**Target Heart Rate** A predetermined pulse to be obtained during exercise when circulation is working at full efficient capacities.

**Tarsals** Group of six bones of the foot consisting of the calnavicular, talus, cuboid and three cuneiform bones.

**Temporomandibular Joint (TMJ)** The articulation of the jaw and skull; considered by some to be vital in resolution of injuries throughout the body.

**Tendinitis** Inflammation of the tendon and/or tendon sheath, caused by chronic overuse or sudden injury.

**Tendon** Tissue that connects muscle to bone.

**Tennis Elbow** General term for lateral elbow pain.

**Thermotherapy** Use of heat to treat a disease or disorder.

**Thoracic** Group of twelve vertebrae located in the thorax that articulates with the twelve ribs.

**Thoracic Outlet Compression Syndrome** A neuro-vascular disorder of the upper extremity common in throwing.

**Tibia** Larger of the two bones of the lower leg; the weight-bearing bone of the shin.

**Tomograph** A special type of x-ray apparatus that demonstrates an organ or tissue at a particular depth.

**Trachea** The windpipe.

**Transcutaneous Electrical Nerve Stimulator (TENS)** An electrical modality that sends a mild current through pads at the injury site, which stimulates the brain to release the natural analgesic, endorphin.

**Transverse Process** Small lateral projection off the right and left side of each vertebrae that functions as an attachment site for muscles and ligaments of the spine.

**Trapezius** Flat, triangular muscle covering the posterior surface of the neck and shoulder.

**Triangular Cartilage** A connective tissue characterized by its nonvascularity and firm consistency; located on the little finger side of the wrist.

**Triceps** Muscle of the back of the upper arm, primarily responsible

for extending the elbow.

**Ulna** Forearm bone that runs from the tip of the elbow to the little finger side of the wrist.

**Ulnar Collateral Ligament** A band or sheet of fibrous tissue connecting two or more bones, cartilages or other structures, or serving as support for fasciae or muscles; located on the inside of the elbow. (Ligament that was replaced or repaired for the Tommy John surgery.)

**Ulnar Nerve** Nerve in the elbow commonly irritated from excessive throwing.

**Ultrasonography** Process by which the reflection of high-frequency sound waves is used to develop an image of a structure.

**Ultrasound** An electrical modality that transmits a sound wave through an applicator into the skin to the soft tissue in order to heat the local area for relaxing the injured tissue and/or disperse edema.

**Valgus** Angulation outward and away from the midline of the body.

**Varus** Angulation inward and toward the midline of the body.

**Vasoconstriction** Decrease of local blood flow.

**Vasodilation** Increase of local blood flow.

**Whirlpool** Water bath in which the water is propelled by air to produce a massaging therapeutic action.

**Wind Knocked Out** Syndrome describing a contraction of the abdominal nerve trunk, the solar plexus, as a result of an abdominal contusion.

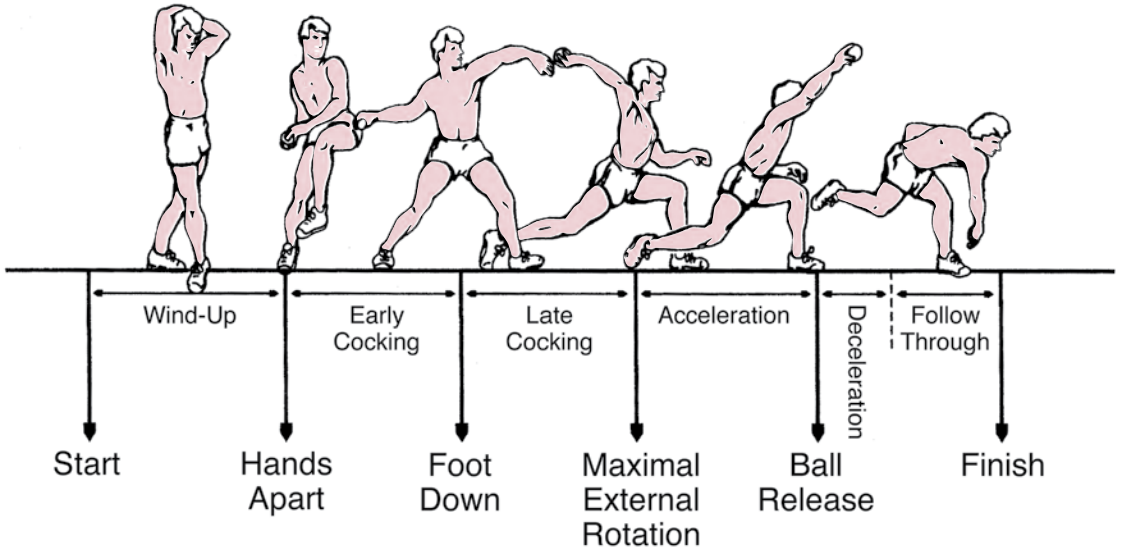
**Wrist** The junction between the two forearm bones (radius and ulna) and the eight wrist bones (trapezium, trapezoid, capitate, hamate, pisiform, triquetral, lunate and scaphoid).

**Zygoma** The cheekbone.

**NOTE:** This list is not meant to be all inclusive, nor should it be used as a substitute for a physicians diagnosis and/or description of an injury or illness. For further definitions, please refer to the *Stedmans Pocket Medical Dictionary* published by Williams and Wilkins.

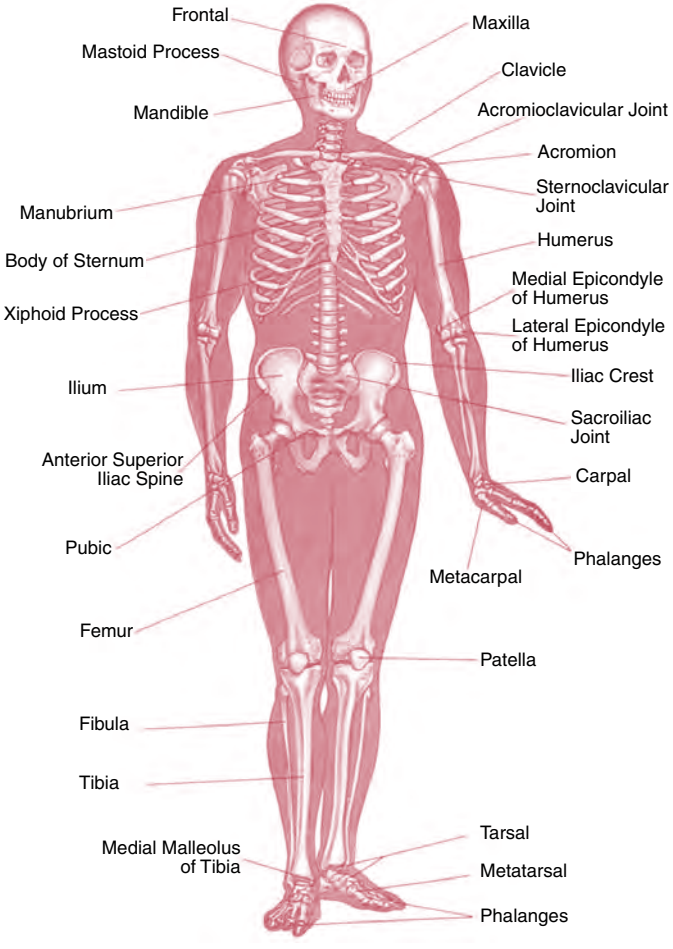
## the Baseball Pitch

Wind-up, cocking, acceleration, ball release, and follow-through



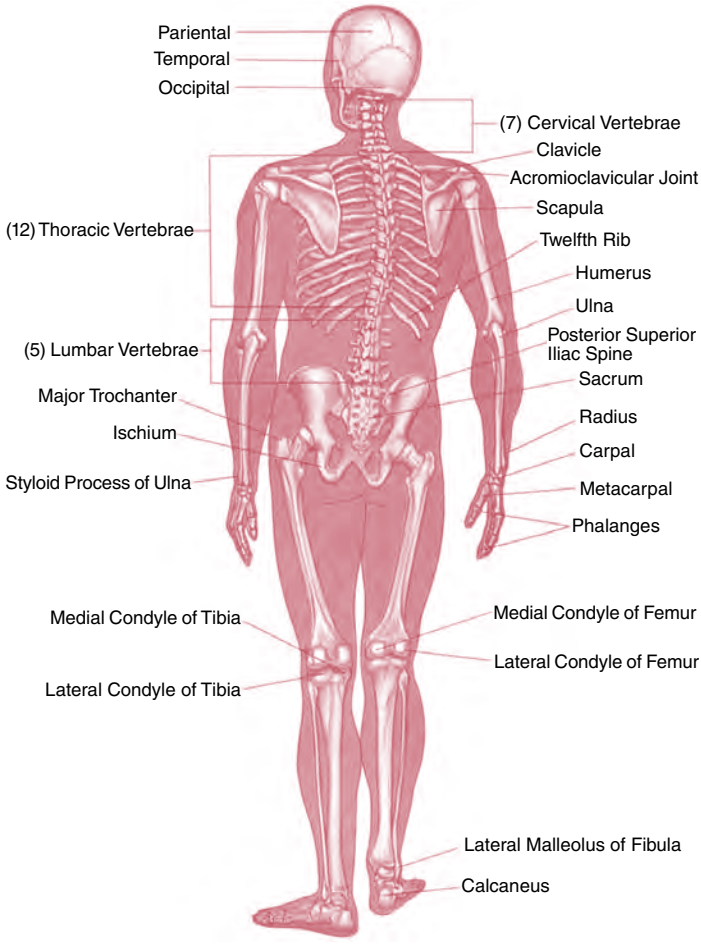

*Courtesy of American Academy of Orthopedic*

# SKELETON: ANTERIOR VIEW



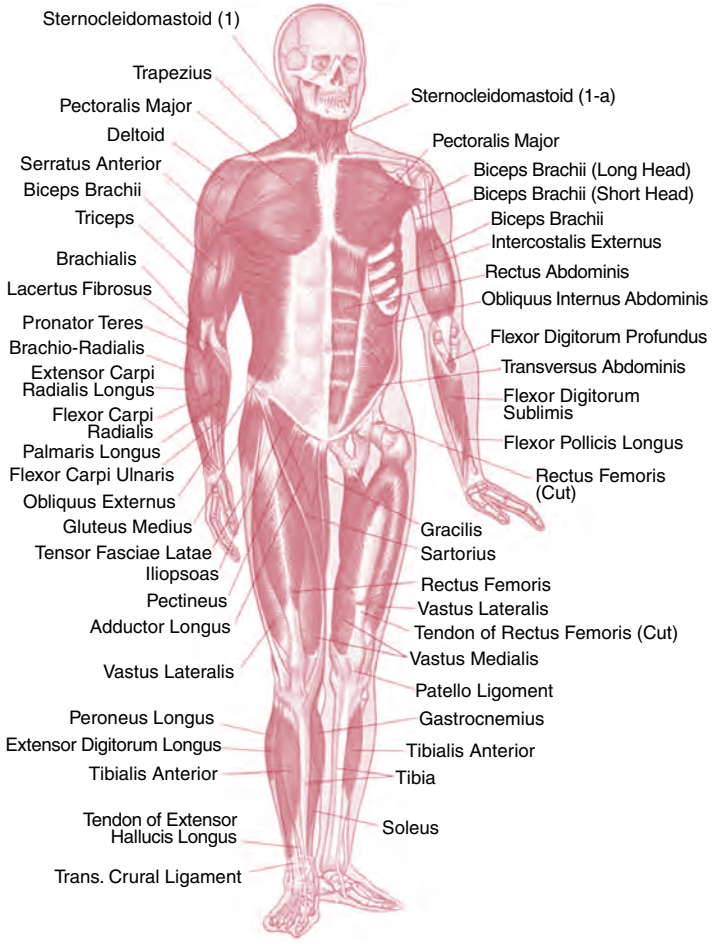

*Courtesy of Cramer Products, Inc.*

# SKELETON: POSTERIOR VIEW



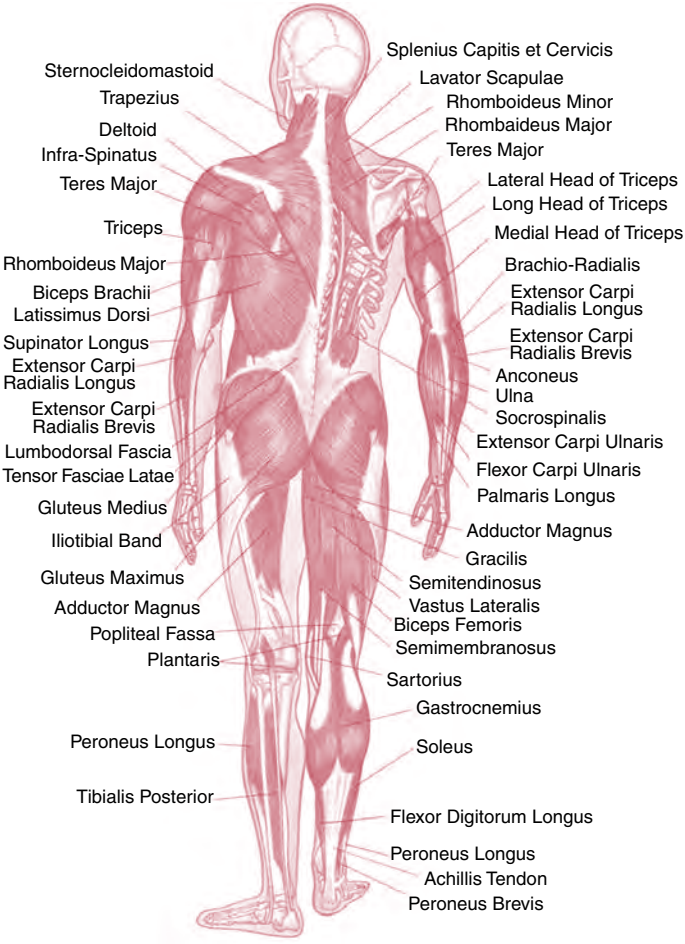

*Courtesy of Cramer Products, Inc.*

# MUSCLES: ANTERIOR VIEW



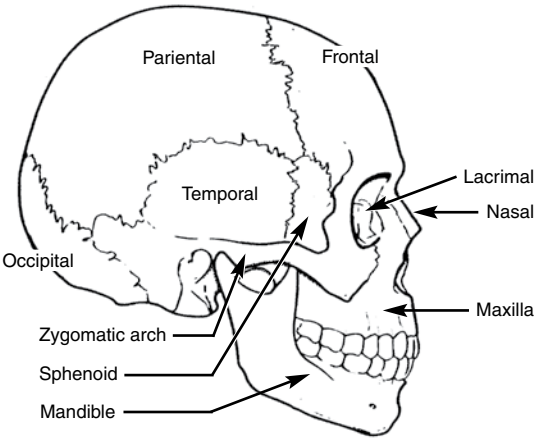

*Courtesy of Cramer Products, Inc.*

# MUSCLES: POSTERIOR VIEW

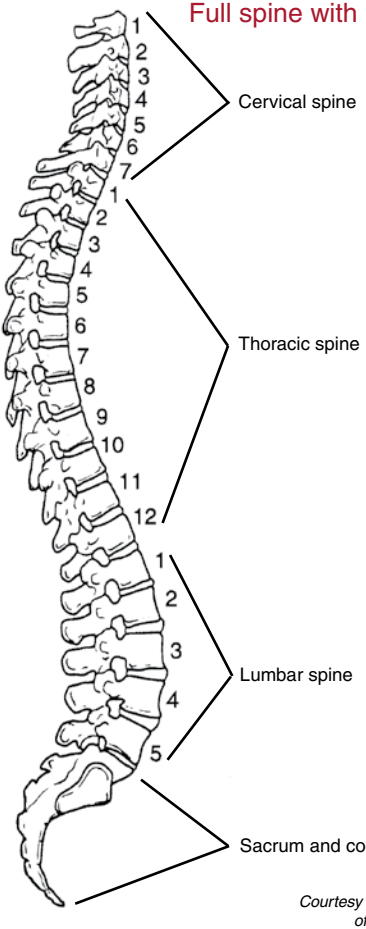



*Courtesy of Cramer Products, Inc.*

# ANATOMICAL SECTIONS



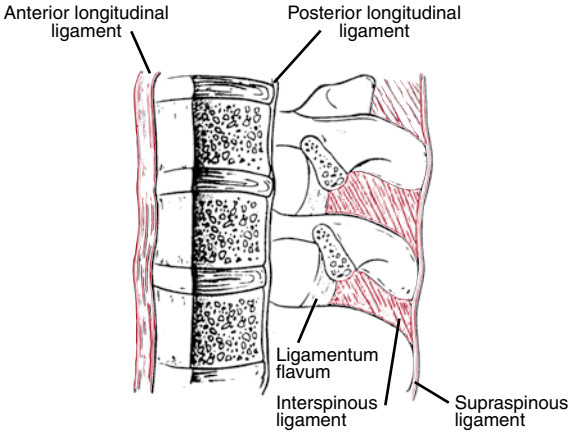

Full spine with normal curve



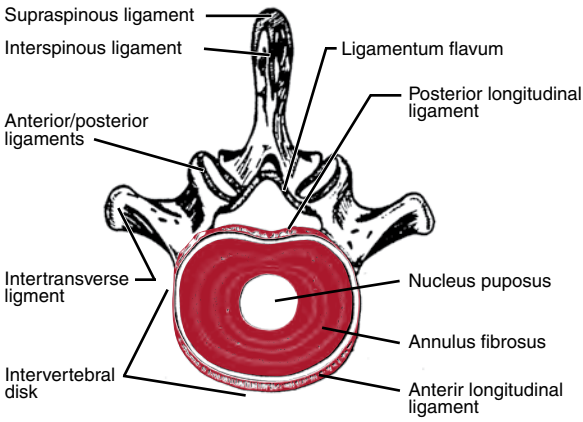

*Courtesy of American Academy of Orthopedic Surgeons*

# ANATOMICAL SECTIONS

## Sagittal superior view




## Transverse horizontal view

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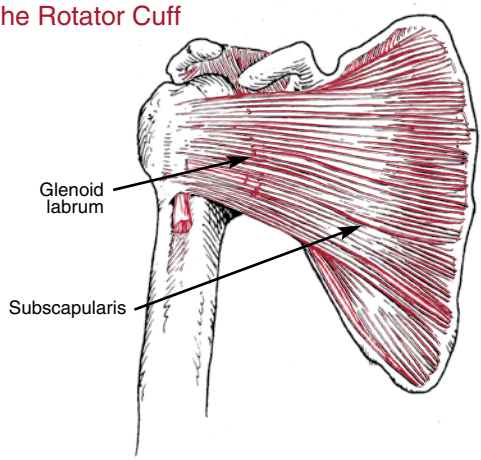
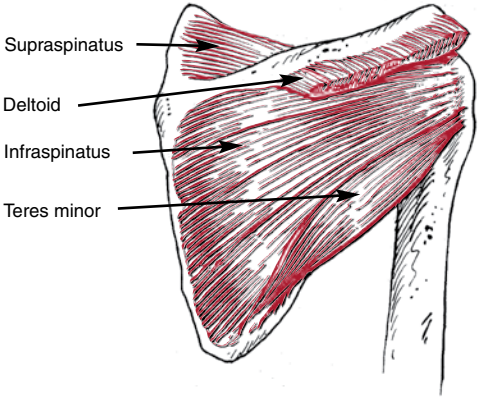
# ANATOMICAL SECTIONS

## The Rotator Cuff



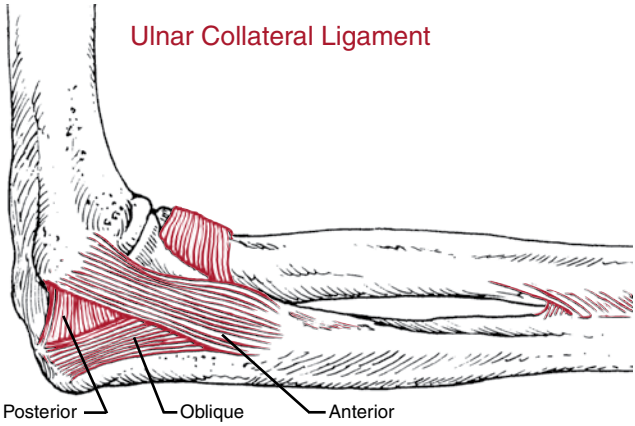

## The Rotator Cuff



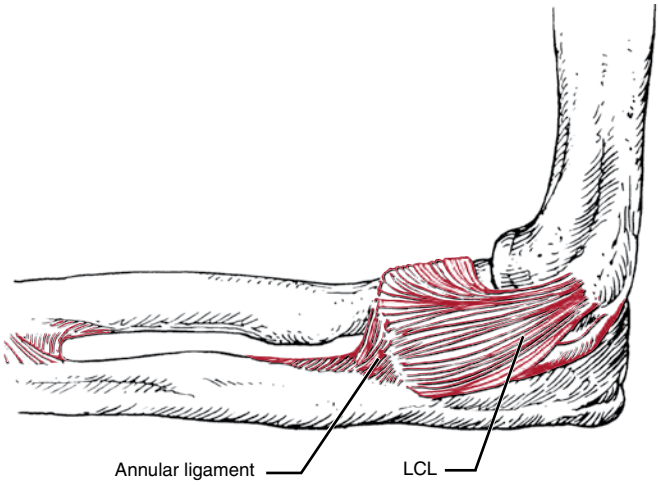

*Courtesy of Cramer Products, Inc.*

# ANATOMICAL SECTIONS

## Ulnar Collateral Ligament




## Radial Collateral Ligament

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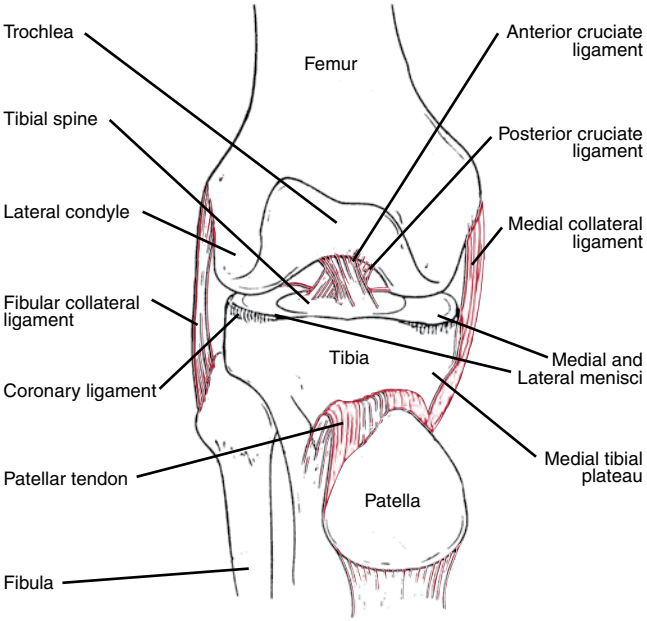
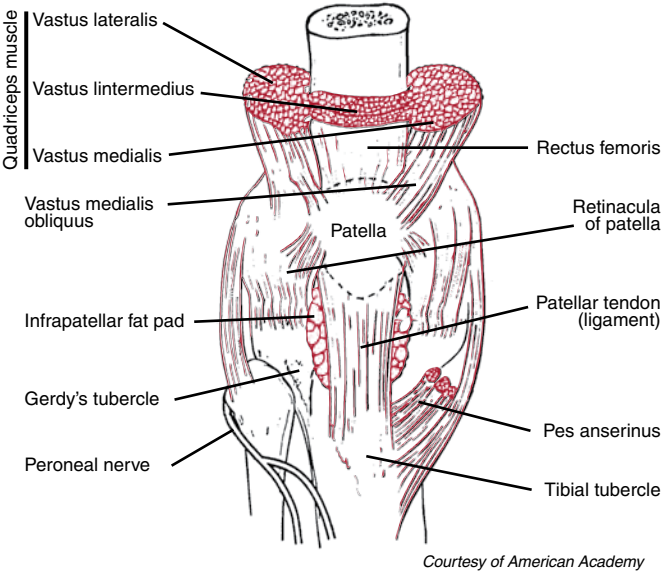
# ANATOMICAL SECTIONS




*The knee comprises two joints made up by the femur, tibia, and patella. The four major ligaments of the knee are the medial, lateral, anterior, and posterior collateral ligaments. the tibia is partially covered by menisci.*

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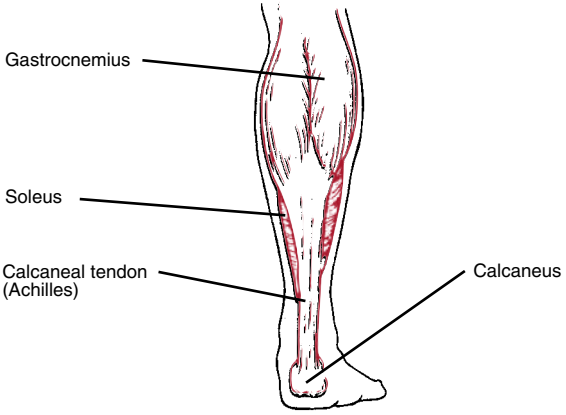
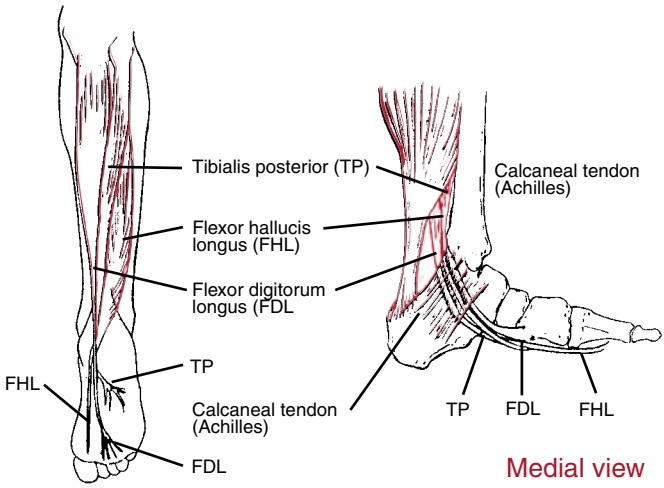
# ANATOMICAL SECTIONS

## Superficial position




*The posterior compartment muscles of the foot cross the ankle joint to insert on the foot.*

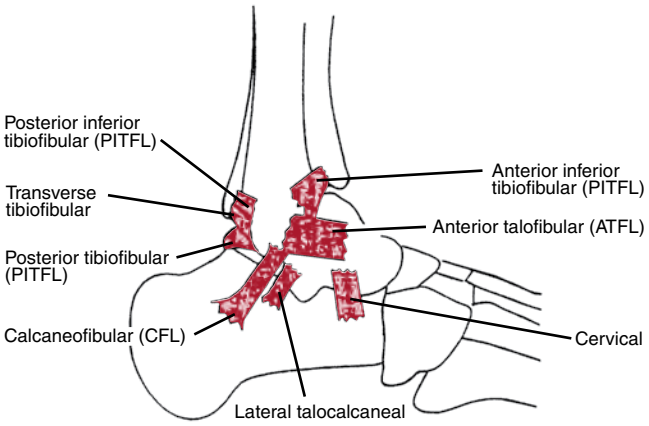
## Deep portion



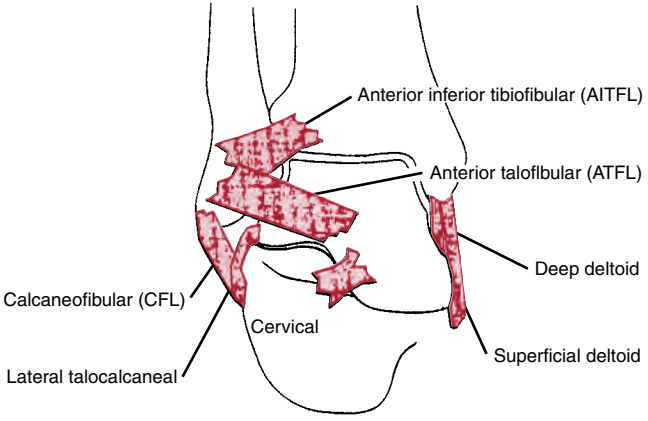

Medial view

*Courtesy of American Academy of Orthopedic Surgeons*

# ANATOMICAL SECTIONS




Lateral view of the ankle and subtalar joint ligaments

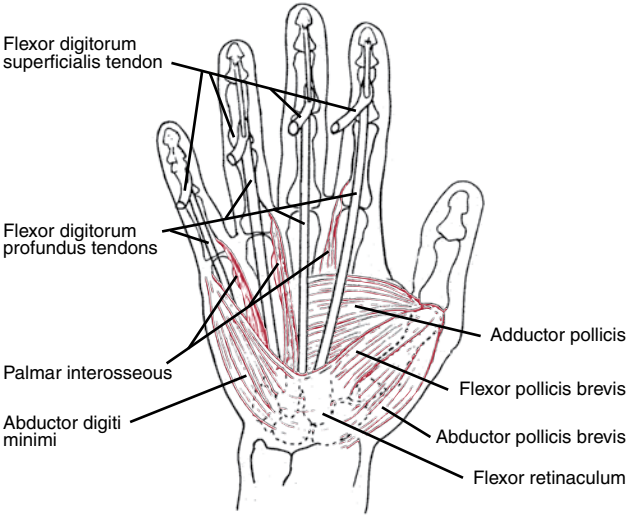


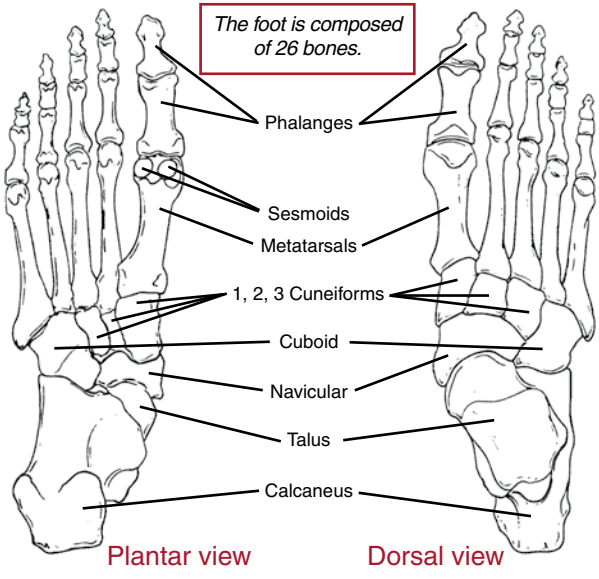

Anterior view of the ankle and subtalar joint ligaments

*Courtesy of American Academy of Orthopedic Surgeons*

# ANATOMICAL SECTIONS

## Palmar cross-section of the hand




*Courtesy of American Academy of Orthopedic Surgeons*

# Minor League Athletic Trainers

**PBATS Congratulates**

## Scott Johnson

2017 Minor League Athletic Trainer of the Year

## 2017 Athletic Trainers of the Year

### Triple-A

| | |
|---|---|
| **Coordinator:** | Joe Rauch |
| **International:** | Scott Johnson |
| **Pacific Coast:** | Masa Abe |

### Double-A

| | |
|---|---|
| **Eastern League:** | Jeremy Heller |
| **Southern League:** | Tyler Moos |
| **Texas League:** | Masanobu Koyanagi |

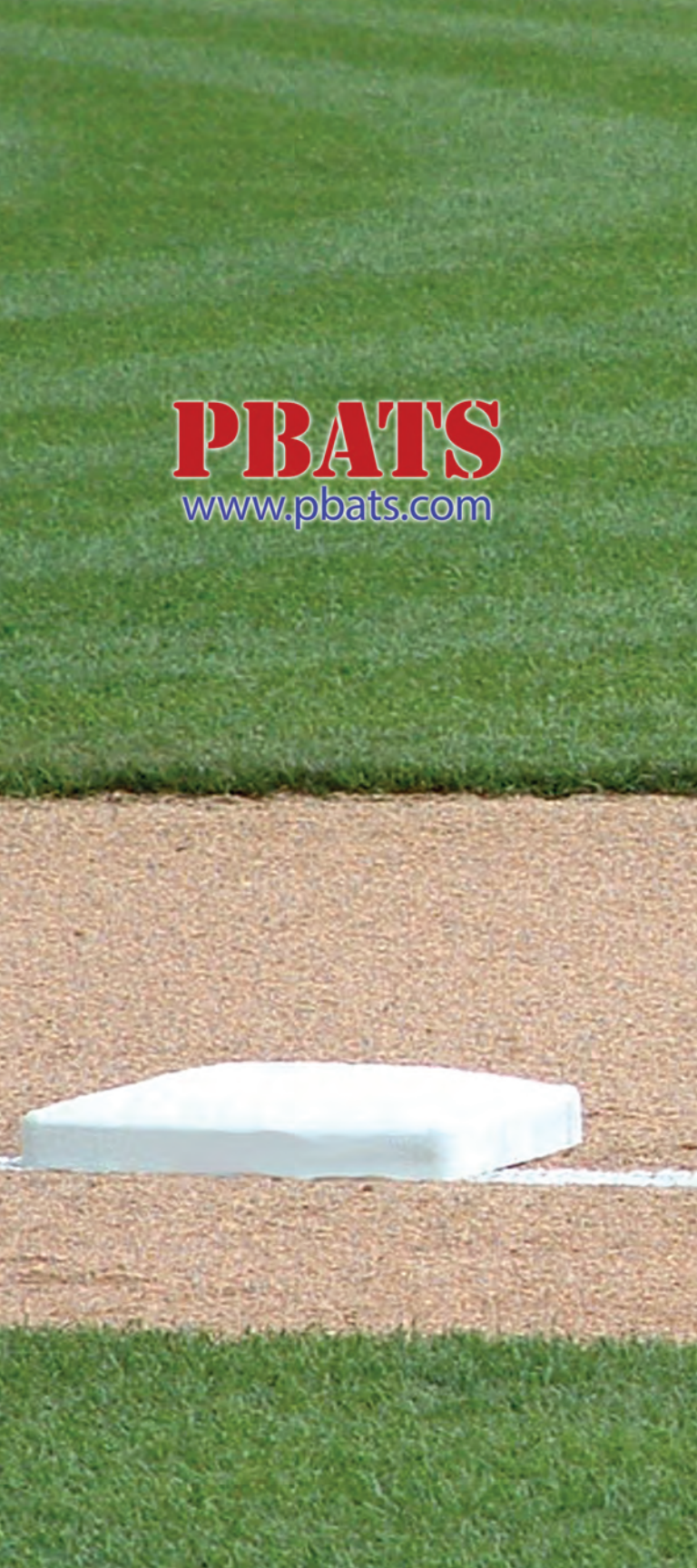
### Single-A

| | |
|---|---|
| **Florida State League:** | Michael Becker |
| **California League:** | Joshua Guterman |
| **Carolina League:** | Bobby Ruiz |
| **Midwest League:** | Jeff Paxson |
| **South Atlantic League:** | Michael Sole |
| **New York - Penn League:** | Brian Newman |
| **Northwest League:** | Mickey Clarizio |
| **Appalachian League:** | Kris Russell |
| **Pioneer League:** | Margaret Rall |
| **Arizona League:** | Randy K. Roetter |
| **Gulf Coast League:** | AJ Cano |
| **Dominican Summer League:** | Allison Wood |

# *Minor League Athletic Trainer of the Year*

**2017**
**Scott Johnson**
***Chicago White Sox***

| | |
|---|---|
| **2016** | **Troy Hoffert**<br>***Philadelphia Phillies, Gulf Coast League*** |
| **2015** | **Joe Benge**<br>***Tampa Bay Rays, Minor League Coordinator*** |
| **2014** | **Robert Tarpey, New Hampshire Fisher Cats**<br>***Toronto Blue Jays, Rookie Ball*** |
| **2013** | **Clete Sigwart, Arizona Reds**<br>***Cincinnati Reds, Rookie Ball*** |
| **2012** | **Carl Randolph**<br>***Pittsburgh Pirates, Minor League Coordinator*** |
| **2011** | **Jeff Paxson, Wisconsin TimberRattlers**<br>***Milwaukee Brewers, A affiliate*** |
| **2010** | **Chris Tomashoff, Charlotte Stone Crabs**<br>***Tampa Bay Rays, A affiliate*** |
| **2009** | **Scott Takao**<br>***Chicago White Sox, Minor League Coordinator*** |
| **2008** | **Jeremy Clipperton, West Tenn Diamond Jacks**<br>***Seattle Mariners, AA affiliate*** |
| **2007** | **Brad LaRosa, Springfield Cardinals**<br>***St. Louis Cardinals, AA affiliate*** |
| **2006** | **James Southard, Visalia Oaks**<br>***Tampa Bay Devil Rays, A affiliate*** |
| **2005** | **Mike Frostad, Dunedin Blue Jays**<br>***Toronto Blue Jays, A affiliate*** |
| **2004** | **Roger Fleming, El Paso Diablos**<br>***Arizona Diamondbacks, AA affiliate*** |
| **2003** | **Mike Freer, New Orleans Zephyrs**<br>***Houston Astros, AAA affiliate*** |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