



Dear Athletic Trainer and Allied HealthCare Professionals,

Indiana State University's Athletic Training Services would like to welcome you to Terre Haute, Indiana for the 2008 Division I NCAA Cross Country Championships. We are looking forward to hosting your school's team and medical staff. ISU has established a tradition of high level medical coverage and care at this meet for three years. In order to continue to raise the standard, we are happy to announce we will be hosting a mini seminar and social event for all medical and allied health care professionals attending the championships.

All athletic trainers, physicians, healthcare professionals and athletic training students are invited to the mini seminar. The event will take place from 7:00 to 8:00pm on November 23, 2008 in the Chestnut Room East, at the Holiday Inn. This is the same location as the technical meeting held earlier in the evening.

We will be serving finger foods, desserts and drinks. This will be a casual opportunity to learn, network and socialize. Please see the attached information sheet for additional event details. We hope you can join us in starting a new tradition in combining NCAA competition and exemplary medical care.

Sincerely,

Indiana State University's Athletic Training Services

Brad Yeargin M.Ed LAT ATC
Head Athletic Trainer Cross Country / Track and Field

NCAA Cross Country Medical Staff Mini Seminar and Social

Title of Seminar: Use of Cold Water Immersion in the Treatment of Heat Stroke

Presenter: Douglas J. Casa, PhD, ATC, FACSM, FNATA
Associate Professor
Director, Athletic Training Education
University of Connecticut

Date: November 23rd, 2008
Time: 7:00-7:45pm seminar, social to follow
Where: Chestnut Room, Holiday Inn
Continue Education: 1 unit (BOC)



Event Details

A mini-seminar, in conjunction with the National Collegiate Athletic Association Cross Country Championships, will engage medical staff cognitively in order to make practical changes clinically. The presentation will examine the use of cold water immersion in the treatment of exertional heat illnesses. The presenter will initiate an interactive discussion on the myths surrounding the treatment and overcoming obstacles in implementing its use in different setting. Providing an educational component for medical staff at an NCAA Championship is unprecedented. This demonstrates ISU's and the profession of Athletic Training's progressive view of experiential learning. Following the seminar, athletic trainers and other health care professionals in attendance will socialize which will encourage a team approach to medical care in mass participation events and an opportunity to network.

Dr. Douglas Casa has accepted an invitation to speak at the mini-seminar. Dr. Casa's most recent awards and recognitions include The Medal for Distinguished Athletic Training Research, National Athletic Trainers' Association (NATA; 2008), Fellow (NATA; 2008), and The Sayers "Bud" Miller Distinguished Educator Award, (NATA; 2007). With current research projects regarding the influence of mild dehydration on cognitive function, hydration attitudes, intake, and needs of youth soccer players, assessing athletic trainers and team physicians knowledge and clinical practice related to exertional heat stroke, reliability and validity of a new self-perceived hydration assessment tool, and influence of hydration status on physiological function during trail running in the heat demonstrate that he is leading the scholarly community in heat and hydration research. In particular, his work to recognize and prevent catastrophic injury at mass-participation running events has emerged as the platform for establishing guidelines and recommendations for both the NATA, American College of Sports Medicine, and USA Track and Field. His commitment to excellence and leadership in Athletic Training has provided an excellent role model for practitioners and students of all types of health care professions for over a decade.

Questions can be directed to Susan Yeargin at 812-237-3962, syeargin@indstate.edu, Brad Yeargin at 812-870-5317, byeargin@indstate.edu, or Lindsey Eberman at 812-237-7694, leberman@indstate.edu.

Transportation: The Holiday Inn is within walking distance of the majority of team hotels. For those hotels within Terre Haute that are not within walking distance, transportation will be provided. Please contact one of the hosts listed above to set up transportation needs before the event.