

The Five Rings of Georgia

A joint publication of the Georgia State Games and the Georgia Sports Foundation

Winter Issue

March 2006

Inaugural Welcome

Welcome to the inaugural launch of *The Five Rings Of Georgia* E-Newsletter. This newsletter will be replacing the previous GSG newsletter *The Games Georgians Play*, and will greatly expand upon it's usefulness to the recipient.

The purpose of this newsletter is to bridge a communications gap between the entities in the state of Georgia at every level and in each sector that affects the involvement or impact on amateur sports, recreation, physical fitness, health and wellness. This will also include the economic impact of these entities as well as the national and professional entities impact and implications for Georgia's constituents.

The Georgia State Games (GSG) and the Georgia Sports Foundation (GSF) are the ONLY ENTITIES that are specifically designed to develop, promote and educate the sector of amateur sports, physical fitness and health and the ONLY ENTITIES with a statewide focus.

The GSG and GSF are non-profit entities operated almost exclusively via volunteers and through community supported fund raising efforts and donations. We are members of the National Congress of State Games (NCSG), and members of the United States Olympic Committee (USOC) via NCSG members of the Southeast Sports Festival and closely partnered or tied in with all the major amateur sports organizations in the state.

We hope that you will remain on our distribution list and will encourage all of your contacts to subscribe to this newsletter.

This e-mail list will not be provided to any third party for their usage.

Economic Development and Sports

Each year, amateur sports are responsible for generating over \$32.5 billion to the national economy.

Georgia's Sports Commissions are responsible for helping drive more than \$1 billion in economic impact to Atlanta from 1999-2003. Adding the impact from professional teams, motor sports, golf tournaments, and other sporting events is included, that number reaches \$4.5 billion.

It is vital that individuals and decision makers know and understand how important and valuable the concept of "sports" is to the state of Georgia. This means all markets of the state. Below is a list of sports councils and commissions across the state that are accomplishing their goals in the development of economic revenues through sports. Lets not forget to recognize AND support them whenever possible.

Georgia Sports Commissions

- ♦ Albany Sports Council (developing)
- ♦ Atlanta Sports Council
- ♦ Greater Augusta Sports Council
- ♦ Columbus Sports Council
- ♦ Cobb County Sports Council
- ♦ Gwinnett County Sports Council
- ♦ Savannah Sports Council
- ♦ Valdosta Sports Council

Did you know that 68 cents out of every dollar spent on sports comes from the grass roots sector, which includes youth under 18 years old, recreational athletes and weekend warriors. In comparison, this outweighs the money spent on professional sporting ventures. So realize that supporting the development of "sports" on your local community is not only a good solid endeavor, it is also a vital economic development engine for the State's economy.

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2006 Championship Dates

<u>Sport</u>	<u>Dates</u>
Archery	July 15
Badminton	July 9
Baseball- Adult	July 20-23
Baseball- Youth (All-Star)	July 14-16
Baseball- Youth (Travel)	July 7-9
Basketball- Boys'	July 7-9
Basketball- Girls'	July 14-16
Bowling	July 8-9
Boxing	July 15-16
Canoe / Kayak	July
Cycling- Criterium	July 9
Cycling- Road Race	July 8
Diving	July 8-9
Equestrian	July 22-23
Fencing	June 9-11
Gymnastics- Artistic	June 10-11
Judo	July 15-16
Lacrosse- Adult	July 15
Lacrosse- Youth	July 15
Racquetball	July 7-9
Road Race (Run for Life)	August 5
Roller Hockey	July 13-16
Rowing	July 22
Rugby	July 15
Shooting- Air Rifle	July 9
Shooting- Air Pistol	July 9
Shooting- 5m BB Rifle	July 8
Shooting- Western 3 Gun	July 8
Shooting- .22 Rimfire	July 9
Shooting- .22 Benchrest	July 9
Shooting- Skeet & Trap	July 8
Shooting- Sporting Clays	July 9
Softball- Adult	July 14-16
Softball- Youth	July 7-9
Swimming- Open Water	July 15
Swimming- Youth (Rec.)	July 15-16
Table Tennis	July 15-16
Taekwondo	June 10-11
Team Handball	May 6
Tennis- Adult	July 13-17
Tennis- Youth	July 10-14
Track & Field- Open / Masters	July 16
Track & Field- Youth	July 14-15
Volleyball- Outdoor	July 15-16
Water Polo	July 15-16
Weightlifting- Olympic	July 8
Weightlifting- Powerlifting	July 15
Wrestling	July 7-9

Championships Section

History of the Games

The Georgia Games will celebrate 16 years of District Sports Festivals and Championships, with the 2006 Championships returning to the Atlanta area after a successful year in 2005. The Georgia Games Championships will descend upon the Greater-Metro Atlanta area in grand Olympic-style.

The Georgia Games, an Olympic legacy, began in 1990 due to the state's eagerness to prove Georgia's interest in amateur sports. The Games continue to exceed all expectations.

The 2006 Georgia Games Championships continue to "Keep the Olympic Spirit Alive" in the hearts and minds of Georgians as athletes have the opportunity to hone their skills at new venues and against new competition. The Georgia Games is an event for all ages and skill levels.

Countdown to the '06 Championships

The countdown to the 2006 Georgia State Games Championships has begun with less than 150 days until the start of the first event, and this year's games look to be as promising as ever now that we are entering our 16th championship season.

This year's games will descend upon the Greater Metro-Atlanta Area July 8-17 and with the addition of water polo, golf, and canoe/kayak, the championships will include more than 50 sporting events with a team of volunteers operating 55 venues.

The Georgia State Games Championships are modeled in the spirit of the Olympic Games, and provide Georgia's amateur athletes of all ages and skill level the opportunity to compete in an exemplary championship-sporting event.

Any resident from the state of Georgia can compete in the events, and there are no restrictions on the number of event a participant can enter. The only requirement for eligibility to participate is the submission of an official entry form two weeks prior to the event. There are no other membership requirements, although each participant must be a resident of the state of Georgia for at least 30 days prior to the sporting event. Also, Georgia residents attending school or serving in the military out of state are also eligible.

To request an entry form or for more information on the Georgia State Games Championships, visit the Georgia Games website or contact the Georgia State Games at (770) 528-3580

Entry forms for the Georgia Games Championships will be available at www.georgiagames.org beginning March 15, 2006.





Southeast Sports Festival Section

2006 Inaugural Southeast Sports Festival

About 40 states throughout the nation currently conduct State Games events. Modeled after the Olympic Games, these events are designed to provide amateur athletes with the incentive to train and participate in a statewide multi-sport event annually. Each State Games program is organized by an independent organization within that state and are members of the National Congress of State Games (NCSG).



In 2004, the State Games of Alabama, Florida, Georgia, Kentucky, Mississippi, and North Carolina came together to form this non-profit Olympic Style Multi-Sport Festival. Each state recognized the importance and value of providing athletes with the opportunity to advance to another level and showcase their talents on a regional playing field.

The 2006 Inaugural Southeast Sports Festival offers individuals and teams that participate in their local 2006 State Games sports event (Alabama, Florida, Georgia, Kentucky, Mississippi, and North Carolina) the opportunity to compete against State Games participants from those states. Provisions have also been made to include Arkansas, Louisiana, South Carolina, Tennessee, and West Virginia.

By participating in the 2006 Georgia Games Championships, individuals and teams are eligible to compete in the 2006 Southeast Sports Festival. All participants in the Georgia Games are eligible to participate in the Southeast Sports Festival regardless of their performance or placement in their local State Games sporting event.

Ten sports have been included on the event roster for this inaugural year of the Southeast Sports Festival, these events include

- ◆ Archery
- ◆ Baseball
- ◆ Basketball
- ◆ Bowling
- ◆ Fencing
- ◆ Figure Skating
- ◆ Gymnastics
- ◆ Softball
- ◆ Taekwondo
- ◆ Track & Field

Entry forms will be available March 1, 2006, for more information or to register, visit

www.SoutheastSportsFestival.org

District Sports Festival Section

Announcing 2006 District Sports Festivals

The district sports festivals are our statewide programs offered from May through June, which serve as a lead into the Georgia Games Championships. These events are offered to encourage all residents of Georgia to become physically fit and active in amateur sports.



As the awareness of the Georgia Games continues to grow, the statewide District Sports Festivals attract athletes of all ages and skill levels throughout the state. Cities hosting the 10 District Sports Festivals are benefiting as well.

"The entire state of Georgia benefits in many ways from the phenomenal growth of the Georgia Games," says Abit Massey, Chairman of the Georgia State Games Commission, "the games promote amateur athletics and physical fitness throughout Georgia and provide significant economic opportunities for the cities that host the District and State Championship venues".

Call To Host District Events is Now Underway

Submit your new or existing events to the Georgia Games office to be part of this year's District Sports Festivals. Event hosting forms can be found under the District link at www.georgiagames.org or call 770-528-3580 for further information.

Grass Roots Development Section

Grant Opportunity for Atlanta and Sylvester, GA

Grants are being offered from ConAgra Foods for projects, which support programs particularly on nutrition. Visit www.conagrafoods.com for more information.

Grant Opportunity for GA Non-Profit Organizations

The Georgia Sports Foundation will be offering sports and physical fitness equipment grant in the near future. Beginning March 30, 2006, go to www.georgiagames.org for more information.

Contact Us!

Georgia State Games
P.O. Box 2043
Kennesaw, GA 30156
770-528-3580
770-428-3590 (fax)



Calendar of Events

Lighten Up Georgia

Lighten Up Georgia begins March 1 through June 30, 2006.

Cobb Cup

The Cobb Cup will be held Saturday, May 6, 2006 at Mt. Paran Christian School campus. This tournament is the largest youth team handball tournament in the United States.

Fencing Championships

The Fencing Championships will be conducted June 9-11, 2006 at the Kennesaw State University campus.

Gymnastics Championships

The Gymnastics Championships will be held again this year at the Tucker Recreational Center June 10-11, 2006.

Georgia State Games Championships

The Georgia Games Championships will be held in the Greater-Metro Atlanta Area with more than 50 sporting events in this year's championships. The dates of the 16th Annual Championship Games are July 7-16, 2006.

Run For Life

The 23rd Annual Run For Life will be held August 5, 2006 at the old Athlete's Foot Corporate Headquarters.

Southeast Sports Festival

The inaugural Southeast Sports Festival (SESF) will take place July 26-30 in Birmingham, Ala. Athletes in 10 sports will compete against athletes from 11 other states. This annual event will move around the southeast on a yearly basis. ONLY athletes that compete in the 2006 Georgia Games are eligible to compete in the SESF.

Charity Golf Tournament

The 4th annual Georgia Games Charity Golf Tournament will be held in the early-mid fall. All proceeds will go to developing and promoting amateur sports in the state of Georgia. Foursomes, sponsors and hole sponsors are all available.

For more information on upcoming Georgia Games events, visit us at

www.georgiagames.org,
or call 770-528-3580

Volunteer Section

Volunteers Make the Georgia Games a Success

Although the Georgia Games Championships is designed to promote amateur sports, the volunteers are the glue that holds the Georgia Games together. From the behind the scenes work to staffing the events and everything in between, it is our family of volunteers that make the difference.

Because the success of the Georgia State Games depends so heavily on the volunteers, we would like to thank all of our past volunteers and extend to you another invitation to impact the amateur sporting career of a Georgia athlete. We also encourage anyone with the desire to volunteer their talents to look no further than the Georgia State Games.

By offering an array of volunteer opportunities, there is something for everyone including medical volunteers, massage therapist, sport volunteers, volunteer supervisors, score keepers, course marshals, security, media relations, mascot, hospitality, operations, logistics, results and so much more!

Currently, we are in need of at least 50 volunteers for the Cobb Cup on May 6, 2006, more than 1,500 volunteers are needed for the Georgia Games Championships July 7-16, 2006, and more than 100 volunteers are needed for the Run For Life on August 5, 2006. Several volunteers are also needed for other Championship events including the Fencing Championships June 9-11, 2006 and the Gymnastics Championships June 10-11, 2006.

To get involved with the Georgia State Games as a volunteer, please visit the volunteer page of the Georgia Games website and complete the volunteer information form and take an active role in making the Georgia State Games a success.

Community Development Volunteering

A few years ago, the Georgia State Games was able to partner with a large group that wanted to complete some community service. In conjunction with SORBA, these entities were able to complete a mountain bike trail in just three days. Other experts have said that job usually takes three years. The Georgia Sports Foundation wishes to continue this project. If you, or a group that you represent is interested in this type of volunteering, please e-mail at gagames@kennesaw.edu and we will collect this data in an effort to continue these types of projects



Philanthropy Section

MAKE A DIFFERENCE **GIVE NOW**

Philanthropic Opportunities: Big & Small

Each year the Georgia State Games must raise over \$250,000 just to operate. This is accomplished in many different ways: Corporate Philanthropy, Sponsorships and Donations of products and services, Individual Donations, Programs Fees, Advertising, Grants, Fund Raising Events and more. Visit our website to find out more about the Georgia Games Sponsorship program at www.georgiagames.org.

Sports & Physical Fitness Equipment Sought

The Georgia Sports Foundation is a 501 C3 Non-Profit Foundation seeking donations of new and used sports and physical fitness equipment and other exercise equipments. This equipment will be refurbished and then granted out to other non-profit groups that serve high-risk obesity groups in both urban and rural areas of the state.

Typical equipment sought are basketballs, baseballs, bats and gloves, softball, tennis balls and racquets, weight benches, free weights and bars, cardio vascular equipment, track equipment, soccer balls, volleyballs and nets, golf balls and clubs, bicycles, mats, etc. Basically, if you have some type of sports equipment, in somewhat decent condition that you want to get rid of, we have a use for it and/or another organization can utilize it for their population's enrichment.

Companies, groups and individuals interested in donating equipment, please contact Eric Pfeifer at 770-528-3580 or epfeifer@kennesaw.edu

Sponsor Showcase Section

One of the major support mechanisms of the Georgia State Games are our Corporate Sponsors.

Kennesaw State University plays host to our state headquarters and has been a vital link to our successful operations. The link between KSU, whose athletic department has recently moved up to NCAA Division I, abundant educational outreach and internship placement opportunities has been a successful match with the Georgia Games.

Milner Document Products has been a long time supporter of the Games and the official office machine sponsor for many years. Their top-level equipment and highly qualified staff have been instrumental in providing the highest level of the behind-the-scenes support.

A special thank needs to go out to **Ackerman & Company** for being our Issue Point Warehouse sponsor. When we needed warehouse space, Ackerman & Company was so helpful in providing us with the much needed space.

The people at **Cotton Graphics** have met every need we could ask for in designing and producing our apparel needs. Each year they have continued to develop high level artwork that keeps our attention and receives great reviews from all of our athletes. Visit Cotton Graphics for all of your apparel needs, and tell them Eric sent you.

Wish List

Are you a generous soul with a giving heart who feels like granting a "wish" to further the work of the Georgia Sports Foundation. Please contact us at 770-528-3580 to make an in-kind donation. We are very grateful for whatever donations people can donate to us, and we'll be happy to provide you with a receipt for your tax records. Thanks in advance.

- **A 15-Passenger Van (good condition)**
- **A 15+ ft. Box Truck (good condition)**
- **Computer Desktop Support**
- **Corporate Sponsors**
- **Individual Sponsors per Sport**
- **Financial Donations**
- **Media Services**
- **Media Support**
- **Auditing Services**
- **Golf Course for Charity Event**
- **Commercial Grade Printing Services**
- **Banners and Signs**
- **Hotel Rooms**
- **Volunteer Meals**
- **Digital Cameras**
- **10' x 10' Pop Up Tents**
- **Commercial Grade Walkie-Talkie Sets**
- **Field Lining Machine and Paint (all colors)**
- **Basic Medical Supplies**
- **Pipe and Drape**
- **Baseballs- Tournament Level**
- **Basketballs- Tournament Level**
- **Electronic Portable Scoreboards**

Marketing Opportunities

- **Gold, Silver or Bronze Sponsors**
- **Sponsor 1 of 50 Sports (\$1,000 per sport)**
- **Educational Intern Scholarships**
- **Sportsmanship Awards**
- **Volunteer Meals**
- **Hotel Rooms**
- **Retail Marketing Space**
- **Media Sponsors**

Call 770-528-3580 for more details!



Lighten Up Georgia Section

Our Program

The purpose of Lighten Up Georgia is to address the climbing obesity rates in Georgia, among adults and children. Through teamwork and education, Lighten Up Georgia's goal is to help the citizens of our state lead healthier lives by encouraging more physical activity and sound nutritional choices in their everyday lives.

This program is a four-month friendly competition among teams of five to ten people (friends, family, co-workers, neighbors, church members, etc.). The teams will compete on the basis of two categories:

- ◆ Percentage of total team weight loss due to healthy, appropriate diet and physical activity.

AND/OR

- ◆ Accumulated activity in the form of miles traveled (walked/run).

The top three teams in each category will be awarded medals at the Georgia Games Championships Road Race on August 6, 2006.

Upon registration, teams will choose a team captain and team name. All participants will receive:

- ◆ Lighten Up Georgia T-shirt
- ◆ Weekly health and nutrition tips

For more information or to register a team, visit

www.lightenupgeorgia.org

Lighten Up America

As a member of the National Congress of State Games (NCSG), the Georgia Sports Foundation has joined the likes of many other state sports foundations to participate in the Lighten Up America campaign.

Like Lighten Up Georgia, Lighten Up America is designed to fight the growing obesity epidemic that is currently the second leading preventable cause of death in the United States, by promoting healthy weight loss through proper diet and exercise.

The concept of Lighten Up America was initiated by the 2001 implementation of Lighten Up Iowa, by the Iowa State Games. Since the first Lighten Up Iowa, more than 20,000 participants have logged in over 4.8 million activity miles and topped 65,000 pounds lost.

In the past five years, a total of 22 states represented in the National Congress of State Games have developed health programs similar to Lighten Up Iowa to encompass the Lighten Up America campaign.

For more information, visit

www.lightenupamerica.org



Did You Know?

- Physical inactivity, overweight and obesity were associated with 23 percent of health plan health care charges and 27 percent of all national health care charges.
- Overweight individuals have 25 percent higher health care costs than normal weight individuals and extremely obese individuals had 44 percent higher costs than normal weight individuals.
- US employers who invest in health programs in the workplace can see a return of \$3-\$6 for each dollar invested over a 2-5 year period.
- In an Atlanta CDC study, it was found that lost productivity costs associated with obesity are often higher than their medical costs.
- In 1992, A Georgia Poultry company began spending 2.5 percent of its healthcare budget on health promotion programs and after 12 years, the company's healthcare expenses per employee were less than half of the national average, \$6,900 per person.





Physical Fitness Section

School Policies Affect Student Weight Gains

In a 2005 study by the Pediatrics and Adolescent Medicine, a correlation was made between schools engaging in FOOD as a classroom incentive or fund raising campaigns (candy sales, bake sales, etc.) AND weight gains in the students.

Other School News

Grady High School in downtown Atlanta has experienced great reviews after opening a vegetarian lunch line. Menu items have included veggie egg rolls, pasta salad, vegetarian pizza, and sloppy joe's made of tofu!

Shamrock Middle School in DeKalb County has been instrumental in establishing a fresh product bar that has other area schools now establishing fresh produce bars in their cafeterias too.

Grady High School and Shamrock Middle School are to be commended for their special cafeteria plans. Hopefully more schools will follow their lead!

Advocacy

A new Physical Education Bill has been announced in the Georgia General Assembly that would require the much needed physical activity to be reinstated back into the school curriculums across the state. Contact your local legislator to voice your opinions

Healthy Eating Recipe

Roasted Vegetables with Tortellini

- 2 Tbsp. Butter
- 6 cups fresh vegetables, cut into 1/2" strips or chunks (red, yellow and/or green peppers, onion, zucchini, yellow squash, green beans)
- 4 tsp. prepared minced roasted garlic
- 2 tsp. Italian seasoning
- 1 (9 oz.) package uncooked refrigerated cheese-filled tortellini
- Salt, if desired

Heat oven to 450 F. Place butter in 13" x 9" pan. Heat in the oven until melted (1 to 2 minutes). Stir in vegetables, garlic, and Italian seasoning. Bake for 10 to 15 minutes, stirring occasionally, or until vegetables are crisply tender. Meanwhile, cook tortellini according to package directions. Drain. Stir cooked tortellini into roasted vegetables. Salt to taste.

Serves: 6 (1 1/3 cup servings)

Per Serving: 190 calories, 27 g carbohydrates; 7g fat; 200 mg sodium



Lose 10 Pounds, EASY!

If you burn off 100 extra calories every day, or eat 100 calories less, you'll lose about one pound every five weeks. That amounts to a 10 pound weight loss in one year.

- **Have two pieces of whole grain toast** instead of a medium bagel (200 vs. 300 calories).
- **Open a can of solid white tuna packed in water** instead of oil (175 vs. 275 calories per 6 oz.).
- **Use fat-free mayonnaise** instead of regular on your sandwich (100 vs. 200 calories).
- **Cut your pasta servings to one cup** instead of two-and-a-half cups (280 vs. 420 calories).
- **Choose a medium sized baked potato** instead of a large one (160 vs. 278 calories)
- **Have a vegetarian burger** instead of a 3 oz. turkey burger (90 vs. 190 calories)
- **Use a light vinaigrette salad dressing** instead of a creamy dressing (35-50 vs. 140-160 calories per 2 Tbsp.).
- **Eat unsweetened applesauce** instead of sweetened (100 vs. 200 calories per cup).
- **Snack on a small handful of cashews** instead of a large handful (163 calories for 18 nuts vs. 273 for 30 nuts).
- **Order a regular cheeseburger** instead of a Quarter Pounder (330 vs. 430 calories).
- **Don't Supersize your soft drinks!** Go for a 12 oz. child-sized drink instead of a 21 oz. medium soft drink (100 vs. 210 calories). **Or better yet-DRINK WATER- 0 Calories.**





Olympic Section



Olympic Update

The United States is sent 216 athletes to Torino, Italy for the 2006 Winter Olympic Games. Georgians should be especially proud and honored that two of their own, Randy Jones and Charles Leveille, will be representing the USA and Georgia in Torino during this year's games. For complete results, visit www.usoc.org.

USOC Announces '06 Hall of Fame

The United States Olympic Committee has announced the 2006 inductees to the Olympic Hall of Fame.

The Class of 2006 induction ceremony was held December 8, 2005 and honored several Olympians, Paralympians, coaches, veterans and special contributors.

This year's inductees included Evelyn Ashford, Rowdy Gaines, Bob Hayes, Shannon Miller, Kristi Yamaguchi, Diana Golden-Broshnihan, Herb Brooks, Jack Shea, and Dick Ebersol.

The ceremony took place in Chicago, and was presented by All State.

USOC Announces '05 Paralympian of the Year

The United States Olympic Committee has announced the nominees for its 2005 Paralympian of the Year.

Each year, the USOC recognizes the top male and female athletes and the top team as selected by their respective member organizations. The names of these athletes and teams are placed on ballots used to select the USOC Paralympian (individual athlete or team) of the Year. Members of the USOC Board of Directors along with representatives of the national media participate in the voting to select the award winners, which will be announced in February.

The track and field representative is one of Georgia's own, Scot Hollonbeck of Atlanta. Georgia is privileged to be represented in this elite class of athletes.

Scot Hollonbeck won three medals at the IPC Open European Championship in Espoo, Finland. He also won the 20005 San Diego Marathon and finished fourth in the Grandma's Marathon.

Georgia's Olympic Athletes

Randy Jones, Bobsled



- 2002 Olympic four-man silver medalist with driver Todd Hays.
- 3-time Olympian, qualified for the 2002 team by finishing first in 4-man at Trials and 2-time bronze medalist at World Championships (1993, 1997).
- World Cup Overall and Combined Champion (1992-1993 season).
- Recorded a first place finish at 4-man World Cup event at Lake Placid with driver Todd Hays and pushers Pavle Jovanovic and Garrett Hines in March 2001. Placed 14th in 4-man event at 2001 World Championships.
- At 1998 Olympics, Jones missed the bronze by .02 sec., placing fifth instead. He also finished 10th with Garrett Hines in the 2-man event.
- At 1994 Olympics, Jones finished 13th in 2-man event.
- Won National Brakeman and Side Push Championships (1992, 1995)

Charles Leveille, Speedskating



- Qualified for the 2006 Olympic Speedskating team.
- Won silver at 2006 US Long Track Championships in the 10,000m and bronze in US Men's All-round.
- Won bronze in the 500m and 3000m at the 2004 US Short Track National Championships after only two months of training in short track speedskates from his inline skates.
- A few months after winning bronze, he broke his back in a freak short track accident and had to spend four months in a full body cast.
- Within a few months of removing the body cast, he placed seventh in the long track at the 2005 US Championships.
- Qualified to compete as a member of the 2006



NGB Section

NGB Round Up

Archery

The Georgia Archery in the Schools Program is gaining acceptance across the state, and is a great introductory opportunity to try archery in your local school. For info go to:

<http://georgiawildlife.dnr.state.ga.us/content/displaycontent.asp?txtDocument=433>



Bowling

The US Bowling Congress has announced its scholarship applications deadlines are approaching as of April 1. Georgia youth bowlers are eligible to apply. Scholarships are available between \$1,000 and \$5,000. Go to www.bowl.com

Fencing

The US Fencing will be holding its national Championships in Atlanta between June 30 and July 9, 2006. Visit www.usfencing.org for details.

Rugby

The US Rugby Foundation has been established to help develop youth rugby in the USA. Grants are available for local programs in Georgia that wish to begin these non-contact and contact rugby programs. If a local organization wishes to begin youth rugby programs, you can also contact the Georgia Sports Foundation for guidance at www.georgiagames.org



Soccer

The FIFA Men's World Cup title will begin this June in Germany. The USA Men play the Czech Republic on 6/12, Italy on 6/17 and Ghana on 6/22. A number of international test matches will be contested between January and May as warm ups for the World Cup. Go to www.ussoccer.com for more information.

Team Handball

The largest grass roots youth team handball tournament is held in Cobb County annually and operated by the Georgia State Games. Partnered with the Cobb County School District and Mt. Paran Christian School, this event will be held May 6, 2006. Visit www.georgiagames.org for more info

Taekwondo

The newly formed USA Taekwondo will be holding a World Cup Trial July 5 and the Junior Olympics July 6-9, both here in Atlanta to help celebrate the 10 year anniversary of the Centennial Olympics

Volleyball

Pro Beach volleyball comes to Atlanta July 6-9, 2006. Visit www.avp.com for details

Coaches Educational Section

Safety Course Teaches Valuable Skills

Each year, more than 775,000 children under age 14 are treated in emergency rooms for sports-related injuries, reports the American College of Sports Medicine. Nearly half of these injuries were preventable, yet according to the National Sports Safety Foundation, fewer than 10 percent of the 2.5 million volunteer coaches and 33 percent of the interscholastic coaches have any type of coaching education.

To raise the national standards of coaches responsible for the safety and well-being of millions of young athletes, the National Center for Sports Safety (NCSS), in conjunction with the National Athletic Trainers Association (NATA), is launching P.R.E.P.A.R.E.— a comprehensive, on-line sports safety course for coaches, particularly volunteer moms and dads, who need basic sports safety education.

P.R.E.P.A.R.E. covers everything from minor injuries, such as nose bleeds and ankle sprains, to life-threatening situations, including head and neck injuries. The course is available on-line at www.sportsafety.org and costs \$28. It only takes about three hours to complete.

Participants learn to P— Pre-plan, in case of emergencies; R— Recognize emergencies; E— Emergency Plan (pinpoint the steps needed to be taken once an emergency has occurred); P— Principles of First Aid (learn the basic first aid techniques every coach should know); A— ABC's (become familiar with airway, breathing and circulation— the basic steps to CPR); R— Return to Play (determine when it is safe for an injured athlete to return to play); E— Enjoy (encourage young athletes to get back into the game).

"We believe parents with active children will be heartened to know that P.R.E.P.A.R.E. exists," says Lawrence J. Lemak, M.D., founder of the NCSS. "Most mothers and fathers wouldn't drop their children off at the local swimming pool without a certified lifeguard on duty. Why shouldn't their children receive the same protection during practice or while competing in a game? At a sports facility, P.R.E.P.A.R.E. provides coaches with emergency planning and recognition guidelines which will allow them to respond appropriately until professional help arrives."

"Prevention of injuries is always key, and certified athletic trainers (ATCs) believe that parents and coaches need to be educated on how to help young athletes prevent injuries on and off the field," says certified athletic trainer Al Green, MEd., ATC, EMT, who was a major contributor to the development of the course.

P.R.E.P.A.R.E. focuses on the basics of: emergency planning; heat and cold illnesses; emergency recognition; medical considerations; principles of first aid; head, neck and facial injuries; and warm-up and cool down. The flexibility of online learning allows participants to complete the course at their own pace.



Student Athlete Section

The chart below was taken from the NCAA and is a good representation of what the odds are for a student athlete to progress up the competitive sports ladder. This is a chart not intended to discourage athletes from following their dreams, but for both athletes AND parents to understand what they are up against in the main stream sports.

Georgia is filled with numerous talented athletes in a variety of different sports, but as the table below indicates, the majority of youth athletes will not even advance to the next level, let alone excel because of the intense competition.

As an athlete, do you only want to compete in your current sport and try to make to the next level, or do you definitely want to make it to the next level in another sport? There are many Olympic athletes who first began their amateur careers in one sport but at some time or another switched sporting events to make it to the professional leagues in other sports. There are also many Olympic sports starving for highly talented young athletes. As we just fin-

Did You Know.....

- Many high level bobsledders were track & field sprinters
- Atlanta is home to the country's largest Team Handball Tournament, the Cobb Cup
- Team Handball only has about 1,000 athletes playing in the entire nation and your odds of playing in the Pan America Championships, World Youth Championships and other INTERNATIONAL competitions is good
- Some of the best rugby players in the US previously played soccer, hockey, wrestling, track and football.
- High School Rugby is just getting started in Georgia, but currently six high schools have clubs in the Atlanta area
- Rugby players are some of the most educated athletes in the nation
- Some of the top US Ice Speed Skaters from the Torino Olympics were previously in-line skaters

Consider experimenting with another Olympic style sport. Just think, you might not only like another sport, you might also excel past your deepest imagination.

Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level

Student - Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student-Athletes	549,500	456,900	983,600	455,300	29,900	321,400
High School Senior Student-Athletes	157,000	130,500	281,000	130,100	8,500	91,800
NCAA Student-Athletes	15,700	14,400	56,500	25,700	3,700	18,200
NCAA Freshman Roster Positions	4,500	4,100	16,200	7,300	1,100	5,200
NCAA Senior Student-Athletes	3,500	3,200	12,600	5,700	800	4,100
NCAA Student-Athletes Drafted	44	32	250	600	33	76
Percent High School to NCAA	2.9	3.1	5.8	5.6	12.9	5.7
Percent NCAA to Professional	1.3	1.0	2.0	10.5	4.1	1.9
Percent of High School to Professional	0.03	0.02	0.09	0.5	0.4	0.08



(Student Athlete Section Continued)

NCAA Woman of the Year

Lauryn McCalley has been named the 2005 NCAA Woman of the Year.

McCalley spoke of her experiences as a student-athlete, which include being named an All-American five times during her time at the University of Tennessee as a competition diver.

She graduated in 2005 with a degree in Microbiology. Currently, she is enrolled at the University of Georgia, studying to become a compound pharmacist.

The Woman of the Year Award recognizes senior student-athletes in intercollegiate athletics for their outstanding achievements in athletics, academics and community service.

We at the Georgia Games would also like to congratulate Lauryn McCalley for her outstanding work.

Calling All Athletes

There a number of collegiate scholarship services floating around the internet. Some are free, while others are not. We came across the following link for your review at www.fastweb.com

Internship Section

Olympic Oriented Internship Opportunities Available

The Georgia State Games, Georgia Sports Foundation, and the Southeast Sports Festival have tremendous opportunities for collegiate students to build upon their academic skills and classes through semester long internships.

The Georgia Games internship program has a long history, and interns have come from as far away as California, Maine, and Germany to experience our internship program. Likewise, a good many of our interns have come from various Georgia colleges and universities also.

A wide array of internship positions are available for undergraduate and graduate students. We offer more than 75 different majors the opportunity for an internship position, with the most popular being :

- ◆ **Sports and Recreation Management**
- ◆ **Event Management**
- ◆ **Public Relations**
- ◆ **Communications / Journalism**
- ◆ **Marketing / Business**
- ◆ **IT Management**
- ◆ **Public and Non-Profit Administration**

We are currently accepting internship applications for the summer and fall semesters of 2006. Coop's are available, and all positions are located at our offices in Kennesaw, Georgia. Go to www.georgiagames.org to apply or for more information.

Sports Medicine Section



Overuse Activities

There are basically two types of injuries: acute injuries and overuse injuries. Acute injuries are usually the result of a single traumatic event (macro trauma). Common examples include wrist fractures, ankle sprains, shoulder dislocations and hamstring muscle strain. In most sports, work and recreational activities, overuse injuries are the most common and most challenging to diagnose and treat.

The human body has tremendous capacity to adapt to physical stresses. With exercise and activity, bones, muscles, tendons and ligaments get stronger and more functional. This process of exercise breaks down and builds up tissue. It is when the breakdown occurs more rapidly than the build

Olympic Styled Summer Camps: 2007

Yes, it's only March of 2006, but we are already planning for 2007. The Georgia State Games will continue to expand the outreach and sports exposure of Olympic-styled sports in cooperation with various national and local sporting experts, beginning next summer.

In early June of 2007, the Georgia State Games will launch it's first Olympic-style sports day camp in the Metro-Atlanta area.

The initial focus will be in five separate locations, so most people in the Metro area will have a chance to explore these opportunities. This will be a great opportunity for your child's development and fun. As we continue to develop this program, stay tuned to www.georgiagames.org for more details.



(Sports Medicine Section Continued)

An overuse injury can happen when you first begin a sport or activity, and try to do too much too soon. Error in training is the most common cause of overuse injuries. There are also technical, biomechanical and individual factors. Even slight changes in technique may cause injury. For these reasons, athletic trainers, coaches, and P.E. teachers can play a role in preventing overuse injuries.

Treatment depends on the specific diagnosis. In general, for minor symptoms, cutting back the intensity, duration or frequency of the offending activity brings relief. Adopt a hard/easy workout schedule and cross-train with other activities that allow you to maintain overall fitness levels while you injured part recovers.

Working with a professional or taking lessons can assure proper training and technique. Paying particular attention to particular warm up before activity and using ice after activity may also help. If symptoms persist, a certified athletic trainer will be able to create a more detailed treatment plan for you specific condition.

Remember, most overuse injuries can be prevented with proper conditioning, training and common sense. Learn to listen to your body. "No pain, no gain" does not apply here. The 10 percent rule is very helpful. In general, you should not increase your training program or activity more than 10 percent per week. This allows your body adequate time for recovery and response. This rule also applies to pace or mileage for walkers and runners, as well as the amount of weight added in strength training programs.

National Athletic Trainers Month

March is National Athletic Trainers Month, and this year's theme is **Be Active: Stay Healthy**. The NATA has created a special section on their website for the month, visit www.nata.org for details.

The NATA are certified athletic trainers and unique health care providers who specialize in the prevention, assessment, treatment and rehabilitation of injuries and illnesses that occur to athletes and the physically active.



Official Statement on ATCS in Schools

The National Athletic Trainers' Association (NATA), as a leader in health care for the physically active believes that the prevention and treatment of injuries to student athletes are a priority. The recognition and treatment of injuries to student athletes must be immediate. The medical delivery system for injured student athletes needs a coordinator within the local school community who will facilitate the prevention, recognition, treatment and reconditioning of sports related injuries.

Therefore, it is the position of the National Athletic Trainers Association that all secondary schools should provide the services of a full-time, on-site, certified athletic trainer (ATC) to student athletes.

The NATA is confident the best way to protect the public is to allow only Board of Certification certified athletic trainers and state licensed athletic trainers to practice as athletic trainers.

In states with athletic training regulation, allowing other individuals to continue practicing as athletic trainers without a valid state license or BOC certification places the public at risk. Athletic trainers have unique education and skills that allow them to properly assess and treat acute and traumatic injuries in high school athletics. In coordination with the team physician, they routinely make decisions regarding the return-to-play status of student athletes. Other allied health professionals are not qualified to perform these tasks. Finally, most situations encountered by athletic trainers should not be left to a coach or layperson that does not have the necessary education and medical emergency care training.

Why You Should Have ATC's in Schools

Parents expect the best for their children, but at a minimum mandate a minimum level of competency. This is true for their schoolteachers, their coaches, their officials, and even their bus drivers. So why are we missing the boat on medical coverage for our student athletes.

College athlete programs of 200+ athletes have a full sports medicine department with at least 2-4 full-time Certified Athletic Trainers. In a high school with double or triple that number of students, why are we expecting less quality care for our youth?

Maybe you do not know what a Certified Athletic Trainer is? They are not someone who hangs out in a gym calling themselves "trainers". They are highly trained, top level, sports medicine experts that should be in each and every school in Georgia.

Below are excerpts taken from The FACTS About Certified Trainers and the National Athletic Trainers Association

(Continued on following page...)



FACT: 70 percent of athletic trainers have a master's degree or doctorate but all must have a bachelor's degree. Athletic Trainers are healthcare professionals equivalent to other therapists. All certified or licensed athletic trainers must have a bachelor's or master's degree from an accredited college or university. Certified athletic trainers are highly educated. Seventy (70) percent of ATC credential holders have a master's or more advanced degree. Athletic trainers' bachelor's degrees are in pre-medical sciences, kinesiology, exercise physiology, biology, exercise science or physical education.

FACT: The following educational content standards are required for athletic training degree programs.

- Acute care of injury or illness
- Assessment of injury or illness
- Exercise physiology
- General medical conditions and disabilities
- Health care administration
- Human anatomy
- Human physiology
- Kinesiology/biomechanics
- Medical ethics and legal issues
- Nutrition aspects of injury and illness
- Pathology of injury and illness
- Pharmacology
- Professional development and responsibilities
- Psychosocial intervention and referral
- Risk management and injury/illness prevention
- Statistics and research design
- Strength training and reconditioning
- Therapeutic exercise and rehabilitative techniques
- Therapeutic modalities
- Weight management and body composition

The competency areas are as follows

- Assessment and evaluation
- Acute care of injury and illness
- Pharmacology
- Therapeutic Modalities
- Therapeutic Exercise
- General Medical Conditions and Disabilities

FACT: Athletic trainers know and practice the medical arts at the highest professional standards.

Athletic trainers specialize in injury and illness prevention, assessment, treatment, and rehabilitation for all physically active people, including the general public.

Athletic trainers are regulated and licensed health care workers. The athletic trainer practices under state statutes recognizing them as healthcare professionals similar to physical therapists, occupational therapists and similar professionals. Athletic training licensure/regulation exists in 43 states including Georgia. Athletic trainers practice under the direction of physicians.

FACT: Athletic trainers are recognized allied health care professionals. ATC's are highly qualified, multi-skilled allied healthcare professionals and have been part of the American Medical Association's Health Professions Career and Education Directory for more than a decade. Additionally, the American Academy of Family Physicians, American Academy of Pediatrics and American Orthopedic Society for Sports Medicine— among others— are all strong clinical and academic supporters of athletic trainers.

FACT: ATC's frequently work in rural, frontier and medically underserved areas and with physically active people of all ages. ATC's are accustomed to working in urgent care environments that have challenging— sometimes even adverse— work and environmental conditions. The athletic training tradition and hands-on clinical and academic education combine to create a health care professional who is flexible and inventive— ideal managers of patient care and health care delivery. ATC's are generally a replacement— not an addition to other types of physical medicine therapies performed. ATC's are an "or" not an "and"; therefore, costs for providing therapy are not increased with the use of athletic training services.

Testimonials From Employers and ATC Friends

Legislators and Regulators

"As state legislator concerned with health policy, affordable and accessible health care for all people is my primary concern. We must look for innovative solutions to providing healthcare because of the increasing shortage of nurses and other healthcare workers. One of the best ways to deliver healthcare services in the community is to better utilize certified athletic trainers. Athletic trainers are multi-skilled allied healthcare professionals who provide a unique combination of injury and illness treatment and rehabilitation with a substantial dose of injury prevention and general wellness."

- Rep. Jerry Krummel, Oregon House of Representatives,

Physicians

"The educational background of a certified athletic trainer is the perfect preparation for assisting an orthopedic surgeon. The knowledge of musculoskeletal anatomy, function and clinical experience in the diagnosis and treatment of musculoskeletal disorders is virtually unmatched, even amongst medical students. I believe that ATC's are the best physicians extenders, and I use them in that daily role."

- Ron Clark, MD, Valparaiso (IN) Orthopedic Clinic

"I realized early on in my career that ATC's are the only health care professionals who devote their entire education and professional lives to taking care of active people. My patients experience excellent outcomes as a result of therapy provided by ATC's. My patients love working with them. ATC's are a value added service to my practice. I could not do without them."

- Thomas D. Kohl, MD, Family Practice Physician; Director, Sports Medicine, Comprehensive Athletic Treatment Center, Wyomissing, PA