



Speaker Bios
NATA 2012 Annual Meeting Press Event
“Preventing Sudden Death in Collegiate Conditioning Sessions”
Inter-Association Task Force Consensus Statement

Richard H. Adler

Principal at law firm of Adler Giersch; Author of Washington’s “Lystedt Law” legislation on preventing brain injury in youth sports; Chairman, Executive Board, Brain Injury Association of Washington

Richard H. Adler is chairman of the Brain Injury Association of Washington’s (BIA-WA) executive board and served as president from 2003 through 2009. He led the BIA-WA and organized a coalition of healthcare, businesses, sports and community partners to enact the “Zackery Lystedt Law,” named after his client who experienced traumatic brain injury from participation in middle school football. The Lystedt Law is the first-in-the-nation law requiring medical clearance before allowing youth athletes to return to practice or competition following a concussion and has been adopted by 37 states and Washington, D.C. In 2009, he was the first attorney to receive an award from the American College of Sports Medicine, for “protecting the health and safety of young athletes.”

Douglas J. Casa, PhD, ATC, FACSM, FNATA

University of Connecticut Neag School of Education: Director, Athletic Training Education; Professor, Department of Kinesiology; Chief Operating Officer, Korey Stringer Institute; Task force Chair

Dr. Doug Casa’s interest and research on exertional heat stroke began in 1985 after he suffered the condition while running a 10K race. This personal experience motivated him to become an athletic trainer and pursue the study of exertional heat stroke, heat illnesses, hydration and preventing sudden death in sport. In April 2010 he was asked to develop and run the Korey Stringer Institute (KSI) at the University of Connecticut. The KSI serves the public to work toward preventing sudden death in sport by education, advocacy, public policy, research, media outreach and publications. He has published more than 125 peer-reviewed publications and presented more than 300 times on subjects related to exertional heat stroke, heat-related illnesses, preventing sudden death in sport and hydration. Casa has successfully treated more than 144 cases of exertional heat stroke (with no fatalities). He is the editor of a new book: “Preventing Sudden Death in Sport and Physical Activity.”

Ron Courson, ATC, PT, NREMT-I, CSCS

Associate Athletic Director of Sports Medicine for the University of Georgia Athletic Association; Task force member

Ron Courson is director of sports medicine with the University of Georgia Athletic Association and adjunct professor in the Department of Kinesiology at UGA. He had previously been director of rehabilitation at the University of Alabama and prior to joining Alabama, worked as an athletic trainer at Samford University in Birmingham. He has been a member of the NCAA Competitive Safeguards and Medical Aspects of Sports Committee; has chaired the NATA College and University Athletic Trainers’ Committee and has been the NATA liaison to the American Football Coaches Association. Courson served as an athletic trainer for U.S. Olympic teams, the Goodwill Games, World Olympic Games and Pan American Games. He has authored numerous professional papers and texts including NATA position papers on emergency preparedness and management of sudden cardiac arrest, among other sports medicine topics.

Jay R. Hoffman, PhD, CSCS, FNCSA, FACSM
President, National Strength and Conditioning Association; Department Chair of Child, Family and Community Services at the University of Central Florida in Orlando and Professor in the Sport and Exercise Science program; Task force member

Dr. Jay Hoffman is department chair of Child, Family and Community Services at the University of Central Florida in Orlando and professor in the Sport and Exercise Science program. He was elected president of the National Strength and Conditioning Association in July 2009. Prior to his academic career, Hoffman signed free-agent contracts with the NFL's New York Jets and Philadelphia Eagles and the United States Football League's Tampa Bay Bandits. Recent honors and awards include the 2007 Outstanding Sport Scientist of the Year from NSCA and the 2005 Outstanding Kinesiology Professional Award from the Neag School of Education Alumni Society of the University of Connecticut. Hoffman is a frequent lecturer and the author of numerous articles and books. Since 2011 he has served on the board of the USA Bobsled and Skeleton Federation.

Jolie C. Holschen, MD, FACEP
Emergency Medicine and Sports Medicine Physician with Infinity Healthcare in Chicago; Task force member representing the American College of Emergency Physicians

Dr. Jolie Holschen is board certified in both emergency medicine and sports medicine. She has provided medical care to athletes at the collegiate, amateur, Olympic and professional levels while working with the University of California, University of South Carolina, University of Michigan, USA Hockey National Team Development Program (NTDP) in Ann Arbor, and the USA Hockey Women's National Team. She has served as a team physician at 13 international USA Hockey tournaments, including two U18 World Championships with the NTDP and the 2010 Vancouver Olympics with the USA Women's Olympic Ice Hockey Team. She is a native of St. Louis and graduate of Washington University and Washington University School of Medicine.

Rodger Saffold
Third Year Offensive Tackle, St. Louis Rams and Draft Pick from Indiana University

Rodger Saffold was selected by the Rams in the second round (33rd) of the 2010 NFL draft. In 2010, he was named All-Rookie by Pro Football Weekly and the Pro Football Writers of America. He finished that season as the only NFL rookie to start all of his team's games at left tackle that season, a testament to his solid conditioning sessions and game day performance. Saffold started 41 of 42 games at Indiana University, where he learned the importance of sports safety in practice and games. He worked closely with his athletic trainers and strength and conditioning coaches to ensure he followed the appropriate conditioning programs during the regular and off-season, and shares the important message of sports safety with college players he now mentors and his own teammates.

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