

JAMES RUSSELL EBBETS. D.C., M.Ed., M.S., C.C.S.P.

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SKILLS AND KNOWLEDGE

- Major Event Planning
- Instructional Design
- Coaching Men and Women
- Curriculum Design
- Technical Writing
- Copy Editing
- Computer Literate
- Excellent Platform Skills
- Positive Attitude
- Project Management
- Creative Writing
- Recruiting and Staffing
- Student Advising
- Script Writing
- Innovative Thinking
- Marketing and Promotions
- Public Relations and Fundraising
- Motivational Speaker

CAREER ACHIEVEMENTS

Recognized by the American Chiropractic Association Sports Council “for contributions to the chiropractic profession through sport” at the 2008 Sports Science Symposium at Logan College, for pioneering work with student interns providing care at sporting events. Also gave a 75-minute presentation on *Chiropractic Care and Training Theory*. July, 2008

Served as Head Chiropractor and headed delegation to provide chiropractic care at the 2007 Carifta Games (billed as the Caribbean Olympics) in Turks and Caicos, West Indies. Duties included staffing event and oversight of care with two other chiropractors. Athletes from over 15 nations were cared for during the three-day event. April, 2007.

Invited speaker to 2005 and 2006 USA Track and Field’s High Performance Workshop in Las Vegas on improving distance running in America. Discussion topic 2005: *Strategies for Decreasing Ground Contact Times in Distance Running*. Discussion topic 2006: *Dogma, Dynamic Stability and the Closed Kinetic Chain*. Presentations were a 75 minute power point to over 100 coaches from throughout the United States. December 2005 and 2006.

Inducted into the inaugural athletic Hall of Fame Class for Oyster Bay High School where I set several track records that have remained the standard for some 35 years. September 2005.

Served as the Head Chiropractor for the Pan American Junior Games in Bridgetown, Barbados, July 2003. Traveled to Barbados with nine other students and

faculty from NY Chiropractic College to provide chiropractic care to individuals from the 32 participating nations that did not have traveling medical staffs.

Invited to lecture to USA Track and Field's Level III Coaches Education Program in Asheville, NC, July 2003. Topics included "*Restoration and Regeneration: The Role of Accelerated Recovery in Sport*" and "*Balance and Proprioception, Dynamic Stability and Speed Development.*" This is the highest level coaching clinic offered in the United States involved with track and field.

Invited to lecture and teach "Psychomotor Skill Development" program at the University of Southern Denmark, February 2002. This trip was a one-week lecture, lab workshop on how to develop chiropractic adjusting skills. This invitation is an outgrowth of the work I have pioneered at the college with regards to chiropractic technique development.

Presented "Athletic Triage Model" implemented at the Syracuse *Festival of Races* to the USA Track and Field Sport Sciences Committee at the national convention in December 2001. This project culminated six month's work and served as the basis of my seminar project (thesis) for the Ithaca College OCLD masters degree. This was the first time a chiropractor had ever addressed the committee.

Named only the fifth editor of *Track Coach/Track Technique*, the technical journal for USA Track and Field. *Track Coach* enjoys a world-wide circulation (60+ nations) and is recognized by many as the finest track and field technical journal in the world.

Voted "Pride in Chiropractic" award (the Teacher of the Year) by the Student Government Association at New York Chiropractic College for the years 1999 and 2000. To date I am the only teacher ever to win successive awards. Selected by faculty committee for distinguished "Practice and Professional Service Award" 2003, 2004, 2005 and 2007.

Selected as the USA National Team Chiropractor to the IAAF World Indoor Track and Field Championships in Maebashi, Japan in March 1999 and IAAF World Junior Championships in Kingston, Jamaica in July 2002 and IAAF World Championships in Helsinki, Finland August 2005. Duties included coordination of chiropractic care with medical team that included an allopathic physician, athletic trainer, massage therapist and sport psychologist. Patients included world champions, world record holders and Olympic gold medallists.

Founded Union College Track and Field Clinic – a complete learn-by-doing clinic that drew 860 coaches and athletes in its third year.

Authored *Supernova* – a novel of a freshman running for the famed program at Villanova University. The book has been embraced by the running community as an underground classic with an insiders view of one of America's most successful running programs.

Organized and participated in over 50 Level I Coaching Education Schools since 1983. Served as Meet Director for seven NYS Collegiate Championships while at Union. Founded such events as the Christmas Rush (largest indoor meet in Albany area), The Union Spring Classic, The Bijou Mile which produced the first sub-four minute mile in Upstate New York by Syracuse's Merrick Jones.

Started the women's track and field program at Union College and yearly produced competitive teams in cross country, indoor and outdoor track and field including the 1981 NYS NCAA Region Cross Country Champions.

Awarded the Alumni Scholarship at graduation from chiropractic school. Then the highest award given by the college for dedication and service to the college. Served as class president for semesters three through eight (two years) in the 10 semester program.

Created an intern outreach program at New York Chiropractic College that has provided chiropractic care at over 160 athletic events in New York State and the Northeast and provided care to over 10,000 athletes. List of events includes the Syracuse *Festival of Races*, Utica's *Boilermaker*, *The New Balance Invitational*, the *IC4A Cross Country Championships* at Van Cortlandt Park, the *Freihofer's Run For Women* in Albany and the NYS Collegiate Regatta.

TEACHING EXPERIENCE

New York Chiropractic College, Associate Professor, Technique Department, 1995 to present. Responsibilities have included lead instructor for chiropractic technique lab, classroom lecture (anatomy, biomechanics, diagnosis, gait analysis and rehabilitation), trimesterly writing seminar, course development, student/club advisement, admissions interviewing, and development and coordination of off campus intern program.

New York Chiropractic College Continuing Education Program for Certified Chiropractic Sports Physicians. Taught extremity adjusting procedures. Included development of teaching manuals. March 2004, March 2005, March 2007 and March 2009.

USA Track and Field, 1983 to present. Lead instructor in the Coaches Education Program. Participated in over 50 schools throughout the Northeast. Areas of expertise include: sports psychology, physiology, biomechanics, distance training, training theory and sprint training.

Invited speaker to USATF Level II Coaching Education Schools in St. Paul, MN, Boise, ID, Asheville, NC and James Madison University, VA. Duties included introductory lecture on biomechanics to 150+ nationally based coaches on the application

of biomechanics to sport. Spoke with the Jump and Endurance disciplines on restoration and regeneration. July 2001-2005

Union College, 1981 to 1988. Head coach for Men and Women's Cross-Country, Indoor and Outdoor Track and Field. Job description included: practice planning, meet administration, travel arrangements, NCAA compliance, recruiting, alumni relations and fund raising.

One Man Show – basketball conditioning and speed and performance workshops. Three-hour program presented periodically from 1987 to 1994 dealing with speed development, injury prevention, balance and proprioceptive development, diet and nutrition and women's issues (eating disorders, ACL injury).

EDUCATION

Ithaca College, Masters of Science program in Organizational Communication and Learning Design, Seminar Project title: Implementation of the Athletic Triage Model at the Syracuse Festival of Races, graduation December 2003.

Certified Chiropractic Sports Practitioner, C.C.S.P., 120-hour certificate course on sports related injuries and rehabilitation, 1996.

Certified Pedorthist, C.Ped., certificate program in is the design and manufacture of orthopedic shoes and foot orthotics, 1996.

New York Chiropractic College, Doctor of Chiropractic, April 1992.

Concordia University, Montreal, Canada, study tour of the Institute of Sport and Physical Culture, Leipzig, East Germany and Moscow, USSR. Topic: Performance Enhancement Through Athletic Conditioning, June 1987.

Concordia University, Montreal, Canada, study tour of Institute and Physical Culture, Moscow. Topic: Track and Field, June 1983.

Norwich University, Northfield, VT. Masters of Education in Physical Education Administration, masters thesis contrasting American Olympic Development Programs with those of the Communist Bloc, May 1981.

Union College, Schenectady, NY, Bachelors of Arts, English with NY State Teaching Certification through Skidmore College, June 1977.

Villanova University, Villanova, PA., attended 1972-1974.

PUBLICATIONS AND SCHOLARLY ACTIVITY

FICS World Seminar, invited speaker, topic: *Time, Training and Trepidation: Chiropractic and Training Theory*. Montreal, Canada April, 2009.

MARC Chapter of American College of Sports Medicine, invited speaker, topic: *Chiropractic Care, the Athletic Triage Model and Sport*. November, 2008.

ACA Sports Council Symposium, invited speaker, topic: *Chiropractic Care and Training Theory*. July 2008.

Subject Matter Expert for Freihofer's *Run For Women*, running health "Blog" in conjunction with the Albany *Times Union* Newspaper, April-June 2006.

ACC/RAC Conference 2007 abstracts submitted on the "Multi-Station Teaching Format" and "The Athletic Triage Model."

FCER Conference on Chiropractic Research 2006 abstracts submitted on "Implementing the Multi-Station Teaching Format," a look at innovative teaching methods and "Evidence Based Plagiarism," proactive strategies for pre-empting and handling of theft of scholarly work and ideas.

Addressed Finnish Chiropractic Association on "Performance Enhancement Through Chiropractic Care" in August 2005 while at the IAAF World Championships in Helsinki, Finland.

ACC Conference 2005 and 2006 abstract submitted on "The Athletic Triage Model," A critical look at how healthcare is delivered at sporting events comparing the Reactive Care Model with the Athletic Triage Model and the role of chiropractic care. Abstracts not accepted by conference either year.

NYCC Research Symposium (Winter 2006) "Qualifying Patient Satisfaction," survey of patient satisfaction following care at the Head of the Fish Regatta conducted in October 2005.

NYCC Research Symposium (Winter 2005) "Performance Enhancement and Chiropractic Care," literature search studying the impact of chiropractic care on the five biomotor skills which directly impact performance.

Journal of Chiropractic Education (Fall 2002) "First Trimester Chiropractic Students' Reactions to a Multi-station Teaching Format" exploring the challenges of teaching chiropractic psychomotor skills, proposal of a workable model and survey of the students as to the success and acceptance of the method.

Journal of Chiropractic Education (Fall 2002), “Enhancing the Third Year Clinical Experience: Procedures and Protocols for Supervised Off-Site Chiropractic Care at Athletic Events.” This is the document of my poster presentation at the Association of Chiropractic College annual meeting in San Diego in March 2001. This article describes the protocols and procedures used in over 45 sporting events across New York State in the treatment of over 4000 athletes.

“The Female Triad” submitted to *Footnotes Magazine*, the magazine of the Road Runners Club of America detailing the long-term consequences of eating disorders, amenorrhea and osteoporosis and the prevalence of these conditions in female distance runners. Unpublished but material became editorial focus of *Track Coach* issue that spotlighted William Smith College’s eating disorder intervention program.

NY Chiropractic College Lab Manuals for:

TCH 6101 Psychomotor Skills Lab Manual

TCH 6305 Lower Extremity lab and lecture manual

Upper Extremity Lab Manual (old curriculum)

TCH 6518 Elite Sport Science lecture manual

TCH 6520 and 6522 Sports Modules I and II lecture/lab manual

TCH 6706 Diagnosis and Management of Extremity Conditions lecture/lab manual.

Supernova, novel on the famed running program at Villanova University, 1995.

“Off The Road” column for *Pace Setter Magazine* since 1985, over 100 articles.

Track Coach, articles on “Plantar Fasciitis,” 1998. “11 Keys to a Successful Distance Running Program,” 2003. Introduction to “Heron Peak Performance Plan” on eating disorders, 2003. “Racing Tactics and Strategies,” 2007.

Track Technique, articles on “Development of a Steeplechaser,” “The Armory,” and “The Athletic Report Card.”

Shen Cross Country Manual, team manual, 1992.

Lab Diagnosis Quick Check, quick check for blood chemistry, CBC and urine analysis, 1991.

The Russian Notebook, notes on my trip to the Soviet Union, 1984.

MARKETING AND COMMUNICATIONS EXPERIENCE

Marketing Director for Community Chiropractic Group, Latham, NY. Work included design and distribution of diagnostic service advertisements (NCV, EMG, thermography, Med-X back rehab), development of community and intra-professional relations. Group did over one million dollars in billing our first year. (1993)

Student work at Ithaca College for Cornell Cooperative Extension regarding feasibility of re-vamping their brand, voice and image. Group project included suggestions and justifications as well as a two-year implementation strategy for the 50+ districts within New York. Project was presented at CCE annual meeting in January 2000.

In the last nine years as editor of *Track Coach* I have conducted interviews with Ruth Wysocki, US Olympian and former American Record Holder; Peter Coe, Sebastian Coe's father and coach ; Billy Mills, credited with the greatest Olympic upset in the modern era, Charlie Francis, coach of discredited sprinter Ben Johnson and Jim Beatty, the first man to run a sub-four minute mile indoors, Rick Suhr America's most recent pole vault guru, Jan Merrill, one of the forerunners of the women's running in America, Dr. Joe Vigil, generally recognized as the leading physiologist in the world, Vern Gambetta international expert on functional training for sport and Harold Connolly Olympic Gold Medallist, world record holder and former head of US Special Olympics.

Study at Ithaca College has included individual and group projects regarding communication theory, capital campaign design, corporate communications, on-line learning and presentation media strategies.

Produced, acted as subject matter expert and male lead for student produced video "The Beat Goes On," a seven minute video on high blood pressure. Directed 12-person team that took project from concept to completion in 10 days. June 2000

Invited guest on *Chiropractic Today*, a 30-minute college production in conjunction with Syracuse public television on sports conditioning and prevention of sports related injuries.

REFERENCES

Available upon request