MID ATLANTIC ATHLETIC TRAINERS' ASSOCIATION

MARCH 2025

District Director– L. Ray Davis, Jr, MSS, LAT, ATC

Hello from a warm but very dry NC

In January I traveled to our NATA JCM in Dallas, TX. This year's meeting had a different look as much has changed with our organization's leadership and structure. The NATA staff at the NATA Headquarters hosted NATA BOD & Committee Chairs. We accomplished a lot of business over the weekend in the boardroom and with committee chairs. We continue to navigate through changes and make necessary adjustments as we transition to a revised association. You should see these changes as the year moves forward.

Recently, I attended the NCATA meeting in Winston Salem, NC. I enjoyed many conversations with fellow colleagues and the warm hospitality. Thank you to the NCATA leadership for allowing me a few minutes to give recent NATA updates.

For now, here's my updates…
NATAM 2025 is ending. I thank you for celebrating ATs are 'Champions in Health Care', and to all members who have posted on social media.

Congratulations to The Bobby Gunn Student Leadership Award recipient Landon Murray from the USC MSAT program.

The NATA 76th Clinical Annual Symposia & Expo is June 24th-27th in Orlando! Housing & Registration are Open!

Please click HERE to view the power point presentation with the NATA By-Law changes.

Please take the time to read through the information and be prepared to vote on ALL 10 Motions that will be presented at our May Business meeting. Over the next 5 -6 weeks there will be postings on the D3 social media accounts. Also, I plan to host 2 zoom meetings to address the proposed changes. Please make every effort to attend so your voice is heard.

I will be attending WVATA in April and our district meeting in May. I look forward to seeing you!

Thank you for allowing me to continue to serve you. Stay Hydrated My Friends!

District President– Matt Gage, PhD, LAT, ATC, CES

Happy National Athletic Training Month!

I want to encourage you to register to attend one or more of the outstanding in-person continuing education opportunities being held within the Mid-Atlantic Athletic Trainers' Association. North Carolina and Virginia have already held spectacular clinical symposiums this year.

The 2025 MAATA Clinical Symposium and Annual Meeting will be held in Virginia Beach at the Founders' Inn on May 2-4. I hope to see you in Virginia Beach! The MAATA leadership will provide updates at the MAATA Business Meeting on the morning of May 4. In addition to updates, the membership present at the business meeting will vote on some proposed changes to MAATA Constitutional and Bylaw. Here is a summary of the proposed changes to the MAATA Constitution & Bylaws:

1. Changing the district secretary term of office to coincide with the NATA District Secretary and Treasurer terms of office
2. Changing the language in the documents to allow the annual business meeting to be held in person or virtually separate from the annual symposium
3. Altering language in the documents to provide the District Director-Elect with a 14- month shadow period
4. Adding the Student Senate to the bylaws
5. Verbiage was changed to allow voting to be done in-person or electronically
6. Formalizing the role of the parliamentarian
7. Clarifying conflicting language regarding how committee chairs and members are elected and approved.
8. Correcting numbering or grammatical issues
9. Changing verbiage to minimize discrepancies and/or redundancies

The proposed changes will be sent out before April 1. Please take time to review the proposed changes before the MAATA Annual Business Meeting on May 4. If you have any questions regarding the proposed changes do not hesitate to contact any MAATA leader. You are welcome to contact me directly at: d3maatapresident@gmail.com.

A special thank you goes out to the following individuals who served on the MAATA Constitution & Bylaws Task Force again this year to develop the proposed changes.

- Julie Cavallaro (VA) - Task Force Chair
- Jennifer Johnson (WV)
- Jon Schner (NC)
- Jared Williams (SC)
- Veronica Ampey (DC)
- Peter Konz (MD)

District Vice-President – Scott Cook, MS, LAT, ATC

Registration continues for the 2025 MAATA Annual Meeting and Clinical Symposium. The Annual Meeting will take place May 2nd – 4th at the Founders Inn in Virginia Beach, VA. The educational program can be found at the MAATA website under the Events Tab. We have 15 plus companies that will be present at the MAATA Annual Meeting, including some new companies to our meeting. Exhibit hours are Saturday May 3rd from 8am - 3pm.

We will be offering two pre-conference courses on Friday May 2nd. Assessment, Treatment, and Orthotic Intervention for the Management of Lower Extremity Sports-Related injuries and Gymnastic Pit Extrication of the Spine Injured Athlete. This course is being held concurrently with the Clinical Symposium but is offered separately if you are not able to attend the entire Symposium.

Register Now, as Early Registration ends **April 12th** and registration prices increase after that. The Annual Meeting registration link, including hotel information can be found at the MAATA website found here: https://www.d3symposium.org/

Any questions, please let me know - maatameetingplanner@gmail.com. See you at the Beach!!

District Secretary – Erin Cash, PhD, LAT, ATC

Hello District 3, Happy National Athletic Training Month and welcome to Spring! I'm really looking forward to our MAATA Annual Meeting and Clinical Symposium on May 2nd and the NATA Clinical Symposium and AT Expo starting June 24th. I hope to see many of you soon!

If there's anything I can do for you, please don't hesitate to contact me at d3sectry@gmail.com.

District Treasurer – Mat Lyden, MS, ATC

Happy Spring D3 Athletic Trainers!

In the spirit of a new season that brings fresh, new growth, I am excited to share that we are starting a new season of financial sustainability for our organization. The District Council unanimously approved the transition of our financial assets to Edward Jones and will utilize a new financial advisor, Zach Wimmer. Zach has an intimate knowledge of the athletic training world as he was previously a practicing athletic trainer and we will be in great hands with his advisement.

With this transition, we plan to set up an investment strategy which should afford us expanded opportunities across the annual operations of our organization. I will be sharing more information about this transition at the annual meeting and in future e-blasts and newsletters. Our membership owes a big thanks to all the previous district leadership who sacrificed their time and helped get us to this point. I hope to see you all at the district meeting on May 2nd.

Educational Program Committee – Claire Adkinson, MS, LAT, ATC

We kindly invite you to review the finalized schedule for the 2025 Annual Symposium. Please be attentive to the upcoming email regarding the lecture and laboratory sign-ups, which will occur on April 21st. Should you have any inquiries or concerns, do not hesitate to contact us.

Honors & Awards Committee – Bob Casmus, MS, LAT, ATC

It is my sincere hope that all of us will attend the Honors & Awards program during the MAATA 2025 Symposium this coming May. We will be honoring Jesse Shanks (VA), Zach Garrett (WV), Sharon Rogers Moore (NC) and Taryn Strickland (NC) with the MAATA Service Award. Our MAATA Most Distinguished Athletic Trainers are Greg Penczek (MD) and Jennifer Wheeler Johnson (WV). The 2025 MAATA Hall of Fame inductees is a stellar Virginia trio that includes Mike Goforth, John Knaul and Dave Pawlowski. In addition, we will also honor our to-be-named MAATA scholarship winners and the other District and National Award winners from District III. Please join us as we celebrate these outstanding and very deserving award winners!

LGBTQ+ Advisory Committee – Kirk Armstrong, EdD, ATC

The need for providing inclusive healthcare in athletic training is paramount. The landscape continues to change regarding diversity, equity, and inclusion across our states, but these practices are foundational to our practice as athletic trainers, clearly outlined in the NATA Code of Ethics.

Please join us at the MAATA 2025 Annual Meeting for *our Emphasizing Inclusivity: 2025 LGBTQ+ & EDAC Town Hall.* Participation in this session will earn individuals 1 CEU.

Scholarship Committee – Sara Pittelkau, MA, LAT, ATC

The Scholarship Committee is reviewing 2025 applications and hopes to notify winners by early to mid April. The winners will be announced at the D3 meeting in May in Virginia Beach! Future applicants, please be sure that your applications are complete (application plus two recommendations (one clinical, one academic)! The scholarship committee does not review incomplete applications. If you have any questions or concerns, please email Sara Pittelkau, Scholarship Committee Chair, @ maatascholarships@gmail.com or your state representative.

Social Media & Young Professionals' Committee – Kassy Mosley, MS, LAT, ATC

Young Professional Committee

Congratulations to this year's MAATA Distinguished YP award winner Zachery Richards MS, LAT, ATC!

Starting this year, early professionals will be charged a lower rate for the Symposium as listed below!

- YP1: Young Professionals Member Certified 0-3 Year (Before April 13) – $90.00
- YP2: Young Professionals Member Certified 4-6 Year (Before April 13) – $120.00
- YP3: Young Professionals Non-Member Certified 0-3 Year (Before April 13) – $140.00
- YP4: Young Professionals Non-Member Certified 4-6 Year (Before April 13) – $190.00

We would love to have you at our Symposium this year and encourage you to share this information with your fellow early professionals in District 3! We will also be having a YPC social/town hall on Friday May 2nd where our District executive committee and committee chairs will be present to have conversations and answer your questions!

Go to: https://www.d3symposium.org/ to sign up today!

Be sure to check out our social media accounts, IG and X: @maata_ypc for the latest information on all things happening with our committee!!

Social Media Committee

Be sure to follow us on our District social media handles for the latest up to date information on happenings, events and volunteer openings throughout the district! **Instagram:** d3athletictrainers **X:** @D3_MAATA **Facebook:** Mid Atlantic Athletic Trainers' Association

Student Senate – Emily Hildebrand, PhD, LAT, ATC

Join us for this year's MAATA Annual Symposium Student Program:

- **Networking:** the Recruitment Event, Young Professionals Event, and Mentor's Lunch let you meet potential employers and converse with various career stage ATs on personal growth in this profession.
- **Learning:** we are hosting a number of lectures, learning labs, and selected free communications to showcase best practices from the region's top presenters.
- **Competing:** what ATP will be crowned this year's District III Quiz Bowl champion or get to put their mark on the traveling Athletic Training Olympics trophy?
- **Supporting:** give during our upcoming online Bingo event and win some raffle prizes at the conference; all proceeds benefit the NCATA's O.A.T.H. program.

Register now to get the best price and reserve your seat for all of this year's events. For more information don't hesitate to reach out: maatastudentsenate@gmail.com

NATA Connection & Engagement Committee – Jennifer Johnson, MS, ATC

Hi Everyone and Happy Spring! The CEC will be hosting a scavenger hunt contest during the convention in Orlando. The list of prizes and a link to post scavenger hunt pictures will be posted on Gather and open at the convention's start. Be on the lookout for more information on how to win prizes! We will be hosting a Town Hall meeting on May 13th (11:00 am CST) on

“AI Simplifying Your Life.” You can register on the NATA website and watch your emails for a registration link. If you have any questions about membership benefits, please feel free to contact me!

NATA Convention Program Committee – Michael Higgins

The CPC is hard at work making the upcoming NATA 2025 Clinical Symposium and AT Expo, which will be held in Orlando, Florida, from June 24th to 27th, a must attend event!

The Two Themes for the 2025 meeting are: **Innovations in risk reduction** and **Advances in soft tissue injury management**. The convention website is open (https://convention.nata.org/) with information regarding registration, programming, events, and housing.

Moderators always welcome! If you would like to be a moderator in Orlando, please let me know. Michael Higgins email: Mjh7s@virginia.edu

If you have any questions regarding Convention Programming or have an idea for a presentation, please reach and I will be happy to speak with you.

Thank you for allowing me to represent District III on this committee.

NATA Ethnic Diversity Advisory Committee – Xavion Santiago, MS, LAT, ATC, FMT

Congratulations to all of those who have been nominated for the various NATA EDAC awards and thank you to all of those who nominated someone. The award winners will be announced the week of April 15.

The NATA EDAC day of service is June 24, be on the lookout for a sign up. We will also be doing a clothing drive again this year. Bring any gently used businesses professional clothing to Orlando.

Lastly, please join Kirk J. Armstrong, EdD, ATC, LAT and myself *at our* Emphasizing Inclusivity: 2025 LGBTQ+ & EDAC Town Hall at MAATA Saturday, May 3, 2025.

NATA Governmental Affairs Committee – Ed Strapp, FP-C/TP-C, NRP, LAT, ATC

The MAATA Governmental Affairs Committee (GAC) is excited to launch a new district program to support state advocacy efforts in athletic training. This initiative provides legislative grant funding to help state associations advance policy changes, improve licensure regulations, and strengthen recognition of athletic trainers as essential healthcare providers. Through a structured application process, grants will prioritize states with urgent legislative needs, funding key advocacy efforts like lobbyist fees and grassroots organizing. We look forward to working together to enhance our profession and ensure high standards of care in sports medicine.

Check with your State GAC for more information! Thank you to the District Counsel for this amazing opportunity for supporting our states!

Who doesn't like a little recognition for the hard work and amazing efforts of our committee members. I want to remind you of the awards the GAC gives out each year. I would like to encourage you to nominate one of your colleagues you feel would be deserving of the various awards.

Here is the list of awards and the link for them on the NATA website:

- Dan Campbell Award (for state associations): https://www.nata.org/membership/honors-and-awards/Daniel-I-Campbell-legislative-award
- Impact Advocacy Award: https://www.nata.org/membership/honors-and-awards/impact-advocacy-award
- Bill Griffin Award: https://www.nata.org/membership/honors-and-awards/William-T-Griffin-Award-Outstanding-Leadership-in-Legislative-Advocacy

Deadline of these will be April 1

NATA Political Action Committee – Steve Cole, MEd, LAT, ATC

Over the past several months I have had numerous one-on-one conversations with members regarding the NATAPAC. A common question is "What is the decision-making process to determine which politicians the NATAPAC make contributions to?" Answer: after extensive review of their position in Congress (committees they serve on and their potential progression to leadership) AND their interest in the athletic training profession. True, some of the individuals we contribute to support specific social issues that I do not personally support, but this is not about ME, it is about US, the athletic training profession and what is in the best interest of the athletic training profession!

Please consider what is best for US and consider a recurring donation to the NATAPAC by visiting the web site at Contribute to NATAPAC | NATA.

DCATA – Shannon Fooks, MS, ATC, CSCS

Fundraiser: **Thank you** to everyone who showed up to help the Rock n Roll packet pick up fundraiser.

Spring CEU and Business meeting: April 9th**.** There will be a survey to coming out to help decide if it is going to be virtual or in person. Look out for details.

DCATA Ethics Committee: Licensure by the DC Board of Health is required of all Athletics Trainers practicing in the District of Columbia. If you are not licensed, you can apply for licensure using THIS LINK. Per the DC Board of Health, "Athletic trainers who practice without a license (or with an expired license) will be subject to disciplinary action by the Board of Medicine and prosecution for unlicensed practice. Additionally, the Board may take action against any other licensed healthcare professional facilitating unlicensed practice."

You can direct any ethics-related questions to the Executive Committee or an Ethics Committee member.

In this NATA-Cast episode, Kasee Hildenbrand hosts Dani Moffit and Jamie Mansell, co-authors of a white paper on avoiding and responding to sexual misconduct. You can listen to the podcast here The NATA-Cast: Addressing Sexual Misconduct in Athletic Training

DCATA Executive Council Nominations: Are you, or is there someone you know, interested in one of the upcoming open positions on the DCATA Executive Council? Nominations for vice president, secretary, and treasurer are now OPEN!!!!

If you are interested, please review the DCATA Bylaws, which provide detailed descriptions of the functions and responsibilities associated with each position.

Summer Hybrid Symposium: The DCATA is accepting speaker proposals for the 2025 DCATA Summer Hybrid Symposium in early June. If anyone is interested in presenting with a prerecorded video, or you wish to present live with a lecture or workshop, please contact Mike Walker at mwalker@stjohnschs.org with the topic(s) of choice by April 15th. Our membership was polled, and the results showed that these topics were among the most requested. However, topics are not restricted just to this list, and we will welcome any subjects of discussion.

- Cupping
- Orthopedic injuries
- Joint dislocations and management
- Manual Therapy topics
- Emergency Response
- Mental Health Resources

NCATA – Nina Walker, MA, LAT, ATC

Hello Members! Excited to report we had a wonderful symposium this month. Great to see so many students getting involved, thanks to the 70 students that attended and their program directors for encouraging their attendance.

We welcomed Ashely Long and Jon Schner into the NCATA HOF. Service award winners are Dr. Lindsey Schroeder, John Marshall, Sara Bell. Presidential awards went to Lindsey Braddock, Dr. Bryan Bunn MD, and Mike Essa DPT, ATC. Lifesaver recognition went to Courtney Phelps and Eric Hall

Our new cohort of Leadership Fellows started during the conference. We are so excited to develop these new leaders.

Our Wake County ATs were honored at the NC Courage FC opening match, and UNC women's soccer staff performed the opening toss.

PR committee continues to be active meeting with student advisor groups to help with them learning about athletic training and advising students to look into the profession. We can't wait to continue bringing more students to this profession in the future.

Please check out our newsletter for more information (https://www.ncathletictrainer.org/newsletters)

SCATA – Will Christman, MS, LAT, ATC

February 25th, 2025 - South Carolina Athletic Training Day!!

Hit the Hill Day took place on February 25th, with 15 athletic trainers from across the state gathering in Columbia, SC. Representative Erickson, joined by Representative Neal Collins introduced SCATA members in the house balcony and proclaimed it was South Carolina Athletic Training Day!

In the South Carolina Senate, Senator Ott introduced SCATA members that were present in the balcony and discussed the importance of the profession. He also formally invited the SCATA to provide coverage of the annual legislative softball game that is held at the Columbia Fireflies stadium!

SCATA is supporting bill H3576, known as the Luke Barret Act which will increase AED access in public schools, and cardiac emergency response plans. SCATA members spoke with many legislators discussing AED access, athletic trainers in the secondary school setting, and increasing access to athletic trainers.

On Saturday, January 25th SCATA hosted high school students from all across the state for our Annual Secondary Schools Workshop at White Knoll High School. We had 175 students and 25 ATCs registered for the workshop – our largest registration ever! Unfortunately, due to the snow in the Lowcountry many registrants were unable to attend. We were able to still have over 20 different high schools represented with 90 student attendees. We had 17 ATCs in attendance as well for CEU sessions in the morning and afternoon. We had 5 colleges represented and 1 business partner sharing about their program opportunities and leading hands-on sessions throughout the day. The student attendees had a great experience learning more about the skills of an athletic trainer and educational opportunities in the future. The workshop was a wonderful success!

VATA – VATA – Michael Kotelnicki EdS, ATC, LAT

The weekend of Jan 5th nearly 200 members and students attended the VATA annual meeting in Hampton Roads VA. The meeting had a focus on hands-on lab sessions, different work environments for athletic trainers, speakers presenting in a more interactive format and student attendance. This was the first year that the VATA gave each MSAT program in the Commonwealth four student registration vouchers to attend the meeting. In return, those students helped with the registration table and moderated educational sessions under the guidance of a certified athletic trainer. The weekend also included our awards and honors luncheon, an AT Olympics, Shenandoah University winning their third in a row state quiz bowl, annual past-president's breakfast, and an opportunity to network and socialize with friends, peers and students. It was a great weekend, well planned and organized by the annual meeting committee.

We want to thank some valuable members of our Executive Council as they move on or step down from their service to our state membership: Sara Spencer, Tom Campbell, Sara Pittelkau, John Goetschius, Anne Bryan and Jason Doctor.

We also are in the thick of our proposed heat legislation law at the state level with a unanimous 7-0 vote in favor while in sub-committee. The bill will emphasize guidelines and suggestions that are already in place but will mandate items such as cooling shaded area, water breaks, following wet bulb measurements and activities accommodations, water immersion device, and an emergency action plan. The Virginia department of education put this proposal in motion, as they sought our expertise to help with language and evidence-based protocols. We are hopeful that this bill will encourage schools in the secondary setting to look inward and be given the tools to help their athletes to avoid a heat related tragedy.

Congratulations to all our VATA Award Winners:

AT of the Year
Clinical/Emerging Practices

Meghan Shifflett
MS, LAT, ATC, PES

AT of the Year
Vito Periello Secondary School

Andy Carter
MS, LAT, ATC

AT of the Year
College/Universities

Dr. Joshua Williamson
DAT, LAT, ATC

AT of the Year
Educator

Dr. John G Coots
Ed.D, LAT, ATC

AT of the Year
Researcher

Tom Campbell
PhD, LAT, ATC

Presidential
Service Award

Tom Campbell
PhD, LAT, ATC

Presidential
Service Award

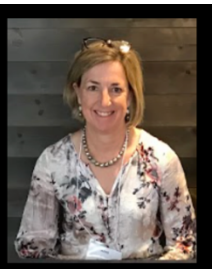
Sara Spencer,
MS, LAT, ATC

Hall of Fame

John Knaul
MS, LAT, ATC

Hall of Fame

Rose Schmieg
DHSc, LAT, ATC, PT



WVATA – Samantha Scarneo-Miller, PhD, LAT, ATC

The WVATA Annual Meeting is on April 12th. Online registration is available until April 9th! Key Features: interdisciplinary program, professional headshots, networking opportunities and flexible attendance options!

Legislation – We continue to fight hard to advance the athletic training profession and promote health and safety of student athletes. Some main areas:

a. HB 2172 – Bill to add an AT to the WVBOPT, looking good on the house side, moving to the senate hopefully soon.
b. SB 585 – Bill to require soft-shell caps and develop advisory committee, working to make some amendments to add "licensed" athletic trainer as 2 positions on this committee
c. We are extremely impressed with our new lobbying firm, Bowels Rice. We are also very grateful to Dr. Zach Garrett, Andrew Quinnlan and the governmental affairs committee for their work so far this legislative session.

Fundraising:

a. The WVATA is excited to announce that we have fundraised approximately $15,000 for the association. This is an incredible accomplishment made possible by Dr. Laura Wamsley and our fundraising task force.
b. Stay tuned for something special being mailed to our WVATA members in honor of NATM and this fundraising campaign!