

# DISTRICT III NEWSLETTER

spring 2019



# LETTER FROM THE DISTRICT DIRECTOR

Katie Walsh Flanagan, EdD, LAT, ATC



Hello fellow Athletic Trainers and MAATA members,

I know we are all glad spring is here, which indicates summer is around the corner. In between the two is our fantastic District Meeting, and our last time in Ocean City, Maryland on the beach. I know Jason, Ray, Scott, Kim and Emily (all of whom are heavily involved with putting on an OUTSTANDING meeting) have outlined all the wonderful attributes of the meeting below, so I will only mention four things:

1. Please plan on attending our Annual Business Meeting on Friday, May 17<sup>th</sup> from 5:00 -6:30. We will have a By-Laws change (EBlast coming soon) and hear all the great things the district, NATA and all our committees have done for you this past year. The Business Meeting is sandwiched in-between a presentation by CAATE and an EBP session, so come for them all
2. The Hall of Fame/Awards Presentation (Saturday 10:30 – 11:30 am) is where we all get to honor and praise our outstanding members who have made contributions and impact in our own district (and it is followed by 1.5 hours free for you to have lunch on your own with your friends).
3. If you have a question that I may be able to address, join me early Saturday morning (7:00- 8:00 am) for **Coffee with Katie** where we can have coffee (and a continental breakfast) and visit. If you do not have questions, please say hello as you grab your coffee and continental breakfast on your way the first meeting of the day

Please welcome our distinguished visitors this meeting with NATA Vice President Marisa Burnett (District 9), District 4 Director Craig Voll, District 7 Director, David Gallegos (from New Mexico), and District 8 Director, all the way from Honolulu, Lyn Nakagawa. We are hopeful that NATA CEO, David Saddler will be able to join us again, but it depends on his schedule. All of us have a Board of Director's meeting in Chicago on Sunday afternoon, so we will be leaving earlier than usual Sunday. Most important of all: Thank you! Thank you to the wisdom and dedication of Secretary Jason Mitchell and Treasurer Ray Davis, who make my role so easy. And thank you to all of you too, for it has been my honor and pleasure to serve you as District Director. I do intend to run again this fall, as does Secretary Mitchell, and more information on this will be in future EBlasts.

I cannot wait to see everyone at the BEACH!!

Katie

PS. Do not forget we are ON the beach, and the pool is indoors (pack accordingly)

## DIRECTOR'S SPONSORS



# FROM THE DISTRICT SECRETARY

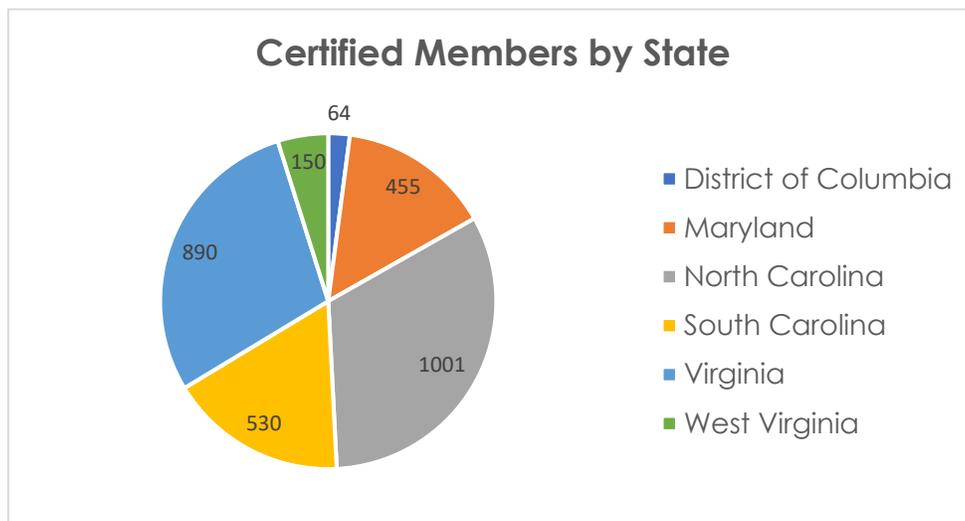
Jason Mitchell, MEd, LAT, ATC



Greetings from Virginia,

It's been a whirlwind of the past several months, but it's been (and continues to be) a wonderful & rewarding experience serving as your District Secretary. I'm honored to hold this position, and I'm continuously inspired by our District leaders! I want to thank District Director Flanagan, District Treasurer Davis, Past Director Aronson, and the entire District Council for welcoming me with open arms. I continue to use you, and the officers who came before you, as guidance and inspiration! Your association is in good hands!

I want to thank all of you who chose to renew your NATA membership for 2019. District 3 has shown a slight increase in renewal rates since the previous 2 years. Currently, our renewal rate stands at 84%, which is comparable to this year's national average. As of March, the MAATA had **5235** members, of which **4408** were in good standing with the NATA and processed their renewals by the deadline. **We still encourage the 827 members who have yet renewed to please do so!** Of our **4408** active members, here are some further breakdowns: **3090** Certified members, **29** Associate members, **166** Certified Retired members, **13** Honorary members, **552** Student Undergrad members, **120** Student Graduate members, **204** Certified Student members, and **234** Career Stater Certified members.



Also, I hope you can join us at the District meeting this May 17-19 in Ocean City! Scott Cook and Kim Pritchard have been working diligently to bring you a quality program for that weekend. **Please check out the [Symposium page](#) and REGISTER TODAY!**

With the NATA Annual Clinical Symposium in Las Vegas this year, make sure to register soon. **April 30<sup>th</sup> is the last day for the NATA Convention Early rate.** For any suspended members who still haven't renewed their membership, this is a perfect time to do so to save significant \$\$\$ for the convention!

Again, I want to thank all of you for your support, and I wish you a safe spring. If there's anything I can do for you, please don't hesitate to [email me](#).

Jason

# FROM THE DISTRICT TREASURER

Ray Davis, MSS, LAT, ATC



Dear Members of District III,

Once again, I bring you greetings from the Tar Heel State, Go Falcons! I trust that the break in the winter weather finds everyone healthy in his or her spring seasons. I hope many of you have been fortunate enough to have successful winter athletic seasons and are moving forward to the same in the spring.

Just a side bar, my HS Girls Basketball team that has no one taller than 5'10" was able to **win our first ever NCHSAA 3A State Championship!** It was a Very proud moment in my career. This follows our Football teams NCHSAA 3AA State Runner-up finish. I'm sure that you can see it's been a very busy athletic season for me.

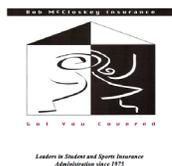
I want to thank District Director Flanagan, District Secretary Mitchell and our District Council for their continued support. I also want to thank the membership for the opportunity to continue to serve as the District III Treasurer for the past 5 years. It continues to be an enlightening and worthwhile learning experience. I look forward to the next several months as we move forward with our Annual Meeting.

As we move forward over the next few months, I want to urge everyone to do their best and make arrangements to attend both the District III yearly meeting that will be held in Ocean City, MD and the NATA's Annual Clinical Symposium that will be held in Las Vegas, Nevada. This is our final year at the Princess Royale Resort. Kudos to Kim Pritchard and her committee as they have put together an outstanding educational program for this spring's District III meeting. It is full of many EBP opportunities and exciting issues that have been of interest to our profession. Furthermore, the NATA meeting in Las Vegas looks very promising. So I hope I have the opportunity to see many of our District III members at both meetings.

In closing I hope that you all continue to have a safe, healthy and productive spring season. I look forward to seeing you all very soon. If I can be of any assistance please do not hesitate to contact me.

Ray

## GOLD SPONSOR



## SILVER SPONSORS



### District III Council

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# ANNUAL SYMPOSIUM COMMITTEE

Scott Cook

The 2019 MAATA Annual Symposium scheduled for May 17<sup>th</sup> -19<sup>th</sup> in Ocean City, MD, at the Princess Royale Hotel in Ocean City, Maryland is rapidly approaching. Please join your fellow colleagues for a weekend of education,

networking opportunities and social activities

Highlights include a preconference “Assessment, Treatment and Orthotic Intervention” course that will award 6 EBP credits. Another preconference course “Civilian Response to Active Shooter Events” (C.R.A.S.E) will award 2 Category A CEUs. A second preconference EBP course “Immobilization Techniques in the Prehospital Setting” will award 2 EBPs. “Safe Space Ally Training will award 2 Category A CEUs and will complete the preconference CEU opportunities. Pre-registration is required for all the preconference educational courses.

The full conference presentation will begin at 4:00 pm with a CAATE update followed by the MAATA Business Meeting. The evening will conclude with an EBP presentation on Post Exercise Inflammation by Leslie Bonci, which is presented by the Gatorade Sports Science Institute. The Student Quiz Bowl and a Vendors Reception will conclude the evening’s activities

A separate Student program, including the Student Quiz Bowl, and career building workshops, will run concurrently. The return of the Mentors Breakfast on Sunday morning, allows for networking opportunities between students and attendees.

New this year will be “Coffee with Katie” on Saturday morning. Our District Director, **Katie Flanagan** will be available early Saturday morning to discuss any topics that you would like to discuss. A continental breakfast will also be served. We will also not be hosting a business luncheon, but we have extended the lunch break, so

that our attendees will be able to visit Ocean City’s local establishments for a variety of lunch options, including fresh seafood.

Saturday is filled with numerous educational sessions, consisting of EBP and Category A presentations, both in the morning and following the lunch break. Prior to the lunch break, we will be honoring and presenting to the membership, our newest Hall of Fame Inductees as well as our Service Award and Distinguished Athletic Trainer Award winners.

Saturday evening’s festivities will kick off with the Annual Directors Reception. Come on out for a night of socializing, karaoke and dancing. Fingers are crossed for no rain, so that the activities can take place ocean side, under the stars Sunday finds the final day of conference which continues EBP and Categories A presentations. A post conference EBP session “Advanced Airway Management” will conclude the Symposium. As with the preconference seminars, advanced restoration is required for the airway course.

The total CEU’s that are available for the conference are as follows:

Pre-Conference: Up to 6 EBP or 4 Category A CEUs available  
Friday: 1 Cat A, 1 EBP  
Saturday: 5 Cat A, 2 EBP approved, 1 EBP pending  
Sunday: 2 Cat A 1 EBP  
Post-Conference: 1 EBP

**Total (excluding pre/post-conference): 8 Cat A, 4 EBP approved, 1 EBP pending.**

Advanced registration concludes Friday May 3<sup>rd</sup>, 2019. After that onsite registration fees will go into effect.

## HELPFUL LINKS

[Meeting Registration](#)  
[Educational Program](#)  
[Hotel Reservations](#)

(Please use Group Code # 5667)



## NATA GOVERNMENTAL AFFAIRS

Brian Curless, ATC

On March 26th, Senate Bill 60 was signed by the Governor of West Virginia that makes athletic trainers licensed. Congratulations to all that helped make this happen!



## LGBTQ+ ADVISORY COMMITTEE

Ami Adams, MS, ATC, CES - D3 Rep

Happy April, District 3! I hope everyone has had a great start to 2019 and enjoying the warmer weather outside. We had the full committee and an iLead student member attend JCM 2019, and every second we brainstormed ideas and collaborated with other committees. We have continued with our goal of increasing our visibility and providing information to others.

Many publications related to LGBTQ+ are available for members on the NATA news, blogs, and our professional journals as our goals are to produce and disseminate information, resources and research relating to health care matters and conditions relevant to patients in the LGBTQ+ community. Mentoring has been a hot topic and we will have more valuable materials in the next few months for both mentors and mentees.

In North Carolina, the NCATA has added a new committee to help foster our commitment to making sure our members and future members see and identify with an organization that is committed to inclusion and advancing our profession by highlighting the diverse population we are and we serve. The committee is the DEI (Diversity, Equity, Inclusion) committee. We were able to share our start at the NCATA last month and will continue working on helping our members.

Finally, couple important dates and time for LGBTQ+ events to note in your calendar!

MAATA Annual Symposium:

- May 17<sup>th</sup> **Safe Space Training for the Athletic Trainer** 1:00-3:30 pm (Room TBD) Presented by Dr. Patricia Aronson and Ami Adams \*Those who complete the course will get a special item!
- May 18<sup>th</sup> **Incorporating Safe Space Training for the Athletic Trainer** 8:00-9:00 am (Room TBD) Presented by Dr. Patricia Aronson and Ami Adams

NATA Annual Symposium:

- June 25<sup>th</sup> **LGBTQ+AC Town Hall Meeting** 7:00-9:00 pm (Room TBD)
- June 26<sup>th</sup> **Safe Space Ally Training for Athletic Trainers** 5:15-7:15 pm (Room TBD) Presented by Dr. Patricia Aronson and Dr. Rebecca Lopez

Don't forget to follow us on Twitter @LGBTQNATA for valuable materials and future events information. Thank you all for your continuous support, looking forward to seeing you at MAATA Symposium!



## MEMORIAL INITIATIVE

John Bielawski, ATC

*We Remember...*

*Although they are gone, let us never forget their lives, their service and commitment to the ideals of the athletic training profession, and for enhancing the history of our district.*

### Artwork Contest

Calling all those with an artistic talent! The district is having a contest to select artwork for the Memorial Initiative – “*We Remember...*” The winning selection will be used as a template for all media productions (i.e. MAATA Homepage, 60 Second News, Newsletters & Memorial Board). Furthermore, as incentive the winner will receive a prize from Katie and the executive committee.

Specifics:

- Include/accompany the “*We Remember...*” text
- Black & white sketch
- Upper left or right of the “*We Remember...*” section
- Non-denominational
- IMPORTANT: Artwork should be scanned as a JPG at 300dpi.

So, sharpen that pencil, and get those creative juices flowing! **Email your artwork entry. The deadline is May 13<sup>th</sup>, 2019.**



## PROFESSIONAL EDUCATION COMMITTEE

Meredith Petschauer, ATC

The PEC is adding a member to our committee to represent preceptors. We are reviewing the applications for this preceptor member.

The Master Preceptor level 2 will be coming out. Be on the lookout. Please consider investigating the Master Preceptor training modules. Information can be found on the NATA Professional Development Center webpage.

The PEC is working on projects to assist with student immersion sites, quality improvement, resources for preceptors, transition to practice, standardized patients and new practice competencies.

If you have any projects, suggestions, or comments please do not hesitate to [email me](#).



# SCHOLARSHIP COMMITTEE

Joseph Beckett, ATC

The MAATA Scholarship Committee would like to inform the membership that the 2019 recipients have been selected. These recipients will receive their awards and official recognition at the 2019 MAATA Annual Symposium in Ocean

City, Maryland on May 18 during the Honors and Awards Ceremony. A brief description of each award followed by the names and institutions of each recipient and the sponsoring Athletic Trainer is given below:

**William Prentice Scholarship:** Applicant must be in their final year or a graduate of a Professional Bachelors or Professional Masters Athletic Training Program from a college/university within District III Applicant must also be accepted into or enrolled in a Post- Professional degree granting program including Masters (until 2022), PhD, EdD, or DAT programs.

*First Place: Ke'La Porter – Western Carolina University (NC)  
Sponsoring Athletic Trainer: Dr. Melissa Synder*

**A.C. "Whitey" Gwynne Scholarship:** Applicant must be BOC-certified and either currently enrolled in a post-professional master's program or will have completed their master's degree by the time this scholarship is presented.

*First Place: Nancy Uriegas – University of South Carolina  
Sponsoring Athletic Trainer: Dr. Toni Torres-McGehee  
Second Place: Rebekah Warrington – Marshall University (WV)  
Sponsoring Athletic Trainer: Dr. Joe Beckett*

**Larry Sutton Scholarship:** Applicant must be a graduating student or recent graduate of a CAATE-accredited Professional Athletic Training program.

*First Place: Emily Meyerl – University of South Carolina  
Sponsoring Athletic Trainer: Dr. Amy Hand  
Second Place: Kathryn Waddell – Marshall University (WV)  
Sponsoring Athletic Trainer: Lauren Curley*

**Edward Block Scholarship:** Applicant must be enrolled in a CAATE-accredited Professional Athletic Training Program.

*First Place: Melanie Hux – Bridgewater College (VA)  
Sponsoring Athletic Trainer: Dr. Charles Hale IV  
Second Place: Alexis Austin – University of Lynchburg (VA)  
Sponsoring Athletic Trainer: Dr. Debbie Bradney*

In closing, I would like to recognize the following members of the Scholarship Committee for their expertise in the continued enhancement of the application process and their review of the scholarship applications.

## REPRESENTATIVES

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## STUDENT SENATE COMMITTEE

Emily Hildebrand, ATC

The Student Senate is ready for another MAATA Symposium - Student Educational Program full of clinical practice information, networking opportunities, and leadership and career building advice. We would like to especially thank the following athletic trainers for their willingness and contribution to this year's program: *Michael Goldenberg* (The Lawrenceville School, NJ), *William Adams* (UNC Greensboro, NC), *Susan Rozzi* (College of Charleston, SC), *Graham Joseph* (UNC Wilmington, NC), the *Ethnic Diversity Advisory Committee* and *Young Professionals' Committee*. Be sure to also check out these popular events: **Meet and Greet, AT Olympics, Mentor's Breakfast, and District III Quiz Bowl.**

Congrats and good luck to the following athletic training programs, ready to compete for the coveted title of District III champion and representative in the NATA Quiz Bowl: *Towson University* (MD), *James Madison University* (VA), *West Virginia University* (WV), *Western Carolina University* (NC), and *University of South Carolina* (SC). Last but not least, it's time to collect your spare change for another Penny Wars! This year's Student Senate Service Project is dedicated to supporting nominated athletic trainers and athletic training facilities across District III who are underfunded and/or undersupported. For full details on this year's service project, student educational program, and exciting things athletic training students across District III have been up to, check on the Students section on the [MAATA website](#).



## YOUNG PROFESSIONALS' COMMITTEE

Amy Hand, ATC

I hope everyone has had an excellent semester! First of all, I would like to introduce **Kelley Crowe**, who will be taking over for me as the District 3

Representative to the NATA YPC and the Chair of the MAATA YPC in June. Kelley has previously served as a Member-at-Large on the D3 YPC, and she is going to do a great job leading this committee and continuing efforts to meet the YPC's mission within our district. The YPC is designed to address the needs and concerns of certified athletic trainers within their first 12 years of certification with the hope of providing opportunities and resources for us to be more successful and well-balanced athletic trainers. We are constantly searching for ideas to meet this goal, and we are open to any suggestions to continue to grow our impact!

The YPC is hosting several events at this year's MAATA Symposium in Ocean City, and we hope that you will attend. We are hosting our annual Career Development session to provide mock interviews, resume and cover letter feedback, and small group discussion to the YPs and athletic training students in attendance. YPs are invited to participate in this event in any capacity, from providing feedback, practicing being the interviewer or the interviewee, or participating in a small group discussion. Please let your state representative know if you are interested in participating and in what capacity. We will also be holding our annual **YP Social on Saturday, May 18 from 7:00-8:00 PM**. Please join us!

The NATA YPC will also be hosting several events in Las Vegas, including a Career Development session, a session providing practical advice on serving the profession, and a social event. Please find these sessions on your program, and join us in Las Vegas as well!

The D3 YPC has developed a Mentorship Program for YPs within our district. Certified athletic trainers from across the district have volunteered their time to be a mentor to YPs and AT students with questions or seeking advice. The names and contact information for these mentors are available on the YPC webpage on the MAATA website and on your state association's website. We encourage you to utilize this resource.

To stay up-to-date, please look for information about the D3 YPC and your state representative on the MAATA website. If you are interested in being involved in our current and future projects or just have questions, please do not hesitate to contact me or your state representative. We look forward to hearing from you.



## PUBLIC RELATIONS COMMITTEE

Christina Carrillo, ATC

Happy Spring MAATA!

First I would like to say thank you for following along with us on our social media accounts during National Athletic Training Month. My challenge to you is to continue to advocate for the athletic training profession to all of

your external stakeholders for the remainder of 2019 and tag us in your posts. We love featuring all the great things that occurring within MAATA. When we take the time to educate our external stakeholders, they can educate others about all the amazing things you are doing in your communities and for your patients.

Please consider applying to the 2019 NATA PR Contest. The timeline has changed this year to include events that have occurred outside of National Athletic Training Month. This change was made to help increase advocacy efforts to all year long and not just March. Any advocating events that occurred from April 15, 2018 to April 15, 2019 are able to be included in the NATA PR Contest. Submissions are due online by April 16<sup>th</sup>. There are five categories that you can enter into, **Best Overall Campaign, Best State Association Effort, Best Student Effort, Best Athletic Trainer Effort- Group, Best Athletic Trainer Effort- Individual**. Submissions can be made on the NATA PR website at [HERE](#).

Do you have a great idea of how to affect awareness and support of the athletic training profession at the local, state, district or national level but need resources to help do so? The NATA Public Relations Committee Public Relations and External Marketing Grant is available to individual ATs, state or district associations with the goal of providing financial support and creative resources in the delivery of strategic public relations and marketing initiatives. This could include speaking opportunities, exhibiting or placement of advertisements to name a few. To learn more or apply, please visit the [PR Grant Application](#).

Lastly, if you are attending the 2019 MAATA Annual Symposium make sure you stay tuned for some exciting giveaways and contests happening on our social media platforms during #MAATA2019. We can't wait to see you in Ocean City!

Following along with us!





SEAN DASH  
PRESIDENT

We would like to thank Dr. Aida for presenting on "Shoulder Dislocations" at our Winter CEU event on March 13<sup>th</sup>. A special thanks also goes out to Seanta Cleveland, MS, LAT, ATC for putting the event together. We hope to see you all at our future CEU events.

Thank you to all the amazing athletic trainers and athletic training student aides who came to our fundraising event at the Rock n Roll Race.

Congratulations to **Jamila Watson**, MS, LAT, ATC for being awarded the NATA's Emerging Leader Award. We can't wait to celebrate with you in Vegas.

DCATA hosted our 3<sup>rd</sup> Annual Student Athletic Training Symposium on March 23<sup>rd</sup>. We had a great turn out, the students learned a lot and had a great time. A huge thank you to NATA EDAC for sponsoring our event.

Election for Executive Council is now open, we have the following candidates:

**Vice-President:**

Veronica Ampey & Christina Carrillo

**Secretary**

Jennifer Rheeling & Xavion Santiago

**Treasurer**

Jamila Watson



WES ROBINSON  
PRESIDENT

Join us for the 2019 Maryland Athletic Trainers' Association Symposium June 1, hosted at Towson University! We will be offering up to 4 Category A CEUs and up to 4 EBP credits. Other events of note include: Hall of Fame Awards, Quiz bowl Competition, poster presentations and interactive breakout labs.

**SIGN UP TODAY!**

Early Bird Registration closes April 22!



JAMES BAZLUKI  
PRESIDENT

The NCATA has had an outstanding spring. Our association participated in quite a few outstanding events throughout the spring, promoting the profession and messages of athlete safety. In addition to several social media events which spread the message nationally, the NCATA created and promoted

a unique and one of a kind art exhibit showcasing the message of prevention of catastrophic injuries. (see cover photo) The exhibit was extended due to its popularity. We hope to bring this exhibit across the country. [LINK HERE](#) to view a video about our display.

The NCATA celebrated NATM with its 42nd Annual Clinical Symposium with an outstanding educational program in Concord, NC. The weekend also allowed the association to celebrate the accomplishments of several of our members. The awards ceremony highlighted our "lifesavers" Emma Spisak, Blake Wickerham, and Rob Murphy, who all helped to save a life this year. The NCATA honored Ke' La Porter and Kou Yang with scholarships. Lexie Smith was presented the NCATA Service award. Kevin King was presented with the Bill Griffin Most Distinguished AT Award. Dr. Lyman Smith, Tara Peterson and the Kannapolis Fire Department were all presented with the NCATA Presidential Award (photos in the July Newsletter). Our membership also capped off a great weekend with an inside tour of Hendricks Motorsports race shop and tailgating social on their campus.

