

### FROM THE DIRECTOR

Dear Fellow MAATA Members,

Happy spring! This is a very busy time of year for many Athletic Trainers. It certainly has been for me as your District Director, a member of the NATA Board of Directors, Board of Directors liaison to CAATE, and a professor at Lynchburg College.

I've participated in several events related to being your district director since I wrote to you in the fall newsletter. Here are some highlights:

- The NATA Board of Directors' and Joint Committee meetings in Dallas were excellent events that moved our Association and our profession forward.
- The CAATE winter meeting in Austin was educational for me and I am always impressed with the professionalism and intelligence of the commissioners.
- The Virginia Athletic Trainers' Association meeting in January was wonderful. It was exciting to see the "changing of the guard" as Amanda Allen takes a breather and Jay Sedory becomes the VATA President. Although Shenandoah University played an excellent quiz bowl, and will represent Virginia well at the District meeting, in my heart Lynchburg College really did win.
- The North Carolina Athletic Trainers' Association meeting was enjoyable as I visited with my NC friends and colleagues. I especially appreciate the honors and awards ceremonies I have witnessed at the state meetings. I was especially pleased to meet Ray Davis and I'm looking forward to working with him as our future district treasurer. I said "hello" and "goodbye" to my friend David McCallister. We talked about the upcoming District Meeting. I will miss him and it will be difficult to find a finer man to replace him in all the roles he served.
- The Youth Sports Safety Summit was excellent. The speakers were outstanding and the event has generated more than 100 million media impressions to date according to the NATA. This event will move our profession forward.
- Capital Hill Day was very cool. It was my first experience in "hitting the hill," and I will admit I was a little nervous about meeting my senators and my house rep. But alas, I did not meet any of those men, but their aids were very generous with their time and understanding of our desires to protect and treat our patients.
- Throughout the fall and winter we have been working on updating the MAATA Constitution and By-laws. Anna Sedory and her group spent much thought and time in suggesting updates and important changes to the documents. These have been presenting to the District's Executive Council and discussed by the District Council. We will be sending you the finalized copy of changes for your consideration 3 weeks prior to the Annual Meeting in Virginia Beach in May where we will vote to adopt the changes.

At this time, just like the coming of spring, I'm excited about the coming of our annual District Meeting and Symposium. BIG "thank you" shout outs go to Jason Mitchell, Lori Bristow and their teams for working daily and many hours on putting together an excellent program and meeting. The venue at the Founders Inn and Spa is especially conducive to a meeting of our size and needs. If the weather is great, that will make the recreational time at the beach even better. I will also be travelling to Dallas for the May Board of Directors' meeting, and then

*Continued...*



Patricia Aronson, PhD, ATC

### 2014 Supporters of the MAATA

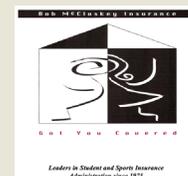
The MAATA would like to thank the following companies for supporting our profession and our association. You may visit their website by clicking on their logo below.



Cleveland, OH 44115  
216-566-8326



Vista, CA 92081  
760-727-1280



Matawan, NJ 07747  
800-445-3126



Charlotte NC, 28216  
800-351-8006



Newport Beach, CA 92660  
877-926-7887

Director Aronson's letter continued from Page 1.

to Virginia Beach, and then to Indianapolis. Please see my [INVITATION](#) to you and please make plans to join us!

I would like to thank Bob Cable as he finishes his term as District III Treasurer. Bob has been an excellent treasurer, member of the Executive Council, and listener when I needed his ear. Marty Baker and Kevin King have also been excellent members and are serving you and me very well in their roles on the Executive Council. Also, I would like to thank the District Council for their leadership in their states and work on the Council. Lastly I would like to ask for your assistance in moving the Athletic Training profession forward and supporting the NATA as our Association works for this same cause. Please sign up for your [NPI number](#) (there is no charge), please consider sending \$10 (or more) to support the [NATA PAC](#), and please send \$10 (or more) to the [NATA Foundation](#) today. If completed, these 3 requests will move athletic training forward and you don't even have to leave your office to support the best profession in the world.

Enjoy the spring and keep your patient's healthy.

I'll be in touch,

**Pat Aronson**

MAATA District Director

## District III Council

Pat Aronson, District Director  
[aronson@lynchburg.edu](mailto:aronson@lynchburg.edu)

Kevin King, District Secretary  
[kkingatc@gmail.com](mailto:kkingatc@gmail.com)

Robert Cable, District Treasurer  
[robert.cable@fairmontstate.edu](mailto:robert.cable@fairmontstate.edu)

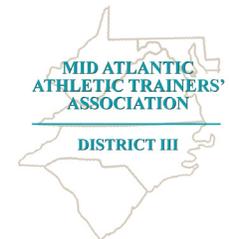
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## MAATA News

This electronic newsletter is published twice a year by the Mid-Atlantic Athletic Trainers' Association, for its members. For information contained in this newsletter or to submit articles/ideas, please contact the MAATA Secretary:

[Kevin King](#)

Special Thanks to **Ashley Littleton**  
for her editing services.

Created by [Sharri H. Jackson](#)



March 26, 2014

Patricia Aronson, PhD, ATC, PTA  
NATA D3 Director  
[aronson@lynchburg.edu](mailto:aronson@lynchburg.edu)

Dear Patricia:

Recently, a member in your district was nominated for the National Athletic Trainers' Association's Lifesaver Recognition Program. Through this program, we are able to publically acknowledge and applaud the heroic efforts of members who have used their skills as a certified athletic trainer to save a life.

Mark White will be awarded a Certificate of Recognition for his outstanding accomplishment in saving the life of a swim meet attendee on January, 18<sup>th</sup> in Greensboro, NC. Mark will also be mentioned in the *NATA News* and on the NATA website. Because this particular lifesaving effort involved the use of an AED and/or CPR, we will also forward Mark's name to the American Heart Association for consideration in its recognition program.

I know you may wish to congratulate Mark on this remarkable achievement. His email address is [tee2green@triad.rr.com](mailto:tee2green@triad.rr.com).

Sincerely,

Jim Thornton, MA, ATC, CES  
NATA President





### *In Memory of David McAllister*

David McAllister, MAEd, LAT, ATC was the Head Athletic Trainer at Cary Academy. He was a native North Carolinian, having been born & raised in Raleigh, NC. He received a BS in Zoology from North Carolina State University in 1987. He then completed a BS in School & Community Health Education with an emphasis in Athletic Training in 1990 and a Master of Arts in Physical Education in 1993, both from East Carolina University. While completing his Masters, he worked as the graduate assistant in the ECU Biomechanics Laboratory; assisting in athletic and workplace motion analysis.

During the various stages of his career he has worked in the clinical, collegiate/university, and professional sports settings. McAllister began his career as the Coordinator of Athletic Training Services for Cary Sports Therapy. During his time there, he was involved in providing treatment and rehabilitation services to patients in a clinical setting. He was also responsible for helping manage the

day-to-day operation of the clinic. In addition to his duties in the clinic, he also served as the Head Athletic Trainer for the Raleigh Flyers, a local professional soccer team.

After three years in the clinic, McAllister had the desire to return to athletic training in the tradition setting. He became Head Athletic Trainer at Emory & Henry College in Emory, VA. During his three year tenure he was responsible for coordination of athletic training services for a Division III athletic program, including supervision of athletic training students in an internship athletic training program. While in Virginia he served as Chair of the Virginia Athletic Trainers' Association Legislative Committee, which worked towards obtaining licensure for athletic trainers in the Commonwealth of Virginia.

Most recently, he served as the Head Athletic Trainer at Cary Academy in Cary, NC, a position he had held for the past fifteen plus years. During that time he has provided athletic health care to the athletes participating on forty-seven teams in twelve sports at the middle school, junior varsity, and varsity levels. He has also served on a variety of school committees, including the safety & security, landscape/grounds, SACS accreditation, and athletic awards selection committees

He has been a member of the North Carolina Athletic Trainers' Association for the last sixteen years and currently serves as the Secondary School Representative to the Board of Directors. He was also the Editor for the quarterly NCATA newsletter. McAllister has been a member of the MAATA Scholarship Committee since 2005. He served as the District 3 Representative to the NATA Secondary Schools Athletic Trainers' Committee. He has been an active member of the NATA, and just received his 25-year member pin.

In addition to his regular athletic training duties, he has worked as a volunteer athletic trainer for the 1992 NCAA Division II Track & Field Championships, the 1999 Special Olympics World Summer Games, and at the US Olympic Training Center in Colorado Springs. He was awarded the North Carolina Athletic Trainers' Association Secondary Schools Athletic Trainer of the Year Award in 2004. McAllister lived in Cary, NC along with his wife Catherine, son Colton, and the newest addition to the family, their dog Ellie.

## Mark Your Calendar!

MAATA

**2014**

April 1

Deadline for applications for the MAATA Scholarships (Edward Block Undergraduate Scholarship, Larry Sutton Postgraduate Scholarship and A.C. "Whitey" Gwynne Masters Scholarship)

May 9-11

MAATA Annual Business Meeting and Symposium in Virginia Beach, VA

June 7 or 8

MATA Annual Symposium and Business Meeting

July 16

SCATA Scholarship Golf Tournament in Columbia, SC

July 17-18

SCATA Annual Symposium in Columbia, SC

NATA

**2014**

June 25-28

NATA Annual Symposium in Indianapolis, IN

## From the Secretary



Kevin King, MA, LAT, ATC

### The 80's Called and They Want Their Profession Back

Some of my favorite memories as a teenager include riding to our local Blockbuster's Video store to pickup a rental VHS tape of movies, like Back to the Future, on summer evenings. But just as card catalogs, beepers and Polaroid and have made way for hash tags, iPhones and 3D Printers, our profession undergoing transformational change.

One of the great joys of my role as secretary with our exceptional District is the privilege to communicate broadly and dramatically to the approximately 3,700+ members of the Mid Atlantic Athletic Trainers Association. A key component of successful transformational change is clear and easy communication to the membership, stockholders and the individuals we provide healthcare.

The articles in this edition of the MAATA newsletter are a conversation between the people leading the improvement effort and those who are expected to implement the new strategies. Review the comments from the various executive board members, state presidents and committees. It is in these shared comments where you will discover the urgency of now, understand the powerful of the coalitions we have developed in our various employment settings and learn of the short-term wins we have had and the long-term planning that must be done.

The hard work of reinvention is happening. It is your duty as a member to be engaged and hold our leadership accountable. This involves demanding results-driven improvements focused on achievement of specifics, measurable improvements. Think, evidence-based change.

Lastly, too many have worked long and hard on creating the vision that will direct change. I encourage you all to remember the NATA mission statement that guides us: enhance the quality of healthcare provided by certified athletic trainers and to advance the athletic training profession. I encourage you to review Vision Quest and its strategic priorities. I encourage you to review the current white paper.

I imagine there was a time when the microwave oven, just as the elimination of the internship route was viewed as disruptive. Failure of change will occur if we view the future as disruptive and intrusive. We, as individuals, may see change differently but we all need to see the opportunity and embrace the possibilities of the future.

I think Charles Darwin said it best, "It is not the strongest of the species that survives, nor the most intelligent; it is the one that is most adaptable to change."

## From the Treasurer



Robert J. Cable MS, ATC

Fellow Members of District III,

I bid you greetings, for the last time as a member of the MAATA/District III Board of Directors, from the Wild and Wonderful State of West Virginia. I trust our entire membership has gotten through, what has proved to be one of the worst winters on record for the Mid-Atlantic States, no worse for the wear and tear. Now that the weather has semi-broke we can get on to our spring sports. Hopefully, this will help us all shed some of the doldrums that these long winter days have a tendency to bring upon us. In any case, I'm sure we are all excited to get outside and breathe in some of the fresh spring air that we're getting these days.

This last year as the District Treasure has been an eventful one. The biggest change being in the meeting that is held in December for the DS/T. In the past those midyear meetings were held at the discretion of the chair and the members of each committee. This year all committees met during the weekend of January 23rd, 24th and 25th in Dallas, Texas. This allowed all the committees to interact as well as meet on their own; it was exciting time in Dallas, led by excited people. Throughout the weekend the statement, "No better time to be an athletic trainer, No better time to be a member of the NATA... The NATA is strong..." was heard by the members of the various committees. There was a considerable amount of time both in the general sessions and in the specific committee sessions spent on the new "White Paper". If you have not had an opportunity to look at this "White Paper", to read over it, to absorb it and to develop an opinion about it, you not only should but you need to. It's something that is going to affect the future of athletic training. Whether it is positive or negative remains to be seen. The highlight of the weekend was the opportunity to see the new corporate offices of the National Athletic Trainers Association. I must say that this is a tremendous move up in the world for us as an association. I hope each of you have an opportunity to visit our new "digs" in Carrollton, Texas.

I want to take this opportunity to thank the membership of the Mid-Atlantic Athletic Trainers Association/District III NATA. The opportunities that have been afforded to me over the last four years have been priceless. It has been an honor and a privilege to be elected to this post. It has given me great opportunity to learn the workings of the MAATA and the NATA. I've been given the opportunity to develop, as a leader through the many sessions that the NATA DS/T provides for its members, as well the many resources provide through the corporate office. I specifically want thank Past Director Martin Baker for his faith in me. I can honestly say that if it wasn't for Marty I would never ran for the position of Treasure. I also want to thank current Director Patricia Aronson. What a mentor!!! We sat together in

*Continued...*

meetings in Dallas and at each of the national conventions for the last three years. I simply followed Pat's lead whenever I was unsure of myself. As time allowed, I would ask questions which Pat would explain how and why things were being done the way they were. I can assure you the MAATA is in good hands with Pat as our District Director. I would also like to thank Lori Bristow and Jason Mitchell and their committees that oversee the yearly District III. Every year, year in and year out, Lori, Jason and the people that work with them give us an opportunity to "re-educate ourselves" and reconnect with other members of our profession. I want to thank Kevin King, District III Secretary. Although we have only had a short time on the board together Kevin has been a tremendous asset to me. We continually bounce things off of each other and come up with the consensus of what is best to do. I will miss the boardroom but I have every intention of staying involved at both the district and the national level. Until the time when I officially step down as Treasurer of the MAATA, I want to assure you that I'm at your beck and call ambled to whatever I can to ensure your question or solve your problem. I look forward to seeing everyone in Virginia Beach at the Founders Inn and Spa on May 9th, 10th and 11th.

Have a safe and healthy Spring Athletic Season.

Sincerely,

**Robert J. Cable MS, ATC**

Treasurer

Mid-Atlantic Athletic Trainers Association

## From the Treasurer-Elect

Ray Davis, MSS, LAT, ATC:

Ray is a native of Greensboro and currently resides in McLeansville, NC. He has been a member of the NATA since 1981. He completed his BS Ed degree at Western Carolina University, 1984 and MSS degree at The US Sports Academy in Mobile, AL, 1986. His work experiences include; UNC Charlotte, US Football League, Washington & Lee University, the Harlem Globetrotters, Wake County, Edenton-Chowan & Guilford County Public Schools, NC Coaches Association East/West All-Stars & the NC Shrine Bowl Team. His hobbies include swimming, fishing, hunting and traveling.

He has served the North Carolina Athletic Trainers Association membership as treasurer by election since 1998. Ray has had extensive experience in managing budgets and financial expenditures through previous employed and volunteered positions. His duties as treasurer involved but are not limited too; creating budgets, managing annual meeting and student symposium expenditures, maximizing financial accounts, auditing documents, preparing statements for taxes, and filing quarterly lobbying documents etc. The NCATA treasurer's position evolved into a vital relationship with the NATA and District 3 through billing, governmental affairs and public relation influences. In 2011, he was instrumental in changing the NCATA's tax status from a 501 (c) (3) to a (c) (6) organization. The coming year will be a major challenge, as he finalizes the NCATA's treasurer position and becomes the MAATA treasurer.

It is my feeling that the MAATA District 3 must maintain its goals in representing all members. As your treasurer I will work to maintain the interests of all MAATA District 3 membership as I have with the NCATA.

## Best Practices for Intercollegiate Sports Medicine Management

May 5 - 7, 2014

Hosted by the University of Georgia

The National Athletic Trainers' Association is a proud co-sponsor of the seminar "Best Practices for Intercollegiate Sports Medicine Management." The course is based on the recent publication, *Inter-Association Consensus Statement on Best Practices for Sports Medicine Management for Secondary Schools and Colleges*, and is intended to assist institutions in evaluating and refining the management of their sports medicine practices. [READ MORE](#)

# Class of 2014 Honors & Awards Recipients

District III will honor this year's H&A winners at the District Meeting on May 9th. Congratulations to these wonderful and deserving ATs!

## MAATA Hall of Fame Award



**Nancy Burke**  
Director at Public  
Safety Sports Medicine  
Athletic Trainer at  
Fairfax County  
Police Department  
Fairfax, Virginia



**Steven Cole**  
Associate Athletics Director,  
Internal Affairs  
College of William and Mary  
Williamsburg, Virginia



**Daniel Hooker**  
Staff Physical Therapist, Retired  
Associate Director of  
Sports Medicine  
University of North Carolina  
at Chapel Hill  
Chapel Hill, North Carolina



**Patrick Lamboni**  
Head Athletic Trainer  
Salisbury University  
Salisbury, Maryland

## MAATA Service Award



**Mike Hanley**  
Assistant Athletics Director /  
Medical Services  
East Carolina University  
Greenville, North Carolina



**Scott Johnson**  
Associate Athletic Trainer  
Old Dominion University  
Norfolk, Virginia



**Barbara Long**  
Assistant Professor and Chair,  
Health and Human Sciences  
Director of Athletic Training  
Bridgewater College  
Bridgewater, Virginia



**Denise Massie**  
Assistant Professor  
Shenandoah University  
Winchester, Virginia



**TJ Morgan**  
Head Athletic Trainer  
Archbishop Spalding  
High School  
Severn, Maryland



**John Reynolds**  
Head Athletic Trainer  
Marshall High School  
Fairfax County, Virginia



**Jennifer Rheeling**  
Head Athletic Trainer  
H.D. Woodson High School  
Washington DC

**2014 MAATA ANNUAL SYMPOSIUM  
MAY 9-11, 2014**

THE DEADLINE FOR EARLY [REGISTRATION](#) IS **APRIL 6!**  
LINK [HERE](#) FOR INFORMATION

**The Founders Inn & Spa  
5641 Indian River Rd.  
Virginia Beach, VA 23464**



Hotel block cut-off date is **Tuesday, April 22.**  
To ensure that you received our group room rate, please click [HERE](#).

Registration can be done [ONLINE](#) at any time. On-site registration will be held Friday, May 9 from 12-5:30pm and Saturday, May 10 from 7:30-10:30am. Those who have pre-registered online can pick up their materials at those times or during our “Pick-up ONLY” times. These times are Thursday, May 8 from 5:30-6:30pm and Friday, May 9 from 5:30-6pm and are reserved for those who have pre-registered only (no on-site registration will be conducted at those times). The on-site location will be at the Registration Desk, which is located just past the Atrium/Foyer.

**PLEASE NOTE DATES FOR RATE CHANGES! REGISTER TODAY!**  
If we haven’t received payment by the rate deadline, your registration will be cancelled; this will force you to re-register under the increased fees.

| REGISTRATION TYPE                         | EARLY  | ADVANCED                                     | ON-SITE               |
|---|--|--|-----------------------|
|   | <i>Before Midnight EST<br/>April 6, 2014</i> | <i>April 7, 2014 through<br/>May 3, 2014</i> | <i>May 4-10, 2014</i> |
| MAATA Members                             | \$140  | \$155  | \$170                 |
| Non-MAATA Members                         | \$200  | \$230  | \$260                 |
| Hall of Fame<br>(NATA/MAATA) Member       | \$0  | \$0  | \$0                   |
| Certified Students                        | \$60   | \$80   | \$120                 |
| Non-Certified Students<br>(HS or College) | \$60   | \$75   | \$90                  |

# MAATA SYMPOSIUM & MEETING

## FRIDAY, MAY 9, 2014

### TIME

7:00AM - 2:00PM  
 12:00PM - 2:00PM  
 12:00PM - 3:00PM  
  
 12:00PM - 5:00 PM  
 3:00PM - 5:00PM  
 4:30pm - 6:00pm

6:00PM - 7:30PM  
 7:30PM - 8:00PM  
 8:00PM - 10:00PM

### EVENT

Golf Outing, Shotgun Start 8:00AM  
 Student Senate Meeting  
 CPR/AED  
 Renee Cork, MEd, ATC  
 Exhibit Hall Open  
 Quiz Bowl  
 Keynote Speaker:  
 Jolene Henning, EdD, ATC  
*Professional Education Degree*  
 District Meeting  
 State Meetings  
 Exhibitors' Reception  
 John Knaul, MS ATC

### LOCATION

Honey Bee Golf Club  
  
 Harrison  
 Atrium/Foyer  
 Virginia Ballroom 2 & 3  
  
 Virginia Ballroom 2 & 3  
  
 Atrium/Foyer

## SATURDAY, MAY 10, 2014

### TIME

7:15AM - 8:15AM  
 8:00AM - 9:00AM  
  
 8:00AM - 10:00AM  
 8:30AM - 10:00AM

9:00AM - 1:00PM  
 9:00AM - 10:00AM

10:00AM - 10:30AM  
 10:30AM - 11:15AM

11:15AM - 12:00PM

1:00PM - 5:00PM

### EVENT

Mentor's Breakfast  
*Sickle Cell Trait and Disease*  
 Jon Hochstetler, MAT, ATC  
 Free Communication  
*From Student to YP to Seasoned AT:  
 Being the Interviewee to Becoming  
 the Interviewer*  
 Dawn Minton, MS, ATC, SCAT  
 Ryan Holleman, MEd, ATC  
 Amy Fraley, MA, ATC, SCAT, PES  
 Exhibits Open  
*Mental Health Puzzle in Athletics:  
 Which Piece Do Athletic Trainers Hold ?*  
 Rachel Sharpe, MS, ATC  
 Visit Vendors  
 HOF Gathering  
 Student Senate  
*Do We Have an App for You!*  
*\*Please bring smart phone or tablet*  
 HOF Induction  
 Pat Aronson, PhD, ATC, LPTA  
 Nancy Burke  
 Steven Cole  
 Daniel Hooker  
 Patrick Lamboni

### LOCATION

Franklin/Madison  
 Amphitheater  
  
 Amphitheater  
 Virginia Ballroom 3  
  
 Atrium/Foyer  
 Virginia Ballroom 2 & 3  
  
 Virginia Ballroom 3 & 4  
 Virginia Ballroom 2 & 3  
  
 Virginia Ballroom 2 & 3

1:00PM

### BUSINESS OF ATHLETIC TRAINING

*Building a Business: Concepts  
 of Establishing, Marketing,  
 and Growing a Business, and  
 Building Your Business*  
 Kathy Dieringer, EdD, ATC, LAT

Virginia Ballroom 3  
 Virginia Ballroom 3

1:50PM

Managing and Leading Your Team  
 Lisa Kluchurosky, MEd, ATC

Virginia Ballroom 3

2:45PM

Creating Business  
*Opportunities Part 1 -  
 Documentation and Marketing*  
 Linda Mazzoli, MS, ATC, PTA

Virginia Ballroom 3

## MAATA SYMPOSIUM & MEETING

| TIME                        |                  | EVENT  | LOCATION            |
|-----------------------------|------------------|--|---------------------|
|                             | 3:30PM           | <i>Lean and Six Sigma in Healthcare</i><br>Lisa Kluchurosky, MEd, ATC  | Virginia Ballroom 3 |
|                             | 4:15PM           | <i>Creating Business Opportunities Part 2 - (3 C's)</i><br><i>Customer, Comfort, and Creation</i><br>Linda Mazzoli, MS, ATC, PTA   | Virginia Ballroom 3 |
| 1:00PM - 2:00PM             |                  | Facial Movement Taping<br>Perry Nickelston, DC, NKT, FMS, SFMA   | Virginia Ballroom 2 |
| 2:00PM - 3:00PM             |                  | Cervical Manual Therapy<br>Patiricia Ponce, DPT, OPT, ATC  | Virginia Ballroom 2 |
| 3:00PM - 4:00PM             |                  | Managing and Preventing Ankle Sprains in Athletes:<br>Evaluating the Evidence behind NATA Position Statement Recommendations<br>Erik Wikstrom, PhD, ATC, FACSM   | Virginia Ballroom 2 |
| 4:00PM - 5:00PM             |                  | <b>BREAKOUT SESSIONS</b>   |                     |
|                             | #1               | <i>Cervical Manual Therapy</i><br>Patricia Ponce, DPT, OPT, ATC  | Benjamin Harrison   |
|                             | #2               | <i>Facial Movement Taping</i><br>Perry Nickelston, DC, NKT   | John Blair          |
|                             | #3               | <i>Functional Rehabilitatio for Upper and Lower Extremities</i><br>Michael Higgins, PhD, PT, LAT, ATC, CSCS  | Patrick Henry       |
| 5:00PM - 6:00PM             |                  | <b>BREAKOUT SESSIONS</b>   |                     |
|                             | #1               | <i>Cervical Manual Therapy</i><br>Patricia Ponce, DPT, OPT, ATC  | Benjamin Harrison   |
|                             | #2               | <i>Facial Movement Taping</i><br>Perry Nickelston, DC, NKT   | John Blair          |
|                             | #3               | <i>Functional Rehabilitatio for Upper and Lower Extremities</i><br>Michael Higgins, PhD, PT, LAT, ATC, CSCS  | Patrick Henry       |
| 8:00PM - 11:00PM            |                  | Directors Reception<br>Pat Lamboni   | Terrace             |
| <b>SUNDAY, MAY 11, 2014</b> |                  |  |                     |
|                             |                  | <b>EVENT</b>   | <b>LOCATION</b>     |
|                             | 8:00AM - 9:00AM  | <i>CAATE: Enacting the Professional Education Degree</i><br>Mark Laursen, MS, ATC,   | Virginia Ballroom 3 |
|                             | 9:00AM - 10:00AM | <i>Making Football Safer</i><br>John Reynolds, MS, ATC, VATL<br>Richard Adams, Fairfax Co., Public Schools/USA Football Liason<br>Bill Curran, Director, Activities Athletics Programs, Fairfax Co. Public Schools | Virginia Ballroom 3 |

## FROM THE MATA



I hope that everyone in the District is staying warm during this colder than normal winter season.

There are several items of note happening in Maryland. Along legislative lines, two bills were introduced during the legislative session that would impact the profession in the state. The first one involved mandating the use of helmet sensors in one high school football team within each county over the next three years. This bill had several pitfalls and met a good deal of resistance from multiple organizations, including the MATA. Fortunately, this bill did not make it out of committee. The second bill dealt with education and policies regarding Sudden Cardiac Death. This bill is currently in sub-committee for review after many organizations brought up concerns over the language and implementation.

Outside of the legislative realm, multiple conversations are happening in regards to getting athletic trainers in all of our secondary schools. The MATA is excited to be involved in these conversations and will be forming a work group this summer to begin formulating some educational materials for distribution to the public, the Maryland State Department of Education, and legislators.

The MATA is in the process of finalizing the program for our annual symposium. We are excited for this year's meeting, which will be held at Towson University on June 6th and 7th.

Finally, I would like to congratulate our Maryland members who are receiving district and national honors and awards. Thad Moore and TJ Morgan will both be receiving the NATA Service Award. TJ is also receiving the MAATA Service Award. And a hearty well deserved CONGRATULATIONS to Pat Lamboni on his election to the MAATA Hall of Fame!

I wish everyone a safe and happy spring and look forward to seeing many of you in Virginia Beach.

**Greg Penczek**

### In the Media...

Baltimore Magazine [interview](#) of Orioles Head Athletic Trainer, and MATA/MAATA Hall of Famer, Richie Bancells!

Richie has always been a strong member of our profession and state organization, always showing those that follow the right way to do things!

### Congratulations to Urbana High School on receiving the 2013 NATA Safe Sports School Award!

Frederick County has recently allotted \$2.3 million dollars towards its athletic programs, including funding for athletic trainers and other needs to ensure athlete safety. Please follow the [LINK](#) below to read the story.

The National Athletic Trainers Association recently honored all 12 of the HCPSS high schools with a Safe Sport School Award. The HCPSS is the first school system in the state of Maryland to have all its high schools win the award.

“Student safety and well-being is our highest priority,” said Superintendent Dr. Renee A. Foose. “This prestigious award demonstrates that all of our high schools go above and beyond the regulations to keep our student athletes safe.”

In order to achieve Safe Sports School status, athletic programs must meet stringent criteria:

- Create a comprehensive athletic health care administrative system
- Provide or coordinate pre-participation physical examinations
- Promote safe and appropriate practice and competition facilities
- Plan for selection, fit, function and proper maintenance of athletic equipment
- Provide a permanent, appropriately equipped area to evaluate and treat injured athletes
- Develop injury and illness prevention strategies, including protocols for environmental conditions
- Provide or facilitate injury intervention
- Create and rehearse venue-specific Emergency Action Plans
- Provide or facilitate psychosocial consultation and nutritional counseling/education
- Educate athletes and parents about the potential benefits and risks in sports as well as their responsibilities

In order to achieve Safe Sports School status, athletic programs must meet stringent criteria:

The 12 HCPSS high schools are: Atholton, Centennial, Glenelg, Hammond, Howard, Long Reach, Marriotts Ridge, Mt. Hebron, Oakland Mills, Reservoir, River Hill and Wilde Lake.

I am pleased to inform you that Laura A. Hartman, MS, ATC, CSCS has completed the NATA's leadership development program, StarTRACKS.

This is a rigorous course of self-study that requires graduates to provide thorough evaluation of each requirement.

## FROM THE VATA



The VATA kicked off the year with a strong start and held a record attended annual meeting in Richmond, Virginia. **Kimberly Prichard, PhD, ATC**, Annual Meeting Planning Committee Chair, organized and planned the meeting like a 10-year

veteran in her first leadership role with the VATA. Here are some highlights from the Annual Meeting:

The VATA unveiled the a new mission statement, which reflects a strong position in governmental affairs and a resource for the public:

*“The VATA is committed to improve the quality of health care for Virginian’s through education, advocacy, and cooperative efforts with other health care professionals and organizations. We actively promote the profession and represent the interests of its membership with integrity”*

**Amanda Caswell, PhD, ATC** was honored and thanked for her service as VATA President. She has shown solidarity and commitment in the position while welcoming their daughter Evelyn Grace Caswell to the world!

In the same light, we welcomed **Jay Sedory, MEd, ATC, EMT-T** as he started his two-year term as President where he addressed the membership with his Leadership philosophy: “Lead It, Love It, Live It.”

As **Shane Caswell, PhD, ATC** moved out of his region representative responsibilities, **Danny Carroll MEd, ATC** of Shenandoah County assumed that role on the executive council.

The VATA’s social media presence is surging since **Mike Shetley, ATC** has been appointed as Public Relations Committee Chair. After many years of service, **John Reynolds ATC**, has passed the Secondary Schools Committee Chair torch to **Abbie Hansberger, ATC**. John will continue to be a leader and champion for secondary schools in the state of Virginia as he continues to serve on the VHSL Sports Medicine Advisory Committee, as well as remain active with the SSATC.

The following athletic trainers were honored during the VATA Annual Awards Luncheon:

Hall of Fame:

**Mitch Callis, MEd, ATC**  
**Brent Arnold, PhD, ATC, FNATA**

Secondary Schools Athletic Trainer of the Year:

**Jessie Shanks, MS, ATC**

Researcher of the Year:

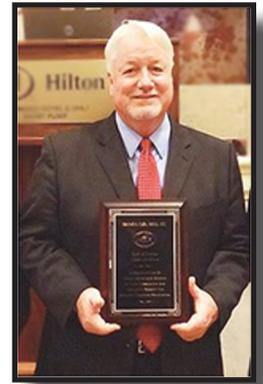
**Jatin P. Ambegaonkar, PhD, ATC, OT, CSCS**

Educator of the Year:

**Candace Parham, MS, ATC**

College/University Athletic Trainer of the Year:

**Lance Fujiwara, MEd, ATC**



*Mitch Callis accepting his Hall of Fame Honors*

The VATA Annual Meeting is only one aspect of the services and business we carry forward. Recently, our Governmental Affairs Committee, chaired by **Rose Schmeig, DHSc, ATC, PT, OCS, CSCS**, has been keeping up with all of the concussion and safety legislation. Updates will continue to be posted via the VATA website. We have been getting positive movement in getting our “Oxygen Bill” (HB190), which will allow ATs to use oxygen therapy in emergency situations, advanced through the General Assembly. Furthermore, the GAC was able to remove a small piece of legislation that attempted to eliminate an AT position from the state regulatory Athletic Training Advisory Board. Thank you for playing some tough offense and defense, GAC!

A number of improvements have been made internally and externally for the VATA. We have been continuing to utilize the new interactive website. We are always seeking to improve, so please contact us for suggestions. In order to increase sustainability, consistency, and transparency; we have created a number of foundational documents for the leadership and members and we are currently working on a policies and procedures manual to better facilitate daily operations.

We welcome the DC Athletic Trainers’ Association in forming and moving towards a gold standard in licensure. We hope to continue to be in communication with them. We have many Virginians who work and live in the DC Metro Area and look forward to continue supporting our friends in the Beltway. I am thankful for the Executive Council members and committee chairs in donating their time and efforts. Hope to see everyone at the MAATA Annual Meeting.

On Behalf of the VATA,  
Jay Sedory Med, ATC, EMT-T  
VATA President

## FROM THE WVATA



### President's Message:

Just wanted to take a moment and introduce myself to the District membership. My name is Vince Stilger and I assumed the role of president of the West Virginia Athletic Trainers' Association (WVATA) in February. I currently reside in Morgantown, WV and have been the Athletic Training

Program Director at West Virginia University since 1994. I think with all new roles we undertake as individuals, there is always some excitement but yet nervousness and I certainly feel both of those. But I'm looking forward to the challenge and leading efforts to advance athletic training within West Virginia! We only grow and advance as more individuals become involved in our association so I certainly encourage participation!!! Please feel free to contact me at [vincent.stilger@mail.wvu.edu](mailto:vincent.stilger@mail.wvu.edu) should you have questions or concerns!



### Capitol Hill Day

The WVATA participated in the 2nd Annual Capitol Hill Day on February 21, 2014. There was a good showing of Athletic Training Students and Athletic Trainers from respective institutions to educate officials and interested parties about the

profession of athletic training. Some areas of focus were the promotion of West Virginia Athletic Training Licensure, athlete safety/emergency action plan legislation, and to raise awareness on the necessity of athletic trainers in the secondary school settings. Thank you to everyone that participated and continue to promote the profession and write to your legislators!

### WVATA Annual Sports Medicine Conference

The 2014 Annual Meeting took place in Charleston, West Virginia, at the Embassy Suites. Students and professional members gathered for two days to educate their peers, discuss current issues, network, and advocate for the profession. During the meeting, annual awards were given to Tony Corley (WVU) for Athletic Trainer of the Year, Craig Hansel (U of Charleston) for Educator of the Year, and Jaimee Stanley (U of Charleston) for Student of the Year. Awards were also given to our Student Oral Presentations and Poster Presentations. The top Student Oral Presentations were awarded to Paige Leaver (U of Charleston), Meghan Kincaid (Concord), and Will Linscomb (WVU). Also, the top Student Poster Presentations were given to Aaron Copley (U of

Charleston), Christine Flora (WVU), and Bethany Cere (U of Charleston). Congratulations to all of our award recipients. The conference was a success and look forward to an even bigger attendance next year.

### Greetings from the West Virginia Young Professional Committee:

We would like to take a moment to address those who attended and those who were not in attendance at the WVATA annual meeting. During the meeting Gabe Roush along with Kris Smith proposed the idea of forging together as Young Professionals. They have found a lack of involvement due to the lack of support given to young professionals in the state. Now, Gabe Roush with the help of Kris Smith, West Virginia's current MAATA Young Professional Representative, look to develop a new face in the WVATA. We would like to get all professionals under the age of 35 involved. We are looking to develop a form of communication between our young members as well as a collaborative voice to help make larger decisions in our government. If you are looking to stay connected with West Virginia athletic trainers as well as hear pertinent information handed down from the MAATA, please contact Kris Smith at [ksmith@linsly.org](mailto:ksmith@linsly.org), or Gabe Roush at [gabe.roush@gmail.com](mailto:gabe.roush@gmail.com). We would like to develop a contact list to help create awareness events. This also brings us to the all-important month of March. Please post informational athletic training goodies to your social media or to bulletin boards around your work. Let's make everyone see the important work we do! Thank you for your time and we look forward to hearing from and working with you in the future. Follow the West Virginia Young Professional Committee on Twitter @WVYPC or on Facebook at [facebook.com/WVYPC](https://www.facebook.com/WVYPC).

### Quiz Bowl Champions

Six Athletic Training Programs competed in the WVATA Quiz Bowl held during the Annual Sports Medicine Conference. The team of Raquel Hill-Spranger, Paige Leaver, Jeremy Bowman, and Jaime Stanley, from the University of Charleston captured the 2014 trophy. They will represent West Virginia at the District III Meeting, and compete for a chance to be the District III Quiz Bowl Team, at the NATA Annual Meeting, in Indianapolis. Good Luck!



### Social Networking

The WVATA is now on Facebook and Twitter to help reach more of our professionals within the state. This will allow more interaction within the WVATA among colleagues as well as an informational tool. Facebook and Twitter will help us get exciting and up-to-date news to our followers within the state. Encourage yours students and colleagues to like us on Facebook (WVATA) and follow us on Twitter (@WVATA\_NATAD3).



## FROM THE DCATA



Greetings from Washington DC. The District of Columbia Athletic Trainers' Association congratulates the following individuals on their election to the DCATA Executive Council:

President

**Jennifer Rheeling**

H.D. Woodson High School

Past President

**Veronica Ampey**

Georgetown Day School

Vice President

**Sean Dash**

American University

Secretary

**Valentin Porter**

Frank W. Ballou High School

Treasurer

**Jamila Watson**

Woodrow Wilson High School

The DCATA would like individuals who are eligible for members in the DCATA to do the following:

1. Log on to <http://www.dcathletictrainers.org/join>
2. Once you are on the website select the membership that fits you
3. Complete the membership application
4. You will be sent a confirmation email

Many leadership opportunities are available with the DCATA. Members interested in serving on a committee should contact Jennifer Rheeling at [Jennifer.rheeling@dc.gov](mailto:Jennifer.rheeling@dc.gov). Descriptions of each committee are listed in the DCATA bylaws. The committees are as follows:

1. College and University
2. Continuing Education & Research
3. Ethics
4. Finance
5. Honors & Awards
6. Legislative
7. Newsletter, Website & Electronics
8. Secondary Schools
9. Young Professional

## FROM THE NCATA



Greetings from North Carolina. The NCATA held the 37th Annual Spring Symposium and Business Meeting at Wrightsville Beach on March

7th and 8th. Lifesaving awards were provide to two individuals: Mark White, LAT, ATC, his wife and a Greensboro Cardiologist made an AED save at the Greensboro Aquatics Center. They performed CPR and used an onsite AED at the facility to save a man that went into what we now know was A fib.

Dave Mahan, LAT, ATC was involved in the saving of a life of a high school wrestler that collapsed after wrestling match. Athlete was hospitalized and diagnosed with ARVD, Arrhythmogenic Right Ventricular Dysplasia.

Additionally, congratulations to Jim Bazluki, LAT, ATC was inducted into the NCATA Hall of Fame.

The NCATA launched the Leadership Institute (NCATALI) on March 7th at the NCATA Business Meeting and Symposium in Wilmington, NC, lead by Ashley Long. This inaugural class has the opportunity for growth in the knowledge and application of leadership. In addition, the institute is designed to develop future leaders within the NCATA membership. There are 14 NCATALI Fellows in the first class.

There are several NCATA initiatives for 2014. They are as follows:

1. Continue to pursue legislative initiatives of getting AT in every public high schools and educating those individuals critical to achieving our initiatives.
2. NCATA Executive Board will continue to meet with NC Department of Public Instruction and Chairman of the State Board of Education to discuss getting Licensed AT's in every high school.
3. Meet with key stakeholders in the state of NC for support of 3rd Party Reimbursement
4. Update NCATA website

Additionally, the PR Committee lead by its chair, Nina Walker, has done an excellent job of designing an ink pen with a pullout scroll that highlights athletic trainers. In addition, this group has increased social media interest in the state association with ideas such as the Facebook lifesavers series.

Craig Eilbacher & Jay Scifers are collecting names of LAT's and / or FR's from all the public high schools in NC and will cross reference with the NCBATE, BOC and DPI. This will give us an accurate account of how many licensed AT's we have working in our high schools.

Lastly, the NCATA Executive Board met with the Chairman of the State Board of Education to discuss putting athletic trainers in every high schools and eliminating the First Responder as the primary caregiver at the school.

## FROM THE SCATA

South Carolina  
Athletic Trainers'  
Association



### Concussion Bill

On August 15, 2013, Governor Nikki Haley signed a Youth Sport Concussion Bill making South Carolina the 49th state to implement a concussion law. The signing was held at Dorman High School in Spartanburg and was well attended by many certified athletic trainers of South Carolina.



### 2013 SCATA Symposium

SCATA held its annual symposium July 11th and 12th at the Double Tree Hotel in Columbia, SC. Over 325 attendees and 28 vendors were in attendance at the two-day event. Gary Nelson (Sumter HS) was the recipient of the prestigious Fred Hoover Award, the Hall of Fame Award for the South Carolina Athletic Trainers' Association. Also recognized was Scott Douglass with his induction into the SCACA Hall of Fame and winner of this year's Founders Award.

Kevin Ennis (Beaufort, Carolina Sports Care and PT) was this year's recipient of The Board of Certification Dan Libera Service Award for his many years of service to the BOC. He held the positions of Board of Certification Examiner, Workshop Facilitator Coordinator, Examiner Workshop Facilitator, Test Site Administrator, Test Materials Coordinator, and Examiner.



## Development of New Legislative Award

The Governmental Affairs Committee has announced a new award. The Dan Campbell award is in recognition of states that do great work, and the new William T. Griffin award is for individuals who have demonstrated exceptional legislative leadership over time. The award will recognize individuals whose leadership included: motivated other AT leaders to increase political involvement, led by example, demonstrated strategic thinking in organizing a legislative or grassroots campaign, initiated coalitions to maximize advocacy efforts; and individually and personally raised the visibility and influence of the profession.

## Scholarship Opportunities

Various Mid-Atlantic Athletic Trainers' Association scholarship opportunities are present for deserving students in programs throughout our District. A brief description of these scholarships are provided below:

### A.C. "Whitey" Gwynne Master's Scholarship

Applicant must be enrolled in the first year or prior to his/her final year of completion of his/her master's degree. The applicant must have at least 1 year remaining in his/her master's program. A first place grant of \$1,500.00 and a second place grant of \$1,000.00 are awarded annually. The application deadline is April 1st.

### Larry Sutton Postgraduate Scholarship

Applicant must be a graduating senior in a CAATE-accredited Athletic Training program, have distinguished himself/herself academically and performed with distinction as a member of the Athletic Training Program. A first place grant of \$1,500.00 and a second place grant of \$1,000.00 are awarded annually. The application deadline is April 1st.

### Bobby Gunn Student Leadership Award

Applicant must be enrolled in a CAATE-accredited entry-level undergraduate or master degree Athletic Training Program who has never attended the NATA Annual Meeting and Clinical Symposia. This award assists a student with \$500 in funding to attend the NATA Annual Meeting and Symposium. The application deadline is April 1st.

### Edward Block Undergraduate Scholarship

Applicant must be enrolled in a CAATE-accredited Athletic Training Program, have distinguished himself/herself academically, and have performed with distinction as member of the Athletic Training Program. A first place grant of \$1,500.00 and a second place grant of \$1,000.00 are awarded annually. The application deadline is April 1st.

If you have inquires regarding the scholarships, please contact:

[Dr. Joseph A. Beckett, EdD, ATC](#)

## Congratulations to Laura Hartman on her Star TRACKS Certification of Leadership!

Athletic trainer Laura Hartman recently completed the rigorous curriculum and earned her Star TRACKS certificate of leadership! Laura works for Medstar National Rehabilitation Hospital as the Medstar Sports Medicine Southern Regional Coordinator for Athletic Training Services. She also works outreach at St. Albans High School in Washington D.C.

The National Athletic Trainers Association (NATA) created Star TRACKS, a program of self-study, for athletic trainers wishing to improve and refine their leadership skills. It is intended to assist members who wish to serve the profession as a volunteer leader at the state, district, or national level and those who have personal interest in leadership. The skills and knowledge gained from this program will benefit athletic trainers in all aspects of their life. The curriculum for the Star TRACKS program is extensive and must be completed within two years. NATA districts name Leadership Scholars each year to begin this self-directed course of study. The districts may also award scholarships to these individuals to underwrite the cost of materials and travel attendant to the program. Any NATA member may participate by using the online tracking system to demonstrate their progress, and receive a Certificate of Completion. This curriculum will evolve as time goes on since leadership development is a process, not a moment in time.

Laura dedicated herself to this leadership program to better serve the profession and become a more effective leader. Congratulations on your accomplishment Laura!



A big thank you to MIAA athletic trainers Marty McGinty, Jeremy Parr, and Josh George who volunteered their time to help cover the Air Force Academy football game this past Fall. The athletic training staff for Air Force was not permitted to travel to the Navy game due to the government shutdown. Marty's brother, Gerry, is the director of sports medicine at Air Force and called in for a favor. This is a great example of sports medicine professionals pulling together for the welfare of athletes everywhere. Please click [HERE](#) for full news article.



## FROM DISTRICT III COMMITTEES

### NATA Secondary School Athletic Trainers' Committee

David McAllister, MAEd, LAT, ATC

*This report was written by David McAllister prior to his sudden death on March 9, 2014. We know he wanted to submit this to the Newsletter. We also want to thank David posthumous for his dedication and service to District III and the SSATC.*

The Secondary Schools Athletic Trainers' Committee (SSATC)



conducted a face-to-face meeting on January 25th, during the NATA Mid-Year Meeting in Dallas, TX. Although the SSATC traditionally holds its annual face-to-face meeting during Committee Day prior to the NATA Annual Meeting and Clinical Symposium, the leadership of the NATA felt it was important that several of the committees have the opportunity to hold additional face-to-face meetings to discuss important topics. The

primary purpose of the SSATC meeting was to develop several employment strategies for placing a certified athletic trainer in all the public schools in the United States. The Committee considered a variety of options, both traditional and “outside-the-box”, to determine the best course to take in achieving this goal. The SSATC has also been working closely with the Committee on Revenue to determine possible sources of funding for this project. This included a discussion with COR Chair Linda Mazzoli during the Mid-Year Meeting.

In order to establish a framework for achieving its mission of serving secondary school athletic trainers, the Secondary Schools Committee established a set of Strategic Goals. In an effort to ascertain how well the Committee is meeting these goals, a survey was developed to allow athletic trainers in the secondary school setting to voice their opinion on how well they felt these goals are being met and what areas existed where improvements could be made. The survey was distributed to secondary school athletic trainers via e-mail. Unfortunately, responses indicated that a large percentage of secondary school athletic trainers were unaware of the many projects undertaken by the SSATC on their behalf or the resources at their disposal. The SSATC encourages secondary school athletic trainers to use the various venues available (NATA/SSATC website, state and district newsletters, and NATA News/Range of Motion) to keep abreast of ongoing projects and available resources.

As part of an ongoing initiative by the NATA, the SSATC and the Korey Stringer Institute (KSI) jointly performed a study to determine the percentage of public schools that currently

employ or have access to the services of a certified athletic trainer. The year-long project included phone calls and on-line surveys to high schools throughout the United States. Doug Casa presented the initial results of the study during the NATA meeting in Las Vegas. Most of the information has been collected and analyzed. The SSATC will be working with the KSI to gather some additional demographical information. Once this has been accomplished, we hope to incorporate the data into ZeeMaps to give a more concise visual representation of the data.

The SSATC has also been working closely with the National Federation of High Schools (NFHS) on a couple of items. First, the Lightning and Thunder Policy for the NFHS Sports Medicine Handbook has been updated to be more consistent with the NATA's *Position Statement on Lightning Safety for Athletics and Recreation*. The NFHS has also agreed to sign on to support the Inter-Association Task Force's *Preventing Sudden Death in Secondary School Athletics Programs: Best Practices Recommendations*.

The SSATC has been working on the revision of several important documents. Both the *Position Proposal Guide (PPG)* and the *Position Improvement Guide (PIG)* have been updated. These documents, originally published in 2002, are for use by athletic trainers looking to develop an AT position at a school that currently does not have one or for use by athletic trainers currently in the secondary setting who wish to improve their current situation. Both of these documents will soon be posted on the Secondary School Committee section of the NATA web site.

Over the past year the SSATC has worked closely with the Heads Up/Crown of Head Project Team. As a result of this, a point of emphasis this year for football officials was crown of head contact. To stress the importance of this topic, several members of the SSATC gave educational presentations on this topic to their respective state official's organizations. These presentations helped educate officials on what constitutes crown of head contact and the dangers associated with axial loading. Overall, the presentations were well received and have helped increase official's understanding of the importance of this rule.

The Secondary Schools Committee will sponsor two sessions at the NATA Annual Meeting and Clinical Symposium in Indianapolis this June. The title of the main secondary school session is **“What are YOU doing in the Off-season: Enhancing YOUR Performance.”** This session will include presentations by Donald Hooton, Jr. (Performance and Appearance Enhancing Drug Education), Chad Arcenau (Creating Jobs in Difficult Situations), and Doug Casa (Strategies for Implementation of Best Practices in the Secondary School Setting). The SSATC will also be conducting a Peer to Peer session during the Annual Meeting entitled

## FROM DISTRICT III COMMITTEES

**Concussion Management and Return to Learning.** Check the final Annual Meeting itinerary for times and locations of these two informative sessions.

Several members of the SSATC are currently working on the development of an athletic training curriculum for students in the secondary school setting. The purpose of this curriculum would be to expose students to the profession of athletic training, as well as to provide basic content in anatomy/physiology, injury prevention, mechanisms of injury, environmental concerns, and sports nutrition. This project was undertaken in hopes of establishing a standardized framework of instruction that would be uniform from state to state. It is not intended to provide secondary school students the skills necessary to perform the duties of a certified athletic trainer. To help ensure proper use of this curriculum, it will include a disclaimer which closes adheres to the NATA's statement on the use of athletic training student aides, link [HERE](#) to read. Specifically, with regards to the use of athletic training student aides it is important that school administrators adhere to the following:

*Student aides must be under the direct visual supervision of a licensed/certified athletic trainer when assisting with any athletic training services. Coaches and school administrators must not allow or expect student aides to act independently with regards to the evaluation, assessment, treatment and rehabilitation of injuries. Additionally, it is paramount that student aides not be expected, asked, or permitted to make "return to play" decisions.*

The NATA and SSATC encourage all athletic trainers to obtain their National Provider Identifier (NPI). The NPI is a unique identification number for covered health care providers. Covered health care providers and all health plans and health care clearinghouses must use the NPIs in the administrative and financial transactions adopted under HIPAA. Going forward, an NPI will be a requirement in order to serve on an NATA committee or other leadership position. For more information on NPIs or to register for your NPI please visit [www.nata.org/NPI](http://www.nata.org/NPI).

As you can see, the SSATC has been busy and continues to work towards advancing and promoting the profession of athletic training in the secondary school setting. If you need assistance or have questions about any of the SSATC activities, feel free to contact either your state secondary school representative or District 3 Representative.

### CEPATC

Jess Vera Cruz, M.S.Ed., VATL, ATC

The Clinical and Emerging Practice Athletic Trainers Committee and the Committee on Revenue have merged. Currently, the committee is awaiting the official name change from the board. These two groups have always consisted of Athletic Trainers that are forward thinkers, individuals that think "outside the box." They take a leap of faith into other settings and business endeavors to pave the way for our profession. Secondary schools, colleges/universities, and professional sports, where we learn our trade, are the foundation of our profession. However, the continued growth of our profession lies with the healthcare community recognizing us as healthcare providers.

The committees merged because issues we were working on frequently overlapped. The merged committee consists of 22 Athletic Trainers, not including CEPAT workgroup Athletic Trainers. For example, the military workgroup consists of 11 Athletic Trainers. We started 2014 by attending the committee conference in Dallas, TX in January, where everyone was brought up to speed on CEPAT and COR. More importantly, we figured out how to move forward as one committee. There is a lot to report, with 22 Athletic Trainers reporting. Unfortunately, as there is not a lot of room on the MAATA newsletter, I will just hit the highlights.

Having an NPI number is a major part of being recognized as a healthcare provider. We are striving to get that point across to the masses of Athletic Trainers, who have not registered.

The Secondary School Value Model is attempting to show our worth via dollars and cents and/or outcomes. In the future, look for more workshops on the "Business of Athletic Training." The GLATA/COR pre-conference workshop was held March 12th. It looked into the educational opportunities of our non-historic settings as well as the value models, billing principles, and return on investment of Athletic Training services.

The military workgroup is also working on value and return on investment of our services within the Department of Defense Health Services. More importantly, a survey will soon be announced to get an in-depth perspective of what Athletic Trainers are doing for the Department of Defense nationwide and overseas.

As with previous years, the committee will be providing pre-NATA conference workshops in Performing Arts, Physician Extender (Introductory/Advanced/Hands-on), Occupational Health/Public Safety (Introductory/Advanced/Hands-on), and the Business of Athletic Training.

## FROM DISTRICT III COMMITTEES

### District III Public Relations Committee

Heather Murphy, MS, VATL, ATC



March and National Athletic Training Month are almost here! This year's theme is "We've got your back". This year we are revealing a NEW NATM logo!! This logo is similar to occur new NATA logo. It has look that is squarer and fits better on email links and documents. Make sure to go to [www.nata.org](http://www.nata.org) and click on the NATM link on the left to check out all the new NATM materials. I can't wait to hear what everyone in District 3

does to celebrate NATM! Please send me pictures (jpeg format), links to media stories and summaries of the events you did in your state/workplace. We will collect all of the submissions and share them in an upcoming MAATA newsletter and the NATA news. You can send everything to me at [heather.murphy@fcps.edu](mailto:heather.murphy@fcps.edu).

The NATA Public Relations Committee met at the Joint Committee in Dallas in January. We are currently working on updating the Public Relations toolkit, which will be placed online. We examined the website and made notes to make it more "user friendly". The Committee discussed the "White Paper" and its implications to our stakeholders. We are looking forward to March and all the NATM activities. We also look forward to coming together again in June in Indianapolis and progressing on our projects.

### NATA College & University Athletic Trainers Committee Report

M. Allen Shelley, MA, LAT, ATC



### College/University Athletic Trainers' Committee Honors and Awards Recipients 2014

The College/University Athletic Trainers' Committee has established several awards to recognize collegiate athletic trainers who have demonstrated exceptional performance in their setting.

#### 2014 District 3 CUATC Awards Recipients

##### *Head Athletic Trainer of the Year*

Each year the College/University Athletic Trainers' Committee recognizes one individual for exceptional performance as a head athletic trainer in each of the following collegiate divisions: NCAA D1, NCAA D2, NCAA D3, NAIA and Junior College/Community College. Award recipients are actively involved in their community or campus, athletic training associations and promotion of the profession.

##### NCAA Division 1 Head Athletic Trainer of the Year:

**Michael Goforth**, Virginia Polytechnic Institute and State University (Virginia Tech)

Nominated by Bob Casmus

##### NCAA Division 3 Head Athletic Trainer of the Year:

**Thad Moore**, Washington College

Nominated by Gregory Penczek

##### *New Horizon Award*

The New Horizon Award recognizes one athletic trainer in the collegiate setting who has demonstrated the attributes of a future leader in the profession. Award recipients are actively involved in their community or campus, athletic training associations and activities promoting the profession.

##### *New Horizon Award Athletic Trainer:*

**Colin Covelli**, Brevard College

Nominated by Allen Shelley

#### College and University Value Model

The College/University Value Model (CVM) Committee, as a subgroup of the Committee on Revenue (COR) and in partnership with the College/University Athletic Trainers' Committee (CUATC) has fashioned a tool that outlines and highlights the value and worth of the certified athletic trainer in the college/university setting.



This information will help ATs maintain and improve their positions by quantifying the worth of their day-to-day duties and responsibilities as a benefit to their respective organizations in the following five areas:

- Medical Services
- Risk Minimization
- Organizational Administration
- Cost Containment
- Athletic Training Influence on Academic Success

The CUATC is currently managing the College and University Value Model. The CVM Workgroup has developed two ways for members to participate. Members may either serve as an active member or as an advisor.

The CVM Workgroup has also recently created two separate subgroups, one for content and the other for public relations. The Content workgroup is primarily focusing on the content as presented in the five “buckets”, defining key metrics, and building on what is currently in place. The Public Relations workgroup is primarily focusing on identifying opportunities to share the CVM, presentation support, promoting the CVM, and gleaming success stories.

### **NCAA Division II Summer Strength and Conditioning Workouts**

*Proposal No. 2-20: Football Summer Workouts*

Strength and conditioning sessions have become an integral part of athletic preparation. An appropriately structured strength and conditioning program can serve to prevent injury, complement skill, and enhance an athlete’s overall performance.

NCAA Proposal No. 2-20 passed with a vote of 108-60 during the January 2014 NCAA meeting. This proposal allows NCAA Division II institutions to conduct on campus summer conditioning workouts for football beginning **June 1, 2014**.

The NATA College & University Athletic Trainers’ Committee has available the following resources to assist the NCAA Division 2 athletic trainers as they address institutionally Proposal No. 2-20: Football Summer Workouts.

1. NCAA Division II Summer Football Workout Checklist. The NATA’s College and University Athletic Trainers’ Committee has developed a checklist for the NCAA Division II athletic trainer to utilize for planning and preparation prior to the implementation of these conditioning sessions.
2. The National Athletic Trainers’ Association’s (NATA) Recommendations and Guidelines for Appropriate Medical Coverage of Intercollegiate Athletics (AMCIA) offers college and university health care providers a system by which they can evaluate their current level of coverage for student-athletes. This document can be accessed [HERE](#).
3. All athletic training and strength & conditioning personnel

should note the following recommendations and guidelines as described in the National Athletic Trainers’ Association position statement: Preventing Sudden Death in Sport that was released in February 2012. This document can be accessed [HERE](#).

4. To assist with educating athletic personnel such as coaches and strength & conditioning personnel, education modules have been developed to address student-athlete health and safety concerns. These educational modules can be accessed [HERE](#).

The NATA College & University Athletic Trainers Committee hopes that you find this information and the supporting resources useful and beneficial to your practice setting.

### **NATA Political Action Committee (PAC)**

*Pat Lamboni, ATC, LAT*



As my final meeting as PAC Committee Chair, I would ask that all consider a donation as part of the registration to the PAC and the Foundation. As a district we have been doing well with contributing to these worthy causes, but I know we can do more, even if it’s a little more. My goal as the PAC chair was do get our district contributions from the lower third to the upper one third of total contributions. We are out of the bottom third!! I have met so many great people and have learn a great deal about our legislative efforts at the national level. I believe the direction we are taking with our legislative efforts focusing on the function and necessity of Athletic Trainers taking care of the high school, sandlot and recreational athlete will be fruitful. For the first time we have congressional backing on such initiatives as the Secondary Schools Athletes Bill of Rights, High School Transparency Act and the Youth Safety Alliance. These issues have support but need all of us to contact our congressional representative and senators to let them know they need to support and vote for these initiatives. Thank you to all that have contributed either willfully or because I hounded you, it is for a great cause. I will be around during the MAATA symposium soliciting for support of the PAC, but it would be so much easier for you to make a contribution when you register. Any amount is welcome. Have a great Spring see you in May!!!

### Ethnic Diversity Advisory Council

This is an exciting time in athletic training. Athletic training education is evolving and the membership of District III has increase to 3,700+. As we grow, we have the opportunity to expand past the status quo and respond to the evolving demographic realities and health needs of our region. Significant disparities exist between racial groups even when compared with U.S. population figures.

| RACE / ETHNICITY                      | MAATA PERCENTAGE OF THE MEMBERSHIP | PERCENTAGE OF U.S. POPULATION |
|---------------------------------------|------------------------------------|-------------------------------|
| WHITE                                 | 83.7%                              | 72.4%                         |
| NON-HISPANIC BLACK / AFRICAN AMERICAN | 5%                                 | 12.2%                         |
| ASIAN AMERICAN                        | 1.9%                               | 4.8%                          |
| HISPANIC OR LATINO                    | 1.8%                               | 16.4%                         |
| MULTI-ETHNIC                          | 2.9%                               | 2.9%                          |
| AMERICAN INDIAN OR ALASKA NATIVE      | 0.2%                               | 0.9%                          |

MAATA membership numbers are based on NATA database 2014 US Population numbers are based on 2010 US Census; [www.census.gov/prod/cen2010/briefs/c2010br-02.pdf](http://www.census.gov/prod/cen2010/briefs/c2010br-02.pdf)

A blue-ribbon panel headed by former Secretary of Health and Human Service, The Sullivan Commission on Diversity in the Healthcare Workforce, was created to develop and communicate broad scale recommendations regarding healthcare workforces. This group has detailed some proposed benefits of diversity:

- Improved Health Care Access
- Improved Health Care Quality
- Enhanced Educational Experiences
- Promotes Relevant Research and Policy
- Prepares Profession for Emerging and Cultural Challenges of Tomorrow

In an effort to support diversity in athletic training, recruitment and retention of ethnical diverse individuals, here are a variety of efforts underway in our District.

#### Speakers Bureau

Certified Athletic Trainers are speaking to diverse group (high school, college students, etc.) in a variety of setting about opportunities in athletic training, career planning

#### Electronic Mentoring

During speaking engagements, exchanging email addresses in an effort to provide advice and information as student pursue careers in athletic training.

#### PFATS Scholarship

The Professional Football Athletic Trainers’ Association has committee to continue the minority scholarship program. This program provides financial assistance to minority students engaging in internships in the National Football League.

#### Progress at HBCU ATEP Programs

Our District has the distinction of the only two Historically Black College and University Accredited Athletic Training Education Programs in the country. These programs at North Carolina Central University (Public University) and Shaw University (Private) face a variety of challenges, similar to other ATEP programs. Students are graduating and becoming certified athletic trainers from these programs. Partnership between these programs and the ACES Preparatory Workshop, which prepares athletic training students for the BOC, contribute to the effort of increasing diversity in athletic training. Please engage and support these programs.

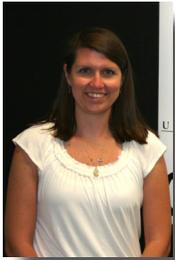
#### Strengthening District III EDAC with Committee

District III EDAC is formulating a committee to engage diversity within the athletic training in our region. We would prefer to have representation from each state. ***If you are interested in serving this committee, please submit a cover letter and resume to Megan Hammonds at [mhammond@odu.edu](mailto:mhammond@odu.edu) by April 15th. The selection committee will review the material submitted.***



## Young Professionals

Dawn Minton-Emerson, MS, ATC



It was an honor for me to represent the DIII Young Professionals' Committee (YPC) in January at the NATA Joint Committee Meeting in Dallas, Texas. In addition to the incredible networking opportunity and chance to see the new NATA office, it gave our committee an opportunity to sit down face to face and work on a number of our key objectives.

Our committee exists to support the young professional ATs in the NATA, and you represent more than 50% of the NATA membership! One of our many tasks is to answer serious questions such as "why YPs leave the profession", "how we get more YPs in leadership positions", or "what are the biggest issues facing our profession". These are tough, complicated questions to answer, and there is not one answer for any of them. We have to work together to address these issues and to do that we need everyone's voice to be heard. If you are a YP and find these sorts of questions arise in your daily life, help us to be able to do more to support you: contact us, take a step to get involved, and work with us to make a change!

Our ATEP Outreach project has finished reform and is now entitled *5 for 5: 5 Messages for the First 5 Years*. The target audience for this presentation is expanded from senior undergraduate AT students to now include graduate AT students and other YP groups. The presentation focuses on 5 main areas: 1) professional development; 2) post-professional education/entering the workforce; 3) personal and professional management; 4) promoting our profession; and 5) getting involved with our profession. Anyone interested in the *5 for 5* presentations should contact their state YPC representative for more information.

This year's NATA YPC National Distinction Award winner is Ryan Wilkinson from District IV. I hope next year's winner will be from District III! Therefore, it is not too early to consider nominating an YP you think has made an immediate and definitive impact on the athletic training profession at the national, district and/or state level. More information about nomination criteria and directions can be found at [www.nata.org/honors-awards](http://www.nata.org/honors-awards).

There are number of events from the NATA YPC at the 2014 NATA Annual Symposium:

1. We have a fantastic financial advising session planned to address specific concerns for YPs scheduled on Saturday from 3:30-5:30PM. This is one of the last sessions of the meeting; we encourage you to make your travel arrangements so you can stay for this session!
2. A peer-to-peer discussion on taking your first leadership position is on Friday at 7:30AM.

3. Our lounge social event, Remembering our Roots, Forging our Future, is Friday at 7:30PM.
4. We are excited to be working with the NATA REF for the first time this year to co-host the *Pinky Newell Scholarship and Leadership Breakfast* on Saturday at 8:00AM.
5. Finally, some of you may be familiar with the community service project the YPC typically does during the convention. This year, we have decided to take a different approach, and will be holding a career building session, *Making the Cut: Preparing to Interview for your Career*. Please contact Ryan Holleman if you are an YP interested in being interviewed or gaining experience as an interviewer. This session is scheduled for Wednesday afternoon (exact time TBD).

We look forward to seeing many of you at the MAATA Symposium this year in Virginia. We have 2 main events scheduled during the symposium.

1. We have a joint session between the student and regular programs scheduled for Saturday morning at 8:30-10:00AM. The session will provide mock interviews between students, YPs, and seasoned ATs. In addition to giving students experience with interviewing, we want to provide YPs are transitioning in to the interviewer role a chance to gain experience and feedback from seasoned ATs. There will also be time for Q&A round table discussions between students, YPs, and seasoned ATs on interviewing and other career building topics. If you are interested in participating or volunteering for this session please contact NC YPC representative Ryan Holleman at [northcarolinaypc@gmail.com](mailto:northcarolinaypc@gmail.com).
2. Our YPC Social will be Saturday evening (specific details on time and location to come). This is a great opportunity to relax a little from the conference and network with YPs and leaders from all over our district.

As always, if you have ideas or want to become more involved with the YPC, please contact [Dawn Minton-Emerson](mailto:Dawn.Minton-Emerson@nata.org) or your state representative. Remember to like the MAATA Facebook page and follow us on Twitter @D3\_MAATA for news, events, and other fun things.

## STUDENTS

### Student Senate

Greetings Everyone!

Happy National Athletic Training Month! We hope every one had, is having or will have a great spring break! I think it is safe to assume we all needed one.

#### Quote of the Month:

*“You can map out a fight plan or a life plan, but when action starts you’re down to your reflexes.”*

With many things in life, we cannot always perfectly plan or prepare for what will happen. We have to be ready for those ups and downs by utilizing our “reflexes” so that we can conquer and overcome those obstacles in life. Reflect on this quote for a moment and think about how you handle these obstacles.

### NATA News

- Save the date: 65th Clinical Symposia & AT Expo, Wednesday, June 25 – Saturday, June 28, 2014, Indianapolis, Indiana  
**Registration is now open**
- National Athletic Training Month Social Media Contest – Utilize Facebook and twitter using the hash tag #NATM2014 – You could win a \$100, \$50 or \$25 gift card.  
Look on the NATA Website for more information under National Athletic Training Month or visit:  
<http://www.nata.org/natm-social-media-contest>

### MAATA News

- April 1: Deadline for applications for the MAATA Scholarships
  - (A.C. Whitey Gwynne Master’s Scholarship, Larry Sutton Postgraduate Scholarship, Bobby Gunn Student Leadership Award, Edward Block Undergraduate Scholarship)
- Mid-Atlantic Athletic Trainers’ Association Annual Symposium May 9-11 2014 at the Founders Inn & Spa in Virginia Beach, VA.
  - Early registration is available through April 6th.
- Be on the look out for information coming your way on applying for the MAATA Student Senate. **We are looking for a current sophomore/rising junior.**
- Keep raising money for the Penny War contest to raise awareness for those diagnosed with colon cancer under the age of 50, and give your state extra points in the AT Olympics.

For more information, please join our [Facebook](#).

You may also now follow us on twitter @MAATA\_Students.

The student schedule at the MAATA meeting includes the following:

#### Friday, May 9

- 2-4pm 2014 MAATA Quiz Bowl
- 8-9pm Student Meet and Greet

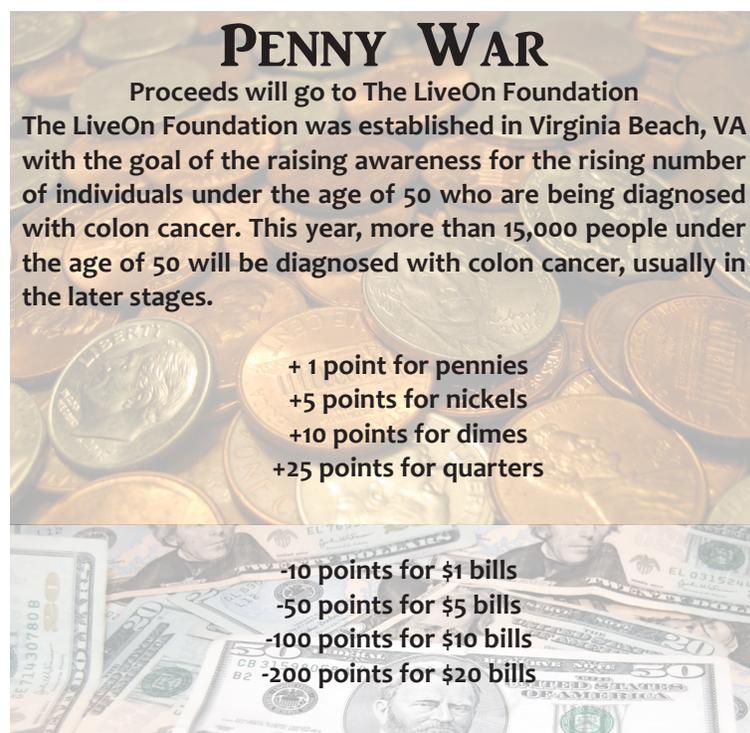
#### Saturday, May 10

- 7:15-8:15am Mentor’s Breakfast
- 8:30-10:00am YP presentation
  - “From Student to YP to Seasoned AT: Being the Interviewee to Becoming the Interviewer”
  - Please bring your cover letter and resume/CV materials for feedback on thriving in today’s job market
- 10:30-11:15am- Student Senate presentation
  - “We have an App for you!”
  - Please bring your iPhone, pad or other smart phone device that can download apps.
  - We will provide a list of apps we will be reviewing, as we get closer to the date if you want to pre-purchase.
- 4:30-5:30 AT Olympics

#### Sunday, May 11

- 8-11am Student Free Communications oral presentations

The Student Senate would like to announce an initiative for the MAATA meeting in May. It is referred to as the Penny Wars Charity Drive. The purpose is to raise money for Colon Cancer. Money canisters will be set up at registration to collect donations from each state. ATEP students get your club involved to collect money to bring with you! Penny War state totals will be factored into the score for each team participating in the AT Olympics.



**PENNY WAR**

Proceeds will go to The LiveOn Foundation

The LiveOn Foundation was established in Virginia Beach, VA with the goal of the raising awareness for the rising number of individuals under the age of 50 who are being diagnosed with colon cancer. This year, more than 15,000 people under the age of 50 will be diagnosed with colon cancer, usually in the later stages.

- + 1 point for pennies
- +5 points for nickels
- +10 points for dimes
- +25 points for quarters

- 10 points for \$1 bills
- 50 points for \$5 bills
- 100 points for \$10 bills
- 200 points for \$20 bills

The State with the most points will get extra points for the AT Olympics at the 2014 MAATA Annual Symposium (Including Team X)