



MAATANews

www.maata.org

Fall 2013

From the Director

Dear District III Members,

I send you greetings from Lynchburg College in Lynchburg, Virginia. I hope that all of you are well and enjoying the fall season. I'm very proud to serve you and all the members of the NATA and I want to share with you several events that I thoroughly enjoyed these past several months as your District Director:

- I attended my first NATA Board of Directors' meeting last May and sat next to Martin Baker, one of the best district directors, so I could learn the function of the Board.
- I attended a very good MAATA clinical symposium in Greenville, SC and served as the District Secretary for the last time in a formal capacity. Lori Bristow, Jason Mitchell, Andi Bender, Pat Lamboni, John Knaul, Scott Johnson and their fine crews did not disappoint us in Greenville. At that meeting we thanked Martin Baker for his 4 years of service as District III Director. Marty has already served in the role of "Past Director" very well as he has assisted and advised me often. Of course, the MAATA annual meeting and symposium remains my favorite conference.
- I met with the NATA Board of Directors three times in Las Vegas during the 2013 Clinical Symposium. If you did not attend the Symposium and AT Expo, I'm afraid you missed quite a show. This convention set records for attendance; more than a fourth of the 40,000 NATA members across the country attended the event.
- I ran my first MAATA District Council Meeting in Las Vegas. I am so very impressed with the state presidents in District III. Bob Cable is an excellent treasurer and Kevin King is quickly learning the role of district secretary. They are a fine group of professionals and people, and I can't thank them enough for making our Council a strong working group.
- I ran my first MAATA Business Meeting in Las Vegas and want to thank all of you who came to the meeting when you could have been in perhaps a more "fun" place. I was complimented on how short the meeting ran.
- Upon returning to Virginia, I learned that Jason Mitchell had secured 3 excellent sites for our 2014 meeting with the assistance of a professional business used by the NATA to find meeting sites. I met with Jason and Lori Bristow in Virginia Beach to visit all 3 sites. I will admit I was "schooled" by the process and let me assure you that Lori and Jason asked excellent questions; they are really very good at preparing and running our meeting and program. The District Council was informed about the options, and as a group we chose the site where we will gather next May (see more below). I couldn't be more excited about how this turned out for us.
- I attended the South Carolina Athletic Trainers' Association in mid-July and truly enjoyed meeting the leaders and participants in SCATA. The programming was excellent and the casino night was exceptionally fun.

Continued...



Patricia Aronson, PhD, ATC

2013 Supporters of the MAATA

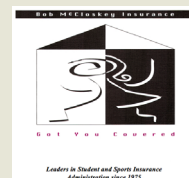
The MAATA would like to thank the following companies for supporting our profession and our association. You may visit their website by clicking on their logo below.



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877-926-7887

Director Aronson's letter continued from Page 1.

Thank you to SCATA for allowing me to visit.

- I spent a few days in mid-August in New Orleans at the CAATE face-to-face meeting. As the NATA BOD liaison to the CAATE, I was invited to attend this very interesting meeting. As you can imagine, the discussions were thoughtful and intelligent. The Commission is truly transforming the profession of Athletic Training through quality education initiatives.
- There are a few other duties I have performed as your District Director and as a member of the NATA Board of Directors, but I will wait to tell you all about them in person!

I hope you will join us for the 2014 annual MAATA Business Meeting in Virginia Beach May 9-11th. Per your directive in the May 2013 Business Meeting, the District Council voted on the location of the symposium after reviewing 3 sites. We are not meeting on our traditional weekend this year because we were not able to book those dates in the desired hotels (but I will admit that I will be happy to attend the Lynchburg College graduation ceremony this year). Of the 3 sites reviewed, The Founders Inn and Spa proved to be the favored location to have our meeting in early May. If you have not visited the [Founder's website](#), I encourage you to do that right now. It's a beautiful resort with excellent meeting facilities, terraces, restaurants, guest rooms, and fun stuff like a pool, a fitness center, a running trail, and a playground. Further, their backyard (12 miles to the ocean front) is really quite nice as well.

This spring via an electronic vote you will be presented with several choices for the site of the 2015-2017 MAATA meetings. We have started a new tradition in that we are using a business that works with the NATA in finding conference sites. Our liaison to this business communicates very well with Jason Mitchell and she will be searching throughout our District for suitable hotels that will appreciate a 3-year contract with the MAATA to host our annual meeting. Once these locations are determined, the Program Committee and District Executive Council will narrow the field to make sure we get what we need at a site. We will engage the Site Selection Committee to visit hotels in the state in which they reside to confirm its desirability. In April we will present the top sites/hotels to you electronically and call for a vote on the location for the 3-year contract. We will announce the location and dates in the Business Meeting at the Founders Inn and Spa in May.

During the 2014 Business Meeting, we will also be voting on some Constitution and By-Laws changes, introducing a new District Treasurer, and be treated to a new format in the Friday night events. I'm hoping we will induct many new MAATA Hall of Fame members and honor many award and scholarship winners. As you consider these events, please apply for open leadership positions and nominate deserving athletic trainers for District III awards. Promoting our profession is the business of every one of us and we must do our part.

But May is a long way off and we all have some patient care activities to attend to between now and then. We also have some voting to do and some awards nominations to make... so until May, I'll be in touch!

Keep 'em healthy.

Pat Aronson

MAATA District Director

District III Council

Pat Aronson, District Director
aronson@lynchburg.edu

Kevin King, District Secretary
kkingatc@gmail.com

Robert Cable, District Treasurer
robert.cable@fairmontstate.edu

Bill Warren
South Carolina President
WWarren@rhmail.org

Scott Baringer
North Carolina President
scbarringer@hotmail.com

Drue Stapleton
West Virginia President
dtstapleton@gmail.com

Gregory A. Penczek
Maryland President
gpenczek@towson.edu

Amanda Caswell
Virginia President
aalleni@gmu.edu



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](#)

Save the Date!

District III will host the 2014 Annual Meeting and Clinical Symposium at the Founders Inn & Spa in Virginia Beach on **May 9-11, 2014**. We hope you will save this NEW date and make plans to attend the District Meeting on Friday night, May 9th and the symposium the 9th-11th. We will feature the Symposium in the Spring MAATA Newsletter, but until then you can browse the Founders' website at: www.foundersinn.com.

District Treasurer's Position Open in June 2014

Bob Cable, ATC is in his last term as DIII Treasurer! His proven and stellar service in this capacity will end in June 2014. If you are interested in this very important leadership and service position, please consider reviewing the qualifications and job description as outlined in the MAATA Constitution and By-Laws (see [Constitution Articles 8 and 9](#) and [By-Laws Article 2.8.3](#)). Applications consist of a letter of interest, a biographical sketch and a current resume sent to Mr. Martin Baker, Chair of the Election Committee (see [Constitution Section 6.3](#)) by **January 15, 2014**.

Mark Your Calendar!

MAATA

2013

October 1 Athletic Training Student Challenge begins
 October 1 Deadline for applications for the MAATA Research Grant Proposals
 November 1 Deadline for applications for the NCATA Leadership Institute
 November 1 NATA Foundation Service Award Nominations for 2014 due
 November 1 NATA Foundation Scholarship Applications for 2014 begin
 November 15 Free Communications Program Abstracts for 2014 begin
 November 9 NCATA Fall Symposium & Business Meeting at the Athletic Performance Center of the Raleigh Orthopedic Clinic
 November 30 Deadline for MAATA Honors & Awards nominations

2014

January 10-12 VATA Annual Meeting & Clinical Symposium, Hilton Richmond Hotel & Spa in Short Pump, VA
 January 15 Annual Salisbury University Sports Medicine Symposium and Cadaver Workshop in Salisbury, MD
 February 15 General Research Grant applications due. Pre-Proposal Submission Form required
 February 15 Annual Doctoral Grant Applications due
 February 15 Annual Master's Grant Applications due
 February 26 BBQ at the Blatt in Columbia, SC
 March 15 Deadline for VATA undergraduate and graduate scholarship applications
 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

NATA FOUNDATION

2013

October 1 Athletic Training Student Challenge begins
 November 1 NATA Foundation Service Award Nominations for 2014 due
 November 1 NATA Foundation Scholarship Applications for 2014 begin
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2014

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 February 15 Annual Doctoral Grant Applications due
 February 15 Annual Master's Grant Applications due

From the Secretary



A Season to Harvest Opportunities

Greetings Fellow Members of the MAATA,

I hope this newsletter finds you enjoying a productive and fulfilling fall. As summer vacations become distant memories and athletes and patients attempt to harvest the yield of their summer training during the fall and winter seasons, athletic trainers are presented with challenges and opportunities. I encourage us all to take inventory and prepare to take advantage of the opportunities ahead of us.

The demands on the membership are great. I'm guessing, however, collectively, there are countless participatory hours still available amongst the 4,000+ members in District 3 after spiritual, family and work responsibilities are addressed. Therefore, think how can I add to efforts already underway or address issues currently facing athletic trainers in my neighborhood, state, or district.

I'm confident that our membership can take steps forward in this season to protect the health of student-athletes and patients and advance the profession of athletic training. We, athletic trainers, are problem solvers by trade. There are countless examples of the major impact of volunteerism. For example, less than decade ago, the idea of a free encyclopedia for everyone in the world seemed like an impossible dream. Well, the creative folks of the Wikipedia Foundation discovered a way to empower 80,000 volunteers to update their site for free!

What motivates people to take advantage of opportunities? I think the answer to these observations is the summed up by an informal survey I performed while taping a few athletes. The essence of my question was why do you play the popular, smart phone based game, Candy Crush? Answers ranged from "I'm good at it", "It's something I can do by myself" or "It's fun". Its remarkable that many of these same feelings described by these individuals can also be achieved by taking advantage of the opportunities to serve and sharing information at the District III meeting in May.

We innately desire the company of other folks. There were many evenings that I would arrive at my residence in downtown Charlotte and notice the bar/restaurant on the first floor full of people. I never thought, why do people choose to spend more money for beer in a bar instead of drinking alone? I would expect athletic trainers from across this

region to evaluate our current state of affairs and bring ideas to the table. Collaborate with your colleagues in the office, fellow athletic trainers in your conference and/or district and let us use our cognitive surplus for the advancement of our profession.

I look forward to the harvest of ideas this fall. Good luck to our membership in the populations they so proudly serve.

Kevin King

MAATA District Secretary

From the Treasurer



Robert J. Cable MS, ATC

Fellow Members of the MAATA,

I send greetings from Wild Wonderful West Virginia. I trust that everyone, regardless of your professional responsibilities, is in full swing with fall activities. I also trust that we are keeping everyone as healthy as we possibly can. This is a task in itself that requires untold hours and the patience of Jobe.

I am both excited and sad as I start my last year as District III Treasurer. Excited because I've been given additional duties to go along with my Treasurer's position; for those of you that don't know, in the future the District Treasurer will also handle the duties of Chair for the Site Selection Committee for the yearly MAATA meeting. Having never been involved with this process, this will be a challenge and an adventure. I trust that the members of the committee from each of the states in the district will work hard and lead me through this process. I also trust that Jason Mitchell, the MAATA's Symposium Coordinator and Lori Bristow, the MAATA's Educational Program Coordinator will keep me and the rest of the committee in line and headed in the right direction. Trust me, these people and the representatives from each of the states are the ones who will do the most work. I'm just fortunate enough to be able to sit at the head of the table and let them tell me what to do.

As excited as I am to take on this new challenge, I'm also very sad because I see the light at the end of the tunnel, where my tenure as the District III Treasurer is concerned. Although I will have at least one more of these letters to write before I step down, I want to make sure that everyone in the district knows how much I've enjoyed serving the district and what a great honor it's been to be trusted with this very important

Continued...

job. To be able to work with and have the confidence of such individuals as Past District Director Martin Baker and current District Director Patricia Aronson is something that's very difficult to put into words. In addition, sitting with Past District Secretary Patricia Aronson in the boardroom as the District Secretary/Treasurer's Committee work diligently on your behalf has been simply amazing. Pat and Marty have taught me so much and we have developed not just a professional friendship but a personal friendship that I will hold dear for as long as we live. I look forward to developing that same relationship with current District III Secretary Kevin King. Kevin is an amazing individual with a great insight for what athletic training is and where athletic training needs to be.

In closing, I want to assure all the members of District III that the affairs of the district are in good hands and we are headed into the future with our eyes wide open. I want to encourage everyone to be involved in both their state and district activities. It's important that we all pull together for the common good. We may not always agree on everything. But we must always agree that as athletic trainers, we have always put the group before ourselves.

Good luck to everyone as we work our way through fall sports and fall activities. If there's anything that I can do for you or if there's any question that you have that I can answer please feel free to call me at any time.

Sincerely,
Robert J. Cable MS, ATC
MAATA District Treasurer

FROM THE NCATA



Finally fall sports season is back into full swing and the temperature has been more tolerable this summer than in the past years. Don't forget the importance to spend some time with family and friends and for yourself throughout the season even if it is only for one day over the weekend.

The 6th Annual Summer Symposium in July was truly a jam packed program for everyone who attended. If you didn't attend you definitely missed some great topics and speakers.

Our 2nd Annual Fall Business Meeting in Raleigh will be on November 9th. This is our Annual Business meeting and we will have several things coming before the membership for a vote. We will be making some minor word changes to our By-Laws and the election of your next president and secretary are some of

the key issues before our membership. Registration information for the Fall meeting will be posted on the association website.

A special "Thanks" to Ashley Long for initiating and chairing the inaugural class of the North Carolina Athletic Trainers' Association Leadership Institute (NCATALI). If you are interested in developing your skills to become a leader in our profession, please take a serious look at this new initiative. Look for more information in the newsletter or feel free to contact Ashley ashleylong111@gmail.com. Check out the NCATA website for full information.

Also congratulations go to Jeff Guffey, the head athletic trainer at Southern Guilford HS, for receiving the 2013 Rich Brenner Life Leader Award from NewBridge Bank in August. This award honors someone who has overcome obstacles in his or her health to become a true example of how to lead a healthy, happy, balanced life.

Congratulations to the following members for their awards received at the NATA Annual Meeting in Las Vegas:

NATA Service Award

Ray Davis and Rick Proctor

Gail Weldon Award

Jill Manners

District 3 Service Award

Dave McAllister

If any NCATA member receives recognition or an award throughout the year, please let me know so we can share this information with our membership.

As many of you may or may not be aware, NC lost another student athlete this summer. Cause of death is unknown at this time, pending the autopsy report. Please keep the family of Evan Raines in your thoughts and prayers. It is our responsibility as members of our profession to educate the public on the importance of hiring highly qualified healthcare professionals to take care of our student athletes. The certified/licensed athletic trainer is the most qualified person to fill this role.

Thanks for your continued dedication and hard work for the athletes and individuals you care for on a daily basis.

Sincerely,
Scott Barringer, M.Ed., LAT, ATC, CAA

FROM THE VATA



NATA Safe Sports School Awards

Michael Shetley, VATL, ATC and Appomattox County High School were recognized as a First-Team Safe Sports School in the NATA Safe Sports School Award program. This was the first Safe Sports School Award given in Virginia. Shetley has been the Athletic Trainer at Appomattox County High School for the past three years.



Later in the summer, we learned that all 25 public high schools in Fairfax County also earned First-Team honors of the NATA Safe Sports School Award.

Schools receiving the Safe Sports School award are:

Annandale High School (Annandale, VA)
 Centreville High School (Clifton, VA)
 Chantilly High School (Chantilly, VA)
 Edison High School (Alexandria, VA)
 Fairfax High School (Fairfax, VA)
 Falls Church High School (Falls Church, VA)
 Hayfield Secondary School (Alexandria, VA)
 Herndon High School (Herndon, VA)
 James Madison High School (Vienna, VA)
 JEB Stuart High School (Falls Church, VA)
 Lake Braddock Secondary School (Burke, VA)
 Langley High School (McLean, VA)
 Lee High School (Springfield, VA)

Marshall High School (Falls Church, VA)
 McLean High School (McLean, VA)
 Mount Vernon High School (Alexandria, VA)
 Oakton High School (Vienna, VA)
 Robert E. Lee High School
 Robinson High School (Fairfax, VA)
 South County High School (Lorton, VA)
 South Lakes High School (Reston, VA)
 Thomas Jefferson High School for Science & Technology (Alexandria, VA)
 West Potomac High School (Alexandria, VA)
 West Springfield High School (Springfield, VA)
 Westfield High School (Chantilly, VA)
 Woodson High School (Fairfax, VA)

Congratulations to all of these schools and their athletic trainers for their commitment to keeping athletes safe!

The VATA Scholarship Committee awarded two scholarships this spring:

Meghan Almarode, a senior in the Lynchburg College AT Program, was selected as the 2013 recipient of the Virginia Athletic Trainers' Association College/University Scholarship. This is the inaugural year of this scholarship; therefore Ms. Almarode has the distinction of being its very first recipient! The scholarship award is \$1000 to be used toward tuition during the final year of Athletic Training Education.

Jessica Printz, of W.T. Woodson High School in Fairfax, VA, was selected as the 2013 recipient of the Virginia Athletic Trainers' Association High School Scholarship. The scholarship award is \$500 to be used toward tuition during the first year of Athletic Training Education. Jessica has decided to attend the Indiana University of Pennsylvania.

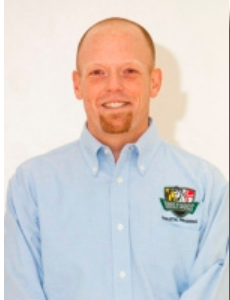


President Amanda Caswell presenting Jessica with award

Annual Meeting

The Virginia Athletic Trainers' Association will be holding their Annual Meeting & Clinical Symposium January 10-12, 2014 at the Hilton Richmond Hotel & Spa in Short Pump, VA. The planning committee is already busy planning another exciting educational weekend.

FROM THE MATA



I am sure that by this point most of us in the profession are knee-deep in the school year. I hope that preseason has treated everyone well, as I can assure you this past month has been one of the more mild (in terms of temperature) that I can remember over the past 5-10 years in Maryland.

I would like to take this opportunity to recognize Nick Pitruzella. Nick is a Licensed Athletic Trainer at the Gilman

School in Baltimore, and has been voted in as the interim Vice President of the MATA due to the vacancy of this position in May. We are excited to have Nick in this leadership role; however this leaves his chair position on the Membership Committee open. Nick is currently working with me, and other Executive Council members to not only fill this position, but our Public Relations and Ethics Chairs as well.

The focus of the coming year for the MATA will be wide-spread. We will be working on making modifications within our licensure law, as well as working to have Licensed Athletic Trainers recognized as Authorized School Health Providers within COMAR. We are also working hand-in-hand with the Maryland Public and Secondary Schools Athletic Association in the development of a Sports Medicine Advisory Committee. I hope the formation of this committee will not only help provide support for athletic trainers in the high school setting, but also advance efforts in providing a safe environment in which our young student-athletes can compete. Last, but not least, the MATA is beginning to look into how we can better educate the public and media on the profession of athletic training, including the diversity of work place settings. We have found that since many medical issues have been brought to light in the media (i.e. concussions, sudden death in athletics) that more times than not, an athletic trainer is not included in the conversation, even though we are the front line of medical and emergency care in many of these situations.

Finally, the MATA will be hosting its Annual Meeting and Clinical Symposium at the end of May/beginning of June. The MATA looks forward to putting together another top-tier program aimed at education across our diverse membership. I wish everyone the best of luck in the upcoming months and as always, Keep 'em healthy!

Maryland honored the following award winners this year at their state meeting:

Pictured from top to bottom:
Most Distinguished AT: Rob Hess
AT Service Award: Maggie Souris
Presidential Award of Merit: Dr. Charles (Chick) Silberstein & Jack Kaufer (accepted by his son Steve)



Michael Higgins attends to a passenger on the way to Vegas. This is the account of his story. Thanks for representing us, Michael!

About halfway through the flight from Baltimore to Las Vegas a passenger stood up in the aisle. He collapsed/fainted to my knowledge he never lost consciousness. Some of the passengers said someone collapsed. At this point I looked up from what I was working on and saw a passenger's head at our seats. One of the flight attendants came and knelt by his head and asked if there was a doctor on the plane. I stood up and told her I was not a doctor but was an athletic trainer that could help. I took over at the passengers head and introduced myself and asked if I could help. I asked the passenger if they had pain anywhere and if they hit their head, they replied no. I asked the passenger if they had a heart condition, was diabetic, was on medication, if they had eaten, had any numbness/tingling etc The person said they had not eaten since breakfast it was around 3pm at the time. I then took the passengers heart rate and asked the flight attendant if they had a BP cuff. They retrieved a BP cuff so I took the passengers blood pressure. BP was a little low/HR was a little high, skin was a little clammy. I asked the flight attendant to get some juice for the passenger. I helped the passenger to sit up so they could drink the juice. After about 15 minutes (just guessing) the passenger stated they were feeling better and wanted to sit back in their seat. We stood up and the passenger felt ok so they took their seat and had some more juice and crackers. The passenger was fine the rest of the flight and walked off the plane under their own power.

Save the Date... The Bi-Annual Salisbury University Sports Medicine Symposium and Cadaver Workshop will be Friday January 17 and 18, 2014. The 2 day symposium will be held on the campus of Salisbury University. The Friday 1/17 cadaver workshop will cover the anatomy, injuries and surgical interventions in tentatively scheduled for the shoulder, elbow, wrist and hand. The clinical symposium on 1/18 will cover a variety of topics. Look for registration information in late October. There will be limited space for the cadaver workshop. Hope to see you in January.

Archbishop Spalding High School (Severn, MD) and Indian Creek School (Crownsville, MD) have earned First-Team honors of the NATA Safe Sports School Award. Congratulations to these schools and their athletic trainers for their commitment to keeping athletes safe!

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.



Below: South Carolina President, William Warren and SCATA Secretary/Treasurer Sheila Gordon enjoy serious and less-serious discussion at the State Leadership meeting in Las Vegas.



For more photos of the NATA Convention in Las Vegas, visit the NATA [Photo Zone](#).

FROM DISTRICT III COMMITTEES

GAC Update

Anna Sedory, MS, ATC, CSCS



Summer is a much slower time for news on legislation, as many state legislatures take extended summer breaks. The MAATA Governmental Affairs Committees take this time to revise goals, strategize, and plan activities for upcoming legislative sessions. Here are a few things to look forward to:

The NATA Governmental Affairs Committee has accepted grant applications for 2014 and will meet this week to discuss disbursement. New matching grants have been established to encourage fundraising and financial self-sufficiency in individual states' governmental affairs budgets. Find out who you can contact to help in your state below.

Maryland: Continues with their PR campaign and efforts to better support licensure and student-athlete safety legislation. For more information contact Thomas Morgan: morgant@archbishopspalding.edu.

North Carolina: Both the heat illness prevention bill and 3rd party reimbursement bill are waiting for review by legislative committees during the second half of the 2013-2014 legislative session. Look for 2014 Capitol Hill Day event details soon. Contact James Scifers: jscifers@email.wcu.edu.

South Carolina: Congrats to South Carolina for successfully passing their concussion legislation earlier this summer! Look for another BBQ at the Blatt coming up in February 2014. Contact George Wham: gwham@lexington1.net or William Warren: wwarren@rock-hill.k12.sc.us.

Virginia: Is gearing up for a big legislative year and needs your help! Look for upcoming details on the 2014 'Hit the Hill' Day in Richmond. Contact Rose Schmieg: rschmieg@su.edu

Washington, DC: The DCATA will soon hold formal elections and begin their pursuit of licensure. Find out how to get involved. Contact Governmental Affairs Chair Mike Walker: mwalker@stjohnschs.org or interim President Veronica Ampey: vampey@gds.org.

West Virginia: The WVATA passed concussion legislation in 2013 and wants licensure now!

BOC Athletic Training Regulatory Conference – Mark your calendars for July 10-11, 2015! You don't want to miss the BOC regulatory conference again. In July of odd-numbered years, the Board of Certification hosts the Athletic Training Regulatory Conference in Omaha, Nebraska. This intimate one-and-a-

half day event addresses state regulatory trends and issues. It also explores the role of the NATA, CAATE, and the BOC in public protection through state regulation. This year's sessions included presentations on ethics (with roundtable discussion), state association/state regulatory board relationships, rules on prescription and OTC drug management, and increasing public awareness of the profession. In addition, the BOC hosts a great reception where it recognizes the Dan Libera Service and Public Advocacy Award winners. There really is something for everyone at the BOC Athletic Training Regulatory Conference. For more information go to www.bocatc.org.

NATA Political Action Committee (PAC)

Pat Lamboni, ATC, LAT



Please be aware of the political under tone of the concussion issue in your states. Many states are moving rapidly with changing their laws and the manner in which many Interscholastic Sports activities are being managed. As a health care provider you need to be aware of what is happening in your state and school district. Please note there are many cases coming to the forefront concerning litigation in concussion incidences. Please educate yourself with these cases and use them to learn from and help educate others, in particular our political leaders. This is an ideal time for us as professionals to show our worth as resources for information, guidance and education.

As we move into a time of political movement, re-election campaigns are starting to get cranked up, try to be active in the process. A small thing to do is to donate to the NATA PAC and an even bigger thing to do is to go and speak with your political leaders about the Youth Sports Safety Alliance (i.e. Secondary Schools Athletes Bill of Rights). Visit the Legislative Alert section and follow the directions to send your representatives a message.

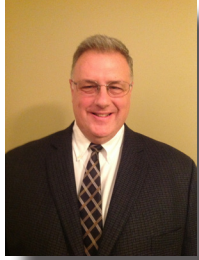
Also, when you receive your dues notice in December, please consider a PAC donation! Have great fall.



FROM DISTRICT III COMMITTEES

NATA Secondary School Athletic Trainers' Committee

David McAllister, MAEd, LAT, ATC



The Secondary School Athletic Trainers' Committee held its annual face-to-face meeting on Committee Day (June 24) prior to the NATA Annual Meeting & Clinical Symposium in Las Vegas. It was a very productive meeting and involved several joint sessions with other NATA committees, including the College and University Athletic Trainers' Committee (CUATC) and the

Committee on Revenue (COR). There were discussions on a wide variety of topics and issues related to athletic trainers practicing in the secondary school setting.

One of the topics discussed during the SSATC meeting involved the Strategic Goals of the Secondary Schools Committee. 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 goals are being met and what improvements can be made. The survey will be distributed via e-mail. Please respond to this survey so that we may better serve you as a committee.

During a joint session between the Secondary Schools Committee, the Committee on Revenue, the College and University Committee, and Wells Fargo, the NATA announced it has partnered with Wells Fargo Insurance and ImPACT® to help improve identification and management of concussions in young athletes and emphasize the important role of athletic trainers in concussion management. Wells Fargo Insurance developed the Play it Safe Concussion CareSM Program using ImPACT® to improve the safety of athletes participating in youth league and secondary school sports where they may be at risk for concussion, by providing ImPACT® baseline concussion testing, specialized insurance coverage, access to athletic trainers and other medical professionals for injury evaluation, post-injury testing and follow-up. For more information on this project please click [HERE](#).

As part of an 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 the services of a certified athletic trainer. This 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. According to initial data, 64% of public high school students have access to the services of a certified athletic trainer. As the study continues, data will be collected from private schools to help determine the presence of athletic trainers at schools in this sector. Once all information has been collected and analyzed, it will be incorporated into ZeeMaps to give a more concise visual

representation of the data.

The SSATC has been working on the publication and revision of several important documents. The first of these publications is the Case Studies Project. This document provides a series of case studies which include various scenarios unique to the secondary school setting. Each case study incorporates a series of open-ended questions which address how the athletic trainer would handle that particular scenario. The case studies are intended primarily for use in athletic training education programs to help students gain insight into issues and situations that may arise in the secondary school setting. Secondly, both the *Position Proposal Guide* (PPG) and the *Position Improvement Guide* (PIG) have been updated. These documents, originally published in 2002, are intended 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. All three of the documents will soon be posted on the Secondary School section of the [NATA web site](#).

The SSATC will hold a mid-year meeting January 24-26, 2014. The purpose of this meeting is to develop several employment strategies for placing a certified athletic trainer in all the public schools in the United States. The Committee will consider a variety of options, both traditional and "outside-the-box" to determine the best course to take in achieving this goal.

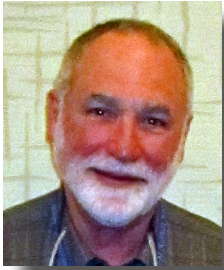
A point of emphasis for officials in football this year is crown to head contact. To that end, several members of the SSATC have been giving educational presentations on this topic to their respective state official's organizations. These presentations help educate officials on what constitutes crown to head contact and the dangers associated with axial loading. Presentations have been made in twelve states with multiple presentations in each state. Thus far, the presentations have been well received and have increased official's understanding of the importance of this rule.

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.

FROM DISTRICT III COMMITTEES

Honors and Awards Committee

John Lopez, LAT, ATC



I would like to encourage all of you to please submit nominations for The MAATA Honors & Awards. Every one of us knows at least one person if not two - either in your state or in the district worthy of such recognition. We should recognize our peers for the good things he/she has been doing to promote, benefit, grow and improve the athletic

training profession on the district and/or local levels.

The criteria for each award, the nomination form, the award application and the advocacy forms are located on the MAATA [Website](#).

Please review the criteria and eligibility for each of the District III awards as they are all different.

The MAATA Honors & Awards Committee is now accepting nominations. Nominations can be made for:

- **MAATA Hall of Fame Award**

The MAATA Athletic Trainer Hall of Fame Award is a prestigious honor that exists to recognize the very best of our profession and recognizes qualified MAATA members for their exceptional and unique contributions to the athletic training profession. This is a District III award, which reflects a "lifetime of dedication and impact" to the Association and the field of athletic training on both the national and district level. Induction into the MAATA Hall of Fame honors athletic trainers who exemplify the mission of MAATA through significant, lasting contributions that enhance the quality of health care provided by athletic trainers and advance the profession. No other award, MAATA or otherwise, is a prerequisite for eligibility for the HOF.

- **Most Distinguished Athletic Trainer Award**

The MAATA Most Distinguished Athletic Trainer Award recognizes MAATA members who have demonstrated exceptional commitment to leadership, volunteer service, advocacy and distinguished professional activities as an athletic trainer. MDAT exclusively recognizes MAATA members who have been involved in service and leadership activities at the district level. No other award, MAATA or otherwise, is a prerequisite for eligibility for MDAT. Please note that NATA MDAT recipients are not eligible for this award.

- **Athletic Trainer Service Award**

The MAATA Athletic Trainer Service Award recognizes MAATA members for their contributions to the athletic

training profession as a volunteer at the local and state levels. ATSA recipients have been involved in professional associations, community organizations, grassroots public relations efforts and service as a volunteer athletic trainer. No other award, MAATA or otherwise, is a prerequisite for eligibility for the ATSA. Please note that NATA MDAT and/or NATA SERVICE AWARD recipients are not eligible for this award.

The deadline for the materials requested is **November 30th, 2013**. All required information and forms must be submitted via e-mail. Candidates and sponsors will receive an e-mail from the Honors & Awards Committee when the application is complete. Candidates and sponsors are welcome to contact the sub-committee chair to check the status of application components at any time. The review process takes several weeks.

Nominations are evaluated and scored by the MAATA Honors and Awards Subcommittee Groups composed of various members throughout District III. Candidate(s) recommended as award recipients are submitted to the MAATA Executive Council for final approval. A nominee is eligible for re-nomination in subsequent years. All sponsors and candidates will be notified by the MAATA Honors & Awards Committee of award recipients no later than March 1st. The District III Honor and Awards recipients will be presented and recognized during the MAATA Annual Meeting and Clinical Symposia.

Please note that we are requiring all nominees have the Advocacy Form along with letters of recommendation included with their application process. The Advocacy Form is new and is found on the website with the MAATA Honors and Awards materials.

If you have questions, please contact John Lopez, ATC, Chair of the District III Honors and Awards Committee at: John.Lopez@newberry.edu 410-302-2764-C. or 803-321-3327-O.

The MAATA Honors & Awards Sub-Committee Chairs:

MAATA HOF Sub-Committee Chair:

Bob Casmus, ATC - bcasmus@catawba.edu
704-642-8232 C or 704-637-4350

MAATA MDAT Sub-Committee Chair:

Nancy Burke, ATC - Nancy.Burke@fairfaxcounty.gov
703-629-2038 C or 703-449-7241 O

MAATA Service Award Sub-Committee Chair:

Sherri Summers, ATC - sherrysummers57@gmail.com
540-810-3328 C

FROM DISTRICT III COMMITTEES

NATA Foundation Report

Jill Manners, MS, MPT, LAT, ATC, PT



The District III Master's Research Grant is very close to becoming fully endowed. To those of you who have already supported this initiative, THANK YOU! To those of you who still want to help endow this Grant, now is the time! This year, any Athletic Training Program who donates at least \$200 towards the District III Master's Research Grant between now and the MAATA Meeting in May will be eligible for a prize from the District. In 2008, the Athletic Training Programs from District 3 were challenged to donate \$150 per year for five years in order to meet the endowment. I would like to thank the following programs who have minimally fulfilled their pledges of \$750:

Cambell University (NC)
James Madison University (VA)
Lees-McCrae College (NC)
Lenoir-Rhyne University (NC)
Limestone College (SC)
Lynchburg College (VA)
Salisbury University (MD)
University of Charleston (WV)
University of North Carolina – Chapel Hill (NC)
West Virginia Wesleyan College (WV)
Western Carolina University (NC)

Many additional schools are very close to reaching their commitment.

Oh, by the way, don't forget that Bob Casmus has offered his moustache to the program that raises the most money for the District III Master's Research Grant by the MAATA Meeting in May. Any programs interested in shaving Mr. Casmus' moustache? (By the way, not even his wife has ever seen him without a moustache!)

State Representatives: I would like to thank TJ Morgan (Maryland) and Zahra Ismaeli (Virginia) for agreeing to become state representatives to the NATA Foundation. I am looking for a representative from North Carolina, South Carolina, West Virginia and the District of Columbia. If you are interested in serving in this capacity, please contact me directly.

Triple D Challenge: This year, the NATA Foundation is challenging each District to double the number of their donors. No donation is too small! Please help District III "win" this Challenge. I encourage all Athletic Training facilities to challenge each of your staff members and students to donate.

Foundation Fact: Did you know that in 2013, District III students won over \$16,000 in scholarships from the NATA Foundation?

Young Professionals

Dawn Minton, MS, ATC



The D3 Young Professionals' Committee (YPC) would like to begin by welcoming our newest committee members: Shari Benson, MS ATC state representative for Virginia and Ryan Holleman, Med, LAT, ATC, representing North Carolina (pictured below). We are excited to have these two extremely motivated YPs on our committee! Shari and Ryan's contact information will be posted on our page on the MAATA website and we ask you to look for information coming from them with projects and opportunities in your state.



In response to actions from the National YPC, our ATEP Outreach project is currently being reformatted. The goal of this reformation comes from feedback over the past few years and aims to target a larger audience, including graduate student athletic trainers, and to allow individualization of the presentations based upon presenters and ATEPs. We hope that our current ATEPs involved with this project, and those of you interested in participating, will be patient with us as we revamp and improve this project over the next couple of months.

We are delighted that one of President Thornton's initiatives is to have YPs on every committee. This year we will be working to provide more information to YPs about committee and available positions at the state and district levels. If you are interested and would like more information about committee involvements please contact me or your state representative.

It is not too early to consider nominating a young YP for our YPC National Distinction Award. This award recognizes a YP who has made an immediate and definitive impact on the athletic training profession at the national, district or state level. Recipients of this award must embody the ideas, goals and mission of NATA and the YPC, and demonstrate the highest level of service, professionalism and competence. More information about nomination criteria and directions can be found on the NATA website. Nomination material is due December 1st.

The committee would like to thank everyone for their participation and attendance during our events for this past NATA and MAATA Annual Symposia. We plan to continue and expand our involvement at the district level this coming year, so look for YPC events, as well as information about our annual social.

As always, if you have ideas or want to become more involved with the YPC, please contact us. We are still working to reconstruct our page on the MAATA website to keep you more up-to-date. Finally, if you have not already, like the MAATA [Facebook](#) page.

FROM THE NATA DEPARTMENT

National Athletic Trainers' Association Seeks Proposals for Prevention, Risk Reduction of Falls in Seniors

The National Athletic Trainers' Association (NATA) announced that it seeks high quality research proposals to assess the effectiveness of AT interventions in the prevention and risk reduction of slip-and-fall injuries in Medicare-eligible populations. NATA has set aside up to \$220,000 to fund the "Athletic Training Outcomes and Cost Containment within Healthcare Facilities" research. Proposals should focus on treatments and interventions performed by one or more certified athletic trainers, who are solely BOC credentialed as an athletic trainer (AT). The AT must be hired, employed or contracted as an AT by the health care facility or the host institution. The research may be conducted in an extended care, community-based or similar health care settings. The study may be multi-centered or single-centered. Any health care professional, researcher or educator may submit a proposal. Grant proposals are due by Oct. 1, 2013, and notification of award will be by January 15, 2014. For more information, contact Paul A. Ullucci, Jr., C-DSc, DPT, ATC, SCS, LAT, CSCS, NATA board of directors and secretary/treasurer at Paul@risportsmed.com. For administrative details, contact Cate Brennan at cate@nata.org or 972-532-8848. To receive a copy of the RFP, contact pariet@nata.org.

ECE Offers Opportunities in New Working Group

The NATA Executive Committee for Education is seeking interested individuals to participate in a working group that will develop a white paper on Interprofessional Education/Practice (IPE/IPP) in Athletic Training. For more information, visit NATA.org.

New Official Statement on Crown of Helmet Violations

NATA recently released an official statement on "Calling Crown of the Helmet Violations" in football. Members are encouraged to work together with coaches, players and officials to address improper contact technique in offensive and defensive players. See our press release for a number of helpful resources on this topic, including the NCAA's 2013 Player Safety Video. For more information, visit NATA.org.

Targeting Foul Video

You are no doubt aware of the new rule that a player will be disqualified from the game if he commits a targeting foul, under Rules 9-1-3 and 9-1-4. Because of the importance of removing crown-of-helmet fouls and blatant hits to the head and neck area of defenseless players from the college game, we are sending you this brief video so that your entire team and coaches can see some examples of legal and illegal plays. It runs just under seven minutes including an introduction by Kirk Herbstreit of ESPN and is directed to the student-athletes. You may access the video [HERE](#).

Congratulations to MAATA Members who have been awarded Foundation grants!

Erik Wikstrom, PhD, LAT, ATC

University of North Carolina, Charlotte
"Charlotte Ankle Sprain Tracing Study (CASTS)"
 A general grant for \$48,875.00

Luke Donovan, MEd, ATC

University of Virginia
"Rehabilitation for Chronic Ankle Instability with and without Destabilization Devices: A Randomized Controlled Trial"
 A doctoral grant for \$2,500

Elizabeth Hibberd, MA, ATC

University of North Carolina, Chapel Hill
 A doctoral grant for \$2,498

Michele Pye, MS, ATC

University of North Carolina, Greensboro
"Comparison of Neuromuscular Control Strategies between Female Dancers and Athletes"
 A doctoral grant for \$2,500
 Funded by: James R. Andrews, MD Excellence in Athletic Training Research Endowment

NATA worked closely with editors at the [Chronicle of Higher Education](#) regarding an article published the first week of September. The article centered in the reporting relationships of coaches with ATs (and others who make medical decisions for athletes). Though the writer got it wrong with "trainer" terminology used a few times, the gist of the article should be a receptive audience among members. Look for it at http://chronicle.com/article/Trainers-Butt-Heads-With/141333/?cid=at&utm_source=at&utm_medium=en



STUDENTS

MAATA STUDENT SENATE

Faculty Advisor- Andi Bender

Co-Faculty Advisor- Alyssa Fisher

Welcome back students and congratulations to our newly elected Senators for 2013-2014 year!

Senate Chair

Kaitlyn Maloney, Towson University

Maryland Junior Senator

Danny Amacher, Salisbury University

North Carolina Junior Senator

Elena Keretses, Western Carolina University

South Carolina Junior Senator

Julia Greiner, Winthrop University

Virginia Junior Senator

Katie Graybil, George Mason University

West Virginia Junior Senator

Kara Broughman, Concord University

The Student Senate is made up of two senators representing each of the five states in the Mid-Atlantic region. The group will meet once a month through a virtual meeting platform to discuss current events happening within the Athletic Training profession and serve as liaisons to the state and national organizations regarding student activities. They also plan the student symposium in May and we are excited to start planning for activities at Virginia Beach this year!

Have an interesting article or picture about Athletic Training to share? Be sure to join our Facebook Group at "STUDENT SENATE- Mid Atlantic Athletic Trainers' Association." For more information on symposium planning and bios about our current senators, please visit our site on the MAATA webpage under the [Student Senate tab](#).



Catawba College!
The Official 2012-2013 MAATA Athletic Training
Olympics Winners!

