President’s Message

I am not sure why anyone would not want to be the President of The Pennsylvania Athletic Trainers Society, Inc. Last evening, I had the honor of making notification calls to the Hall of Fame Class of 2019. Yvette Ingram (Lock Haven University) and John Moyer (Wilson High School) make up the class and please join me in congratulating both for this honor. The induction will take place during the Honors and Awards Banquet at the Annual Meeting and Symposium in Gettysburg, May 30 through June 1, 2019.

The Department of Health (DOH) has once again decided to work with PATS on a new 2 year grant which was awarded in late December. The DOH Grant group is working hard to get some programing up and running this year. John Moyer announced that PATS will be offering ConcussionWise training with a focus on youth sports under seventh grade. Any PATS member who completes the ConcussionWise training and presents 5 live programs will receive $2,000 from the grant. That would be more than enough money to attend the PATS annual meeting and NATA in Las Vegas. Remember, this is a reporting year. Here is your chance to advance our message and get your CEUs.

March is a busy month for PATS. Hike to Harrisburg will take place on March 18th. Please plan on joining us at the Capital on that morning. Please register with Ashley Care at publicrelations@gopats.org to reserve your space and more importantly, to get yourself matched up with your member of the General Assembly. The PATS Student Symposium is scheduled for March 22-23 at Lebanon Valley College. March is also Athletic Training Month. This year’s theme is: “ATs Are Healthcare”. We encourage you all participate in the fun and send us pictures.

As that crazy wood chuck in Punxsutawney told us, spring is right around the corner. This personally, my favorite time of the year. Pitchers and catchers report soon and hopefully the polar vortex is a thing of the past. Shorts and sunscreen will soon be a part of my everyday attire. I can’t wait. See you all in Gettysburg.

George Roberts, M Ed, LAT, ATC
PATS President

The MISSION of the Pennsylvania Athletic Trainers’ Society is to empower Athletic Trainers to be leaders in transforming healthcare by advocating, educating and providing resources to deliver quality patient-centered healthcare.
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STUDENT SPOTLIGHT
Tiara “TT” Travis
College/University: California University of PA
Clinical Experiences: Pittsburgh Passion, Thomas Jefferson High School, Washington and Jefferson College, California University of PA Track and Field and Cross Country

Why did you want to pursue a career in athletic training?
I always loved sports and have enjoyed both participating and watching them. When I was young, my mother was always sick, and I did not fully understand what was potentially happening to her body throughout her disease. I was amazed by the body’s abilities and found that I could begin a career in an area that could mix my interests and willingness to help others. Through my clinical sites, I have been able to enjoy providing both preventative and rehabilitative services as I support and watch the athletes achieve their goals.

Where do you hope to see athletic training in 10 years?
In 10 years, I hope to see continued emphasis on this profession. In recent years, there has been more awareness of sports injuries. I think people are beginning to understand the importance of preventive and proper rehabilitative care. In the future, I expect that athletic trainers will play a key role in educating and continually providing awareness to the importance of training to ensure that athletes are not only successful, but healthy.

What are your career goals?
I love to interact with young people. I see myself beginning in a high school and working in an organization which will provide supervision and education as I continue in the field. I hope to then take my experiences and maturity into the professional sports industry. In my internship, I had the opportunity to work with the Pittsburgh Passion, a professional women’s football team. It was one of my best experiences both personally and professionally. This only supported my desire to achieve this career goal.

What do you hope to bring to the field of athletic training that may be unique or help improve the field?
I noticed there are not many African American females in the athletic training industry and I hope to be a role model along the way to other young females. While working at a high school level, I hope to be a positive influence on young female athletes, so that they can learn, through my actions, the value I place on persistence, hard work and achieving goals.

Being a leader and advocate for student athlete health services can be rewarding and challenging, how would you describe your leadership style?
I don’t tend to see myself as a vocal leader, but one that leads by example. I think by personal experiences and desire to continue to learn, even when it was difficult, has had an influence on others. Through my experiences, there have been people who have had a positive impact on me. I hope to display the qualities that I’ve admired in them, knowing that there will always be younger people watching me.

What are your interests outside of athletic training?
Outside of athletic training, I have a strong bond with my sisters and love my nieces. We have been such a great support to one another. We all cook, watch movies, and vacation together. I also enjoy continuing to exercise and taking care of myself.
University of Pittsburgh Students Give back on 9/11

Dr. Kevin Conley, Chair of the Department of Sports Medicine and Nutrition at the University of Pittsburgh, vividly recalls the morning of September 11, 2001. What began as a normal day teaching athletic training students ended in a horrified class huddled around a television watching the live footage of the first tower collapsing. In the ensuing days our country began mourning the senseless loss of innocent lives, as well as honoring the selflessness and bravery of the first responders who sacrificed everything to help others.

On the first anniversary of the tragic events of September 11, 2001, Dr. Conley and the athletic training class of 2002 took the initiative to deliver lunch to local firemen as a thank you for the services they provide to the Pittsburgh community. What began as a simple act of kindness has developed into a tradition that has been proudly carried on by the students and faculty of the University of Pittsburgh’s Undergraduate Athletic Training Education Program for the past 17 years. The firemen look forward to the annual visit and offer the students a photo opportunity with the firetrucks and their gear.

Dr. Conley and his students believe this small gesture is the least that can be done to honor the daily sacrifices made by first responders. Although many students today are too young to recall the 9/11 attacks, the legacy of those brave Americans continues to leave a profound impact on us to this day. We aim to continue this thoughtful tradition for many, many years to come.

Student Symposium Details

The 2019 PATS Student Symposium has been set. The Symposium will last over the weekend of March 22 and 23rd at Lebanon Valley College in Annville, Pennsylvania. Currently, students can reserve their hotel room at the Comfort Suites for $99 per night. Please mention that you are with the PATS Student Symposium. The Comfort Suites is located at 450 Station Road in Grantville, PA. To register for this year’s symposium and to find out more information, please click here. If you have any question, contact Joe Murphy at jmurphy@lvc.edu.

Want to host the 2020 PATS Student Symposium? The Education Committee is now accepting applications for next year’s symposium. Information and the application can be found on the PATS Website.

West Chester University Students Attended NATA iLead

Madeline Shaw (WCU Senior)

Nine West Chester University athletic training students had the privilege to attend iLead in Dallas, Texas. This was the first time iLead was at the same place as the Strategic Alliance Committee meetings. Not only was this a great learning experience, it was also a great networking opportunity. We met athletic trainers all over the country who worked in various clinical settings. We were able to build professional relationships that could help us with our future careers in athletic training.

The convention was only two days long but each day was filled with educational and interactive guest speakers. The committee could not have picked a better group of presenters. We learned a more efficient approach of giving feedback, how to work with a diverse group of personalities, and the importance of effective communication. There were workshops on self-care, how to maintain work-life balance, and keys for interviewing in young professionals. We even had the privilege of hearing Tory Lindley speak to us about implementing value-based leadership.

Overall, iLead was a huge success. We all took away a lot of valuable information that we can apply to our Athletic Training Club at West Chester, our clinical sights, and to our future careers. We were able to network with many successful and experienced athletic trainers all over the country. This experience also inspired us to someday get involved in NATA because we are the future of this profession. It is our responsibly to be life-long learners and advocators for athletic training.

PATS Committee Chairs

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Executive Board Members and Leaders within the Pennsylvania Athletic Trainers’ Society Meet for the Second Annual Committee Day Meeting

On July 16th, members of the Pennsylvania Athletic Trainers’ Society (PATS) Executive Board and committee leaders met in Lock Haven, PA for the second annual committee day meeting. The day’s focus was brainstorming and strategic planning for the future of the PATS organization. There was passionate involvement and collaboration from all of the leaders that were present. New ideas flowed and provided the group with a promising direction for the continued success and strength of PATS and its members.

PATS Award Nominations and Applications

The PATS, Inc. Honors and Awards Committee is now accepting nominations for several PATS Awards for the upcoming 2019 Annual Meeting and Symposium.

The committee will soon be accepting applications for five separate PATS student scholarships. Each scholarship carries a value of $2000 and will be officially presented at the PATS Annual Meeting and Symposium. All application materials and instructions are posted on the PATS website or can be accessed here. Due date for these applications is April 1, 2019.

Questions may be directed to John Post, assistant chair of the Honors and Awards committee. He can be reached at honorsandawards@gopats.org.
The Pennsylvania Athletic Trainers’ Society (PATS) represents at 71st Eastern Athletic Trainers’ Association (EATA) Convention in Valley Forge
Ashley Care, PATS Public Relations Chair

The 71st Eastern Athletic Trainers’ Association (EATA) Conference was held January 11-13th at the Valley Forge Casino and Resort in Valley Forge, Pennsylvania. On Saturday evening at the EATA Awards Banquet, many Pennsylvania Athletic Trainers’ Society (PATS) members and students were honored as recipients of awards and scholarships. Below is a summary of the awards and their respective winners.

AWARD WINNERS

The EATA ’49 Club recognizes those members whose contributions and leadership in District 1, District 2 or both who significantly enhanced the quality of health care provided by the profession of athletic training. These individuals have shaped the profession through their exceptional accomplishments and dedication to service and leadership. The ’49 Club is considered the highest honor an EATA member can achieve. Congratulations to John Moyer and James “Jim” Thornton as the 2019 recipients.

STUDENT SCHOLARSHIPS

The EATA has inaugurated a scholarship program honoring outstanding students from the EATA membership who have excelled academically and clinically as professional (entry-level) athletic training students. Grants are awarded annually to students in entry-level accredited programs who have participated with distinction in a college or university athletic training program. These awards are meant to encourage the recipients to continue their education toward a professional athletic training degree and pursue a career in athletic training.

Kayla Smith from Moravian college was the recipient of the Joseph Abraham Award, District 2. Joe was the Athletic Trainer for Hobart College and was the EATA Secretary/Treasurer for over 20 years.

Jennifer DeFazio from the University of Pittsburgh was the recipient of the EATA Paula Turocy District 2 Scholarship. Paula works at Duquesne University and was the first chair of CAATE and was inducted into the NATA and PATS Halls of Fame.

Lindsey Ansbro from Marywood University was the recipient of the EATA Charlie Thompson District 2 Scholarship. Charlie is the Head Athletic Trainer at Princeton University, a past EATA President and NATA Hall of Famer.

Michael DeGaetano from West Chester University was the recipient of the EATA Kent Scriber District 2 Scholarship. Kent was the Head Athletic Trainer at Ithaca College and President of EATA. He is also in the NATA Hall of Fame.

Thomas Hoskins from King’s College was the recipient of the Wes Jordan Award sponsored by Henry Schein. Wes was the Head Athletic Trainer at the University of Maine for over 30 years and was inducted into the NATA Hall of Fame.

Lastly, Jennifer Concannon from Moravian College was awarded the Francis J. George Scholarship Award. This award is awarded to Doctoral Students (clinical as well as educational) who have displayed the same passion and commitment to the profession of athletic training as Frank did throughout his career.

We would also like to congratulate Allison Ross from the University of Pittsburgh for her big win in the District II Student Quiz Bowl.

Congratulations to ALL award winners!

ConcussionWise Instructors Needed Immediately!!

John Moyer- PATS DOH Grant Committee Chair

In early January, PATS was approved for a new Pennsylvania (PA) Department of Health (DOH) Grant for Concussion Education, Management and Care throughout the Commonwealth. This grant is for two years with funding of $100,000.00 per year. PATS has the potential to align with the PA DOH for Concussion Education, Management and Care throughout the Commonwealth through 2022, with grant funding totaling $400,000.

The original PATS DOH Grant Committee consisting of John Moyer- Chair, Yvette Ingram- PATS Past President, Roxanna Larsen- PATS Secretary, Dave Marchetti- DOH Grant Treasurer, Greg Janik, and Linda Mazzoli- PATS Executive Director will remain intact with the addition of Richard Bertie- PATS Young Professional Committee Chair. We will once again partner with Sports Safety International (SSI) to provide the peer-reviewed clinical content for online education courses for youth sports coaches, parents and athletes across the Commonwealth. Online education for PATS Athletic Trainers who are interested in becoming ConcussionWise Instructors will be provided through grant funding in order for the instructors to make live presentations in all 12 PIAA Districts. PATS will also partner with iHeart Radio to provide public service announcements during National Athletic Training Month in March.

ConcussionWise Instructors Needed Immediately!! PATS is looking for a total of 30 previously trained ConcussionWise Instructors and Athletic Trainers interested in becoming instructors to commit to making five live presentations to youth sports organizations throughout the Commonwealth by June 7, 2019. Upon completion of all five presentations, the Athletic Trainer will receive a stipend of $2,000. As an additional incentive, if participants recruit 150 or more students for their classes an additional $500 stipend is available. ConcussionWise Instructors not utilized by June 7, 2019 will be asked to make presentations during the second year of the DOH Grant.

The PA DOH has specified that all live presentations made by PATS ConcussionWise Instructors must be made to athletes participating in youth sports in 6th grade and below, their coaches and parents. Presentations to middle school and high school coaches, parents and athletes will not be accepted. If you were previously a ConcussionWise Instructor and your training is still active, you will receive an email from PATS Secretary- Roxanna Larsen inquiring about your interest in making the aforementioned five presentations. For those Athletic Trainers who wish to become ConcussionWise Instructors please contact Roxanna at secretary@gopats.org for more information.

Upcoming CEU Event in Pittsburgh

UPMC | SPORTS MEDICINE

MAY 19, 2019

UPMC ATHLETIC TRAINING SEMINAR
Join us for a day of continuing education featuring presentations on current athletic training topics, lunch, and CEU credits! More registration and presentation information to follow! For questions please contact 412-432-3695

SAVE THE DATE!

HERBERTMAN CONFERENCE CENTER AT UPMC SHADYSIDE HOSPITAL

SUNDAY 5/19/19 8AM-4:30PM

ANTICIPATED CEUS INCLUDE: 4 CATEGORY-A & 4 EBP

LUNCH INCLUDED!

SEMINAR FEE: $300 FOR CERTIFIED ATHLETIC TRAINEES $50 FOR STUDENTS
Meyer Recognized for 30 Years of Service to Special Olympics Pennsylvania
Dr. Paula Sammarone Turocy

Celebrating 30 years of volunteer service to Special Olympics Pennsylvania (SOPA), Dr. Linda Platt Meyer, PA Athletic Training Hall of Famer and Professor of Exercise Science and Sports Studies at California University of Pennsylvania, was honored on Sunday, February 10th during the opening ceremonies for the 2019 SOPA Winter Games. Dr. Meyer is credited as being the first credentialed athletic trainer to bring sports medicine education and athletic training services to the athletes of Special Olympics. Today, Special Olympics Pennsylvania offers more than 300 competitions for nearly 20,000 athletes with intellectual disabilities in 55 local programs. Competition is offered in 21 Olympic-type sports and three emerging sports for athletes eight years or older.

Dr. Meyer first introduced Athletic Training services for Special Olympic Athletes in 1987, introducing sports medicine and providing a first-aid update for 100 SOPA coaches, staff, and parents. In 1992, Linda is credited with establishing the model of coordinated medical care for Special Olympic athletes in Pennsylvania, actively engaging physicians, athletic trainers, athletic training students, nurses, and other allied health professionals in interdisciplinary medical teams to provide appropriate health care for the athletes during the Winter Games. Linda Meyer also has assisted other Athletic Trainers in Pennsylvania to develop and improve the care provided for the other large cross-state games now held in State College, Villanova, and York, PA. This health care model has now been adopted at all of the different state-level SOPA games and is a standard emulated in other parts of the United States.

From 1992 until 2017, Dr. Meyer served as the Medical Coordinator for the SOPA Winter Games held in the Laurel Highlands annually; these games originally featured events in Alpine (downhill) and Nordic (XC) skiing, speed skating, figure skating, floor hockey, and snow shoeing. It was Linda’s vision to engage students as well as credentialed athletic trainers and physicians in the care of the Special Olympic athletes, beginning first with the athletic training students from Duquesne and then expanding to also include students from California University (PA). Linda has published and delivered numerous presentations on the needs of Special Olympic athletes and has provided care for Pennsylvania and mid-Atlantic Special Olympic athletes at six different Special Olympics World Games between 1991 and 2001. While still volunteering annually as part of volunteer medical staffs at the different state-wide games, Dr. Meyer turned over the reigns as Medical Coordinator for the Winter Games to two of her former Duquesne students, Dr. Sarah Manspeaker and Ms Ellen (Wilson) Loaskie in July 2017. Congratulations to Dr. Linda Platt Meyer for her 30+ years of dedication to the promotion of Athletic Training and the advancement of health care available for the athletes engaged with Special Olympic events.

The Pennsylvania Athletic Trainers’ Society Represented at the 6th Annual Central PA Sports Medicine Symposium

The 6th Annual Central Pennsylvania Sports Medicine Symposium was held on August 1, 2018 at the Hershey Lodge and Convention Center. The symposium had over 200 in attendance including Athletic Trainers, Physical Therapists, Physicians, Physician Assistants from Pennsylvania and neighboring states. The continuing education seminar is a collaboration between Penn State College of Medicine, Penn State Hershey Bone and Joint Institute and CPRS Physical Therapy.

A total of 6 BOC continuing education units were earned by the Licensed Athletic Trainers in attendance and 3 of the CEUs were Evidence Based CEUs. The program kicked off with Dr. Shawn Phillips presenting “Provider Burnout and Life Balance”, and evidence based panels presented “Return to Play – Ankle Sprains and “return to Play – Muscle Strains”. The afternoon sessions included a break-out format which allows for smaller groups and helps promote more dialogs between the speakers and the attendees.

The Pennsylvania Athletic Trainers’ Society (PATS) was represented by PATS President George Roberts, PR Chair Ashley Care, and PATS South Central Rep Marc Schaffer. PATS sponsored the WIFI for the symposium and the members were able to network with all the physicians in attendance.

The course Directors were Robert Gallo, MD (Penn State Hershey Bone and Joint Institute) and Lynn Brumbach, MA, LAT, ATC CPRS Physical Therapy. The Planning Committee was made up of Yvonne Powers, CCMEP and Jeff Shields, MED, LAT, ATC CPRS Physical Therapy.

Next year’s symposium will be held Wednesday, July 31, 2019. Be sure to save the date.
PATS Decal Initiative and Social Media Campaign

PATS is pleased to announce the re-launching of our decal initiative to show support for the ATs across the state!

What is this initiative? We, as Athletic Trainers, have often publicly demonstrated that “We (ATs) have your back”, so now the decals allow patients to demonstrate that they have the Athletic Trainers’ back by publicly displaying the decal. This campaign is designed specifically with the goal of helping to raise awareness and show a commitment to Athletic Trainers in recognition of the work that they do day in and day out.

The motivation behind the initiative: Athletic Trainers are often behind the scenes, working very hard to provide quality medical care to their patients. With recent significant attention focused on the utilization and presence of an Athletic Trainer to provide quality medical care for all patients, this decal campaign is very important. Over the last several years we have seen many states take part in this initiative with various goals. As a PATS member, Brendan spearheaded this great effort and without his ideas and passion for demonstrating support and advocacy for the profession, this initiative would not be possible.

How do ATs participate? A limited number of decals will be provided free of charge to PATS members with an NPI number to be given to patients to be displayed. In order to request decals, please complete the Google Decal Request Form here. Upon completion of this form, either Brendan Moriarty or your PATS Regional/County Representative will be in contact with you. In lieu of payment, donations can be made to: PATS, Inc.

All donations will be used to continue the support for this initiative with the purchase of additional decals if needed.

Why is this important? This initiative is to help demonstrate leadership and advocacy to Pennsylvania to promote Athletic Trainers as improving safety and outcomes for the healthcare that they provide to their patients. Provide recognition to Pennsylvania Athletic Trainers for their clinical expertise and value in healthcare. Create an opportunity to educate the public—including parents, coaches, organizations, and patients regarding the value of athletic training healthcare and the resources that we have to offer.

What else? As we know that Athletic Trainers provide medical services to a variety of patients in numerous settings, we are also using this initiative to showcase this diversity of the profession. Our goal is to have our membership and the patients we serve get creative with showing us their decals, promoting local new stories in regard to the importance of the decal displayed and the value of the Athletic Training profession. As a result, we have started a PATS social media campaign that incorporates the displaying of the decals. Once you have your decals, promote your decal usage on social media platforms to show all of the support for ATs across the state.

Follow and tag PATS on all of our social media platforms using #WeSupportATs #HaveATsBacks
Twitter: @goPATSAT
Facebook: goPATSAT

PATS Young Professionals Committee Hosts Southwest Region Social
Sponsored by UPMC Sports Medicine

On October 13, 2018, the PATS Young Professionals Committee (YPC) hosted a social at the BeerHive in Pittsburgh’s Strip District. This event was sponsored by UPMC Sports Medicine. In June 2018, the PATS YPC launched its Mentorship Program. All mentors and mentees were paired in like regions to make face-to-face meetings more possible. In efforts to increase interest in the mentorship program and provide a relaxed atmosphere for athletic trainers to socialize and network, the YPC held its first regional social. The social was open to all PATS members and AT students.

“Our goal for this event was to connect Athletic Trainers outside of traditional settings. We wanted to create a unique opportunity for professionals and students to learn and grow. I really want this mentorship program to succeed. Our committee has put a lot of work into making this vision a reality. We want to continue watching it grow and helping people make connections. I am looking forward to watching how this process progresses. Thank you to everyone who participated in our first event!” Rich Bertie, YPC Committee Chair.

(continued on page 9)
“I think the highlight for me was introducing Athletic Therapy students from Athlone Institute of Technology in Ireland to some of my colleagues and friends. It has been a tremendous experience working with them this semester and learning about Athletic Training in different parts of the world. They have been so impressed with athletic training education and professionalism here in Pennsylvania. They are eager to return to Ireland with ideas on how to grow Athletic Therapy. We hope to be a small part in inspiring and mentoring them to grow the profession worldwide.”

Jessica Johns, YPC Committee Member

The committee plans to continue hosting socials throughout the state in its various regions in hopes of increased networking and communication between athletic trainers in Pennsylvania all year long. The YPC thanks UPMC Sports Medicine for their generosity in sponsoring this event.

**Filing a Complaints Against a Commonwealth Athletic Trainer**

*When was the last time you read the PATS Code of Ethics or the NATA Code of Ethics? Are you aware that as PATS members, we are obligated to report any violations or unethical behavior? Here are steps for filing a complaint to the Pennsylvania State Board of Medicine, Board of Certification, National Athletic Trainers’ Association and Pennsylvania Athletic Trainers’ Society. If you have any questions about the Code of Ethics, an ethical dilemma or would like to know more information, please contact the PATS Ethics Committee at ethics@gopats.org.*

**The Process:**
If a member of the public (i.e. patient, employer, colleague) believes an athletic trainer has violated one of the state licensure rules and regulations, national certification standards or professional organization’s code of ethics, the following steps should be taken if someone has a complaint regarding an athletic trainer in Pennsylvania.

A formal complaint should be completed for all of the following four agencies, in the order listed below, as they relate to different aspects of the athletic trainer’s professional career.

1. **File a complaint about an athletic trainer licensed by the Pennsylvania (PA) State Board of Medicine or State Board of Osteopathic Medicine.** Click on ‘File a Complaint’ and then ‘Professional Licensing’.
   - Click [HERE](#) to verify the athletic trainer holds a PA State Board License.
   - View the [PA Athletic Trainer State Credentialing](#) information.

2. **File a complaint about an athletic trainer who holds Board of Certification (BOC) credentials.**
   - Click [HERE](#) to verify the athletic trainer holds BOC credentials.
   - Click [HERE](#) view the BOC Standards of Professional Practice.
   - View [Board of Certification Consumer Complaints](#).

3. **File a National Athletic Trainers’ Association (NATA) Code of Ethics complaint about an athletic trainer who is a member of the NATA.**
   - View the [NATA Code of Ethics](#).

4. **Coming soon!** File a complaint about an athletic trainer who is a member of the Pennsylvania Athletic Trainers’ Society (PATS).
   - NOTE: A formal complaint MUST be filed via the NATA Code of Ethics Complaint Form if a PATS Code of Ethics Complaint Form is being submitted. View the [PATS Code of Ethics](#).

**Continuing Education Committee Update**

As the end of 2018 and the mid-point of the CEU reporting cycle draws near, now is a great time to take note of where you stand with your continuing education. Be sure to look at the BOC’s Professional Development Needs Assessment (PDNA) tool that enables athletic trainers to consider their current knowledge, skill & ability levels, identify gaps in learning associated with new practice environments, and also assess professional growth opportunities. The assessment can be found [here](#).

The Continuing Education Committee recently worked with the Northwest Region to offer a continuing education event as part of the Region’s fall meeting. PATS Hall of Famer, Larry Cooper, delivered a presentation on the Secondary School Value Model to meeting attendees at Gannon University during the October event.

If you are looking for a little bit of a refresher after having attended the Annual Meeting in June, be sure to take a look at the presentations that have been posted to the Convention [website](#). Special thanks to Hank Fijalkowski for helping us to post these presentation notes.
What’s in a Name?
Bonnie J. Siple, EdD, LAT, ATC

Did you know the NATA has initiated the LGBTQ+ Advisory Committee? Here is the mission:

“The mission of the LGBTQ+ Advisory Committee (LGBTQAC) is to advocate for an environment of inclusion, respect, equity and appreciation of differences in both athletic trainers and their diverse patient populations. The committee will identify, explore, address and provide educational resources regarding emerging topics and concerns relevant to diverse sexualities, gender identities and gender expressions within the profession and health care topics affecting patients in the LGBTQ+ community. Note: The plus sign represents diverse sexualities, gender identities and gender expressions which may not be explicitly included in the LGBTQ acronym.”

The District 2 Representative is Ashley K Crossway, ATC, LAT. I am proud to have been appointed as the PATS representative to the D2 advisory committee. As such, I thought I would include some terminology that will help athletic trainers use inclusive language as we deliver patient-centered care to our diverse population of patients. These terms focus on the concept of GENDER.

gender – noun: refers to the attitudes, feelings, and behaviors that a given culture associates with a person’s biological sex. Behavior that is compatible with cultural expectations is referred to as gender-normative; behaviors that are viewed as incompatible with these expectations constitute gender non-conformity.

cisgender – adj.: a person whose gender identity and biological sex assigned at birth align (e.g., man and assigned male at birth). A simple way to think about it is if a person is not transgender, they are cisgender.

gender expression – noun: the external display of one’s gender, through a combination of dress, demeanor, social behavior, and other factors, generally made sense of on scales of masculinity and femininity. Also referred to as “gender presentation.”

gender fluid – adj.: gender fluid is a gender identity best described as a dynamic mix of boy and girl. A person who is gender fluid may always feel like a mix of the two traditional genders, but may feel more man some days, and more woman other days.

gender identity – noun: the internal perception of one’s gender, and how they label themselves, based on how much they align or don’t align with what they understand their options for gender to be. Common identity labels include man, woman, genderqueer, trans, and more. Often confused with biological sex, or sex assigned at birth.

gender non-conforming – adj.: 1 a gender expression descriptor that indicates a non-traditional gender presentation (masculine woman or feminine man) 2 a gender identity label that indicates a person who identifies outside of the gender binary.

gender normative / gender straight – adj.: someone whose gender presentation, whether by nature or by choice, aligns with society’s gender-based expectations.

genderqueer – adj.: a gender identity label often used by people who do not identify with the binary of man/woman; or as an umbrella term for many gender non-conforming or non-binary identities

sex – noun: refers to a person’s biological status and is typically categorized as male, female, or intersex (i.e., atypical combinations of features that usually distinguish male from female). There are a number of indicators of biological sex, including sex chromosomes, gonads, internal reproductive organs, and external genitalia. 

transgender – adj.: A person who lives as a member of a gender other than that assigned at birth based on anatomical sex.

So, knowing these definitions is one thing. What to do with them is another. How do you know what gender a patient identifies with? Don’t assume. Ask. How? “What pronouns do you prefer?” If the person doesn’t know what you mean, offer your own preference of language. “I use the pronouns SHE and HER.” (If you identify as female).

I have included my courses for this information, which are also great resources for you.
https://www.genderspectrum.org/quick-links/understanding-gender/
https://www.nata.org/lgbtq-advisory-committee
Meet Kelly Unruh – Employee at Comprehensive Injury Prevention Solutions

Briefly describe your Athletic Training journey.
I graduated from the University of New Hampshire with a Bachelor of Science Degree with a Concentration in Athletic Training in 1992. As a student AT, I spent summers working in a clinic that had an industrial work hardening department as well as the traditional clinical services. It was there that I was first exposed to the industrial setting. Over the years, I held positions with varying roles as an AT which included the traditional AT, physician extender, an Orthotist apprentice, and an adjunct professor in an athletic training program. I always had an interest in industrial athletic training from the very beginning. I finally returned to the Industrial setting in 2007 at CIP Solutions, Inc. In 2007 I became one of three partners and we continue to expand the business today. We currently employ AT’s, an Exercise Physiologist, and a Registered Dietician Nutritionist. Our primary focus is on injury prevention and we specialize in electrical utilities and construction companies.

As a student, where did you dream your career would go?
To be honest I had no idea where I wanted to go as an AT. I was open to trying anything at that point and I am grateful to have had such diverse experiences and to have built the network I have today.

What is your current job like? (daily duties and challenges)
My job duties have changed over the years as I have moved into more of a managerial role. Most of my time is spent on program development and quality assurance and compliance. I have the opportunity of getting in the field on occasion where I provide ergonomic consulting and assessments for both office and field employees. As part of compliance and program development, I am responsible for training our new employees, which is mostly on the job training after the initial on-boarding. Travel is necessary in that aspect, whether weekly during program development or quarterly travel once the client is established.

Typically, the injury prevention specialist’s (IPS) day starts between 6-7am and consists of meeting the client at their respective locations, making themselves available for consultations and providing educational programs as necessary. These can be formal or informal depending on the topic. They then observe the client in their work setting and provide feedback on their observations to increase client awareness and decrease injury risk. Their day ends at approximately 3pm, similar to the client schedule. In addition to on location tasks, the IPS is also responsible for documentation associated to their tasks of the day, contributions to publications, project development, attending client meetings, and community projects within the client organization. They also have the opportunity to travel within our organization to share best practices with co-workers.

Why would an AT be interested in the industrial setting?
The reasons I chose to work in the industrial setting were better hours and better pay. I have a teenage daughter and as she started playing sports I found it difficult to attend her events because I was working. The hours are consistent, they usually do not include weekends or holidays and starting salaries are significantly higher in the industrial setting. Also, I enjoy the constant change of schedules and locations to break up the monotony. Injury Prevention Programs for the industrial athlete parallel that of the traditional injury prevention programs, but with different tools which allow more creativity in creating programs.

What advice would you give an AT who may want to learn more about working in the Industrial setting?
I feel those AT’s that seem to do well in this setting are those who can manage change and do not need the same schedule day to day, have good organizational skills, are free thinkers, self motivated and enjoy the freedom of working independently when necessary.

If interested in this setting I highly suggest job shadowing an AT in the industrial setting so you have a good understanding of the day to day. Try it out part-time. Our hours allow for part-time work in the industrial setting and continued work in the traditional setting. We have had several employees choose that option.

Continuing your education in course work applicable to the industrial setting is highly recommended. I’d suggest obtaining your CEAS (I and II) and CMMSS credentials. These programs themselves help with understanding the ergonomic and safety components of the industrial athletic training settings. Other certifications and credentials our employees possess at CIPS include, AOEAS, CWcHP, FMS, Y-Balance, and post-graduate degrees.
COMMITTEE REPORTS

Free Communication
The free communication committee is currently accepting abstracts from students who are interested in doing an oral presentation at the annual student symposium being held March 22\textsuperscript{nd} – 23\textsuperscript{rd} at Lebanon Valley College. More information is available on the student symposium link from the PATS website. Deadline for submissions is February 17\textsuperscript{th}.

The free communication committee will be accepting abstracts on original research, case studies and critically appraised topics from athletic training students who are interested in doing a poster presentation at this year’s annual meeting and clinical symposium that is being held May 30- June 1, 2019 in Gettysburg. A call for abstracts will be sent in early to mid-February with a deadline for the abstracts of mid-April.

Convention
PATS 2019 Annual Meeting and Clinical Symposium will be held May 30-June 1st. This year will be hosted at the Wyndham Gettysburg, located at: 95 Presidential Cir, Gettysburg, PA 17325. Registration will open the first week of March so look for updates and more information in Convention News!

Committee on Practice Advancement
We are seeking Athletic Trainers (ATs) who work in unique situations to share their AT stories. These Q&A sessions will appear in future newsletters to provide information on the ATs working in these settings and what their day to day job entails. It is a good opportunity to show others how the unique AT skillset can be applied to different situations. If you might be interested, would like more details or have questions, please contact Jason Vian at revenue@gopats.org.

PATS COPA is also working with the PATS EB to assess the appropriate next steps for pursuing third party reimbursement of services provided by athletic trainers.

Nominations
The Nominations committee is welcoming nominations for the positions of North Central and North West Regional representatives until 2/28/19. Nominations can be emailed at nominationsandelections@gopats.org

History and Archives
Our committee is currently planning and working on the following:
- Updating our Committee members and their bio info. for the PATS web-site
- Making recommendations for upgrading the PATS Web-site pertaining to the History & Archives specifically the Founding Fathers page and the Charter Members page
- Making plans for interviewing our PA Athletic Training Hall of Famers (and placing interviews on the PATS web-site)
- Continuing the search and obtainment of any valuable PATS Historical Information, Pictures, Documents, or related Artifacts for storage and identification

Southcentral Regional Report
Marc Schaffer, MS, LAT, ATC, RAA
Greetings Southcentral Region! I hope everyone’s fall season went well as we head into colder weather! The Annual Central PA Sports Medicine Symposium was held in August which featured many outstanding presentations by some of the top professionals in this area in their respective fields. Multiple topics were covered throughout the day and it is an annual event that many look forward to each year. Kudos to Penn State Health Bone and Joint and CPRS Physical Therapy for another exceptional day of learning!

There were several other CEU events held in the region during the week of November 12th. Lancaster General Health Sports Medicine Group and CPRS Physical Therapy held educational lectures. The Lancaster-Lebanon Athletic Trainers’ Association also held their fall meeting on November 12th with LGHP Sports Medicine. New members are always welcome!

As we head into the end of winter and start of spring, I hope everyone found time with family and friends outside of the professional job setting going into the New Year! As always, I am an email/ phone call/ text away.
Hello north central!!! It has been a rough few months for most of our region, weather-wise. These past few months have helped my family and I be thankful for the things we have, as we helped many friends, family, and local businesses in flood relief efforts such as clean up and rebuilding. Many of the people who were affected continue to struggle with flooding as riverbeds have not been fixed yet.

Despite all the unpredictable weather we’ve had in the region our lives must go on, work still calls, games must be played, and our athletes and patients need our expertise every day. Over the past few months I have been proud of athletic trainers’ because like our athletes, we had to withstand those “crappy days” together and continue to provide thoughtful and compassionate healthcare to all.

Here are a few things that have gone on in our region the past few months:

Nicole Cattano, Rennie Sacco, and I were able to help get the ball rolling on the Pennsylvania AT stickers with help from current PATS member Brendan Moriarity. Brendan has done a lot of work getting the sticker design organized. From a suggestion I made over a year ago but not really knowing how to implement it, to Brendan reaching out to the board and offering suggestions, we have pushed this initiative in a positive direction. With that said, a limited amount of stickers were purchased by PATS for distribution. Those 2,000 stickers were gone in little over a few days. Those stickers are now available again. For AT’s who have the stickers please use the hashtags #WeSupportATs and #HaveATsBacks on social media to help increase our profession to the public. Stickers can be used for more than just helmets. Items such as; coffee mugs, laptops, and vehicles are a few examples. With the great work Brendan has done, in January Brendan was asked to join the public relations committee with Ashley Care. Brendan was voted in by the board a few days later. PATS is excited to work with you moving forward.

Joe Hazzard, the Program Coordinator and Director of the Institute for Concussion Research and Services at Bloomsburg University are offering an online 15 credit graduate certificate program. The program is a 100% online program for Concussion/Mild Traumatic Brain Injury education. For more information please go to www.bloomu.edu/concussion-certificate or contact Joe Hazzard at 570-389-4367 jhazzard@bloomu.edu.

Recently, Lock Haven University announced an extended partnership with UPMC Susquehanna. The agreement will make UPMC Susquehanna the premier and official health care provider for all LHU Athletics. Along with the partnership, UPMC will be promoted as such on the Lock Haven Athletic website and at all home events. Also included in the collaboration with UPMC, Lock Haven will receive a brand new, state of the art athletic training trailer that will act as an athletic training room at the Stern Athletic Complex. The new trailer will help the athletic trainer’s better treat and care for the LHU baseball, men’s and women’s cross country, and men’s and women’s soccer teams. Jason Erlandson, LHU’s Head Athletic Trainer, mentioned how grateful the Athletic Department and Athletic Training Staff are for their partnership with such a great health care system. Lastly, Jason mentioned how the new Training facility will address unique challenges they have had in the past.

March is in a few months and you know what that means. National Athletic Training Month! This year’s slogan is “ATs are Healthcare”. Begin to come up with ideas on how you can help promote the profession of athletic training whether your setting is non-traditional, clinic or office, or at the school/university level. Once again in the north central region we will have a symposium at UPMC Susquehanna in Williamsport on March 21st. More details coming soon.

As June approaches in a few months, my first term as North Central Representative for PATS will be up. Nominations for North Central Representative are now open. Any PATS member can nominate an individual for this position, however voting will be limited to those PATS members living in the North Central region. Please send your nomination to Amy Eperthener, PATS Nominations Chair, at nominationsandelections@goPATS.org before Feb. 28th, 2019. Elections will begin April 1st.
Hello to all in the Northeast region! Hope you all had a great Fall season. The weather is starting to turn cold, which means Winter is right around the corner.

**Berks County has CEU Event**

The Berks County Scholastic Athletic Trainers’ Association (BCSATA) held a CEU event on June 11\(^{th}\), 2018 titled “To Remove or Not to Remove? That is the Question!” It was the organization’s first foray into providing EBP CEUs. The group aimed to host an event that addressed members’ questions regarding proper on-field emergency care of the equipment-laden athlete. This was completed by reviewing updated statewide BLS spinal care protocols, proper removal of football and lacrosse equipment, and the legalities behind appropriate equipment and its modification. Instructors included Tony Beam, BA, E.S., CAA from the National Athletic Equipment Reconditioners’ Association, Dale Hurst, EMT-P from Penn State LifeLion, Richard J. Boergers, PhD, ATC, and Thomas G. Bowman, PhD, ATC. Participants included ATs from local Albright University and Alvernia University, and recent graduates of Alvernia’s ATEP attended for their first CEU event as certified ATs.

Objectives were to summarize the current statewide spinal care BLS protocol, judge when is appropriate and not appropriate to remove sports equipment, dramatize the basic steps in equipment removal, recognize correct labeling on helmets of various sports, identify who is responsible for correct labeling, and define the liability loop associated with correct labeling. EBP objectives were to compare recent studies involving time and movement associated with helmet and facemask removal along with CPR effectiveness with and without lacrosse equipment, identify the most appropriate methods to access, protect and manage airways, and apply various techniques for spinal motion restriction during helmet removal and chest exposure.

The highlights of the day were lab sessions following didactic sessions led first by Dr. Boergers and Dr. Bowman, then by Dale Hurst. Participants were able to use high-fidelity manikins to assess their effectiveness at 1. using a BVM to ventilate and 2. performing chest compressions at one station, while at another station, ATs were able to pair up and practice equipment removal on their colleagues who wore lacrosse equipment. Building on that knowledge and newly acquired skill set was a presentation that offered current local EMS protocols, and participants followed with a lab session of football equipment removal. Participants were able to group up to practice while instructors circulated and provided thoughtful answers to participants’ questions.

BCSATA was able to procure practice helmets from Riddell, and the members of BCSA-TA, in anticipation of such a class, collected shoulder pads over the last few seasons. Local philanthropist Hamid Chaudry, who supports BCSATA in various ways throughout the year, generously provided lunch.

BCSATA wishes to thank all of the instructors involved for an eye-opening day of emergency planning, preparation and practice; along with the local sponsors of the event: Commonwealth Orthopedic Associates and Penn State Health – St. Joseph’s Hospital, who allowed this to occur with no cost to participants. BCSATA strives to provide educational events to local ATs.

**Athletic Trainer honored for life saving effort!**

Kati Holmes, Athletic trainer for Palisades High School/Coordinated Health was honored by the American Red Cross and by Congressman Brian Fitzpatrick this summer for her efforts in saving the life of a bus driver in 2017. Please read the link to the full article [here](#).

In closing, as always, if you have any future news, please feel free to contact me or reach out at any time with any questions or concerns you may have. I can be reached at northeast.gopats@gmail.com.
Greetings from the Southwest corner of the Commonwealth!

The recent fall/ winter season in the Southwest region has been an atypical year in the region. The area has been struck by many hardships and challenges as seen in some of the headline news. One of the most significant events, was that of the senseless act of terrorism at the Tree of Life of Synagogue located in Shadyside where eleven innocent people lost their lives. The area is home to many AT’s in our region who work both in the community, neighboring school districts and local collegiate campus positions that are near to the Shadyside Community. Some of these locations are: Chatham University, Carlow University, Oakland Catholic High School, Central Catholic High School, Allderdice High School, Winchester High School, The Ellis School, Imani Christian School, Carnegie Mellon University and the University of Pittsburgh.

Though many good things have happened during the fall and winter seasons in the region, this event leaves a cloud of sorrow that is not typical of our region. The city has rallied and is coming together as one body to grow through the healing process. The support of the local professional sports teams was truly heartwarming with the kind acts of symbolism and monetary initiatives that have supported the victims, the organizations and the families of those who were lost. We wish for continued healing and recovery for those who were impacted by this horrific event, including our brothers and sisters in blue who were the first-responders involved at the scene.

In the southern corner of our region, the AT students and faculty from Waynesburg University participated as medical volunteers at the Morgantown Marathon held on Sunday, September 15th. Thank you to those involved for working to keep the participants safe in this event!

Earlier in the month of October, our region hosted a PATS Young Professionals Committee social event that was led and directed by the PATS YPC Chair, Mr. Rich Bertie. This event was sponsored by UPMC Sports Medicine, who employ many athletic trainers in the Southwest PATS region. The event granted the opportunity for those enrolled in the PATS Mentorship Program to meet with mentees as well as other individuals to network. Great things are happening through the PATS YPC Committee!

On campus at the University of Pittsburgh, students from the AT Program took on an initiative during the month of September to support Brain Aneurysm Awareness. The students designed and coordinated a t-shirt sale with all the proceeds generated going directly to the Jill Conley Memorial Scholarship at the University of Pittsburgh. The Pitt ATSA raised over $2K dollars for the scholarship and had a tremendous impact on social media during the month of September educating the public about brain aneurysm.

A few local names to Southwest PATS that were visible at the EATA Convention and Symposium:
- Ms. Allison Ross (University of Pittsburgh) District II Quiz Bowl Winner
- Ms. Jennifer DeFazio of University of Pittsburgh, Recipient of the EATA Paula Turocy Scholarship

The recent edition of NATA News shared the work of UPMC Sports Medicine and the staff athletic trainers working to educate the public through organized educational events through pre-hospital care training. The committee of UPMC Staff athletic trainers have developed an on-ice program to work with groups to educate and demonstrate the proper removal of hockey equipment. The EMS community as well as several of the area ATPs have taken full advantage of this opportunity afforded through the work of UPMC and the supporting partnered groups. Thank you to all involved through this initiative to improve our care to our on-ice athletes!

Congratulations to Mr. Joe Ferrari of Belle-Vernon Area School District. Joe served the athletics department and the students for many, many years in the district and has recently announced his retirement. Thank you Joe for your many years of service to the BVA School District and community. We wish Joe well in all of his new adventures in the future!

A Southwest PATS Meeting with continuing education is currently in process, final details are TBD. A tentative date of Monday, March 25th during the evening is a likely possibility, pending facility confirmations. EBP CEUs are being submitted for approval for the educational component, so look for an announcement sent out to those in the SW PATS region in the very near future.
Northwest Regional Report  
Becky Mokris, D.Ed., LAT, ATC

Welcome Winter! The leaves have turned bright yellow, reds and oranges and that means fall sports have concluded and winter is amongst us. One of the busiest times for athletic trainers is this cross-over time between the fall and winter seasons but some athletic trainers took the time to come to the Northwest Regional meeting that was held at Gannon University. This fall, the topic was the “Secondary School Value Model”. Larry Cooper, MS, LAT, ATC came to the Northwest Region to talk to regional athletic trainers how to discuss with administrators and implement the components of the Secondary School Value Model with other athletic trainers from the region. Thank you to Larry for sharing his knowledge and expertise in this area!

Have an idea for the spring meeting? I am always looking for new ideas and items to discuss at our seasonal meetings so please reach out to me with ideas!

I look forward to hearing from you and best of luck on the winter seasons.

Southeast Regional Report  
Nicky Cattano, PhD, LAT, ATC

Greetings from the Southeast - I hope everyone is had an amazing holiday and New Year!

Tracey Rarich (Pope John Paul II High School Athletic Trainer and West Chester Alum) acted quickly on the first day of softball tryouts last year when a 15 year old softball athlete made a diving catch in the outfield, falling chest down directly on the ball, sending her into cardiac arrest. Tracey and Christian Loedel performed CPR for close to 7 minutes until EMS arrived to take her to the hospital. On the ride over, they were able to regain a pulse. Tracey will be honored by Simon’s Fund and receive a “Protect this Heart” Award from at the annual Simon’s Soiree on March 16th 2019. Great work Tracey and Christian. See more about the event here: https://simonsheart.org/?event=simons-soiree-3

Pennsylvania was well-represented at EATA this past winter with many individuals giving outstanding presentations as well as multiple well-deserved award recognitions. Congratulations to all on their outstanding work and accolades.

EATA highlighted some of our outstanding regional members. Congratulations to WCU Alum John Moyer (and Jim Thornton) on their induction into the prestigious EATA ’49 Club. A well-deserved honor for your outstanding contributions to the profession. In addition, another WCU Alum Kevin Guskievicz gave the Pinky Newell Address.

EATA Scholarship winners from our area included Mike DeGaetano (West Chester University MSAT Professional student), who also was runner up for the District 2 Quiz Bowl.

Temple University had all 3 graduate research poster finalists at EATA. Ryan Thomson (BSAT graduate who is a current Post-Professional AT student) and Danielle Carabello (BSAT graduate), “Depression Following Concussion in Retired Professional Football Players.” Dr. Tim Kulpa, who teaches at Kings College, but is a graduate of the DAT program, “The Effects of Aerobic Exercise on Post-Concussion Symptoms in Patients with Persistent Symptoms: A Critically Appraised Topic.” Destinee Grove, currently in post-professional AT master's program, "Athletic Training Educator Cultural Competence” was the winner.

Congratulations to Scott Heinerichs on being appointed Dean of the College of Health Sciences at WCU.

The Philadelphia Flyers are hosting an “Athletic Training Night” on Monday February 4th that includes group name recognition on the Jumbotron in addition to a panel discussion with Flyers athletic trainers Jimmy McCrossin & Sal Raffia (Bucks County Delegate). A special thanks to the Flyers for their willingness to do this.

(continued on page 17)
Emily Hall, Fallon Doman, Casey Enright, Alicia Burch, & Morgan Stanwood (WCU) have arranged a coach bus and coordinated with Emily Stein (Temple) so that Temple & West Chester Universities could travel together to bring 50 students and faculty to New York City to attend Good Morning America and the TODAY show for National Athletic Training Month. Neumann Athletic Training Society will be traveling to visit Good Morning America later in the month on March 21st-22nd.

The Young Professional Committee along with Go4Ellis hosted “Can You Hear Me Now? Creating and Improving Relationships Between Mentors and Mentees.” People all over the region are talking about how outstanding this December event was that included speakers Ellis Mair, Jamie Mansell, Anne Russ, Destinee Grove, Kyle Harris, & Jake Powell.

The Neumann University AT Program celebrated the opening of the Health Sciences Center in January 2019, a 22,000 square foot building addition that features six laboratories, a 300-seat lecture hall, and a faculty office suite. They will be starting a Master of Science in Athletic Training Program beginning Summer 2019, with course offerings in hybrid format, brand new lab and classroom facilities, and a variety of unique clinical sites.

Jamie Mansell, Dani Moffit, Anne Russ, & Justin Thorpe had an outstanding win on their 2018 Athletic Training Education Journal Outstanding Original Research Manuscript “Sexual Harassment Training and Reporting in Athletic Training Students”. The award winning article can be found here and is beneficial for all members to take the time to read the article.

AT programs should study up for the PATS 2019 Quiz Bowl! Temple University created PATS history last year as the first back to back Quiz Bowl Champions! Can they 3 peat?

### CALENDAR OF EVENTS

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<td>Hike to Harrisburg</td>
<td>March 18, 2019</td>
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<td>PATS Student Symposium</td>
<td>March 22-23, 2019</td>
<td>Lebanon Valley College</td>
<td>Email Joe Murphy at <a href="mailto:jmurphy@lvc.edu">jmurphy@lvc.edu</a></td>
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<td>PATS Annual Meeting &amp; Clinical Symposium</td>
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