

May 2017

## President's Message



Guy Sanchioli,  
MS, LAT, ATC, PES

If you were to ask 100 people their definition of leadership, you may get 150 answers. What is even more difficult is to determine how people react to different leadership styles. A leadership style that allows one person to excel may not help another at all. One way for any leader to help others excel may be simply to provide them with the proper tools to succeed. The best tools to share may be information and resources.

The PATS Executive Board is making every effort to engage our membership, and give you the opportunity to contribute your ideas and opinions so that we may be more productive. It is difficult for any one of us to take into account all of the work settings available to athletic trainers, or to foresee where the athletic training profession is going to be 5, or 7, or 10 years from now. In the coming months there will be several initiatives that will provide numerous opportunities for PATS members to take the role of leadership and provide valuable information to moving forward.

First, you will receive a survey asking for your ideas and opinions about the direction PATS should take in the future. We hope that all members will take this opportunity to complete this survey. At the PATS Symposium there will be a 'Suggestion Box' to provide feedback to the Executive Board and Committees. We want this feedback to help us focus on the direction that is most useful to our state as a whole. The PATS Young Professionals Committee (YPC) is creating a program that will involve and empower the future leaders in our Society. The YPC hopes to bridge the gap between athletic trainers so ATs newer to the profession may benefit from the experiences of the veterans. There will be YPC membership information and applications available at the Symposium in June. Also, at the PATS Business meeting, part of the meeting will be a "Town Hall" format, so members can voice their ideas to the EB directly and hopefully create some dialog with other members.

In July, at the EB meeting we will host the first Committee Education Day. Every committee chairperson has been invited. The goal of this meeting is to have open discussion about how the committees can work resourcefully with the EB and each other. We hope that by grouping committees together with common objectives the results will be greater.

Lastly, the NATA StarTRACKS program has been reorganized into the NATA Leadership Academy. Several members have already taken the steps necessary to participate. This program is sponsored by the NATA and D2; if you are interested in this type of opportunity more information can be found [here](#).

Thank you for taking the time to read the Quarterly News and enjoy reading about the great things that are happening in Pennsylvania.

Guy Sanchioli, MS, LAT, ATC, PES

*Contact Us*

[www.gopats.org](http://www.gopats.org)

*Our Mission*

The mission of the  
Pennsylvania Athletic  
Trainers' Society is to:

**P** Promote the profession of athletic training through public awareness and education.

**A** Advocate the athletic trainer as recognized health care providers through continual legislative pursuits and stakeholder relationship.

**T** Transact business on behalf of the Society's membership in a prudent, effective, and collaborative manner.

**S** Serve the membership by providing educational, research, scholarship, leadership, and networking opportunities.

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## **Treasurer's Report** Jamie Mansell, PATS Treasurer

	<b>April 23, 2017</b>
Total Checking	\$74,980.70
Total Scholarship	\$173,772.50
Total Research	\$93,214.26

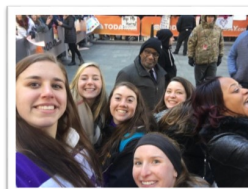
**TOTAL** \$366,570.91

\*These reports are according to the Wells Fargo banking account.

## **STUDENT SECTION**

### **Pennsylvania Athletic Training Students promote National Athletic Training Month in New York City**

On Friday, March 3<sup>rd</sup>, athletic training students and professors from East Stroudsburg University, West Chester University and California University of Pennsylvania celebrated National Athletic Training Month with a trip to New York City. These groups braved the elements and stood outside of the Today Show and Good Morning America with signs and banners promoting National Athletic Training Month. Some of the hosts like Al Roker and Michael Strahan even posed for a picture. This event has become a much enjoyed, long lasting and favorite tradition to kick off National Athletic Training Month.



## **RECAP: 2017 PATS Student Symposium**

The Pennsylvania Athletic Trainers' Society 2017 Athletic Training Student Symposium was hosted by East Stroudsburg University on March 31st through April 1st in East Stroudsburg, PA. Athletic training students from 12 athletic training education programs across the Commonwealth enjoyed educational programming, peer presentations, exhibits and professional networking.

Dr. Marcia Welsh, President of ESU, and Gerard Rozea, Program Director of ESU's Athletic Training Program started the event with welcoming remarks. Athletic training students from 12 athletic training programs from across the Commonwealth were then able to network with their peers, professors and other members of PATS during a welcome social.

During the second day of the symposium, athletic training students attended multiple presentations ranging from topics in sports nutrition, sports psychology, concussions, equipment removal, advanced functional movement screening, interviewing skills, sacroiliac dysfunction, suturing techniques and leukotaping.

Attendees were able to learn from their peers through peer presentations. John D. Vineyard from Slippery Rock University presented "Correlation Between Heart Rate and Core Body Temperature in Collegiate Long-distance Runners During Practices in a Hot, Humid Environment." Shawn Fliszar, athletic training student from Moravian College, presented "Tibialis Anterior Rupture in a Collegiate Basketball Player." Two students from ESU presented. Matthew Hugg presented "When Guts Prevent Gusto: Sigmoid Volvulus in a 21 year-old Basketball Player" and Nicole Koniarz presented "Breathing Through a Straw: A Collegiate Swimmer with Cystic Fibrosis".

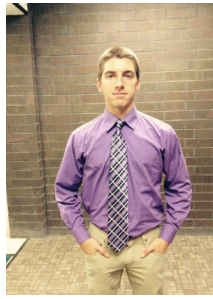
# STUDENT SPOTLIGHT

## Lucas Weltz

**College/ University:** Indiana University of PA

**Clinical Rotations:** Blairsville High School, Punxsutawney High School, Indiana University of PA

**Certifications and Credentials:** CPR, First Aid, Narcan, Water Safety Instruction



### Why did you want to pursue a career in athletic training?

Being an athletic trainer means being a healthcare professional to deal with the prevention, assessment, and treatment of athletic injuries. I believe having this title gives me a sense of pride and purpose in serving others. I want to pursue a career in athletic training because I believe it is very rewarding and still has room to grow because it is a recently developed profession. Evidence based practice is something I am very interested in and would like to see the development of new research and randomized control trials. Athletic training allows me to expand my knowledge while gaining experience in an ever changing field. When I first started my college career I knew my goal was to help people in some form. This could have included criminal justice, volunteer work, nursing, personnel training, etc. Athletic training serves my original purpose to help people and provide care.

### Where do you hope to see athletic training in 10 years?

I hope to see athletic training using different modality techniques in order to treat injuries and get players back to proper health. I am really interested in PRP (platelet rich plasma) injections. I believe this modality is in the early stages and will develop its own evidence based research. I am also interested in different therapies like Stem cell therapy. I believe that within 10 years athletic trainers will somehow associate with these different type of treatment modalities. I also believe athletic trainers will need to have a deeper understanding on psycho-social implications with athletes. We are understanding that certain emotions/ mental states have effect on human physiology and as athletic trainers we need to address this issue.

### What are your career goals?

My career goal is to be a full time athletic trainer in a performing arts setting. It would be a huge honor to work with the specific athletic population that I wish to treat. I believe the performing arts is a great place for athletic trainers. I would like to design a specialized facility in order to match what the dancers did previously before the injury. Another career goal is to receive enough experience to educate other upcoming athletic trainers.

### What do you hope to bring to the field of athletic training that may be unique or help improve the field?

I hope to bring about awareness of the holistic approach to health in the athletic training field. I want athletic trainers to become more aware of the situations our athletes face outside the training room. These situations may cause stress/ anxiety and impede the body's natural healing process. I hope to show the athletic training field the importance of being a lifestyles manager/ educator. This will prevent injuries and keep the athletes more informed about their own health status and what they can improve on.

### Being a leader and advocate for student athlete health services can be rewarding and challenging, how would you describe your leadership style?

I think my leadership style is very active. I am constantly moving forward to achieve goals. I show this with my consistency and preparation. I like to continuously overcome goals and obstacle because I believe that builds character and promotes personnel development. Being a leader requires flexibility and I believe that is something I show in my own leadership style.

### What are your interests outside of athletic training?

I have a huge interest in nutrition and how different types of food effect the body. I have been an active member of club teams such as international soccer, martial arts, tennis, lifting/fitness, and dance. I attained a minor in dance and have been a musician for over 14 years playing the piano and guitar. I am also a personnel trainer and develop individualized programs for my cliental. I have participated in archery since I was a kid and love the sport. I also ski and enjoy rollerblading. In the summer I garden and also raise chickens. I love outdoor activities like hiking and swimming as well.

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## Update Your Information

If you are a PATS member and not receiving this newsletter electronically.....we need your help. We have taken great strides in the development of our Society's Electronic Newsletter. It saves money and time and provides valuable information. Please go to the NATA website "[Members Only](#)" section and update your email address. Please be assured your information will not be released. It will be used for PATS/ NATA membership communication only.

## Athletic Training Program Places First in PATS PR Contest

Greg Janik, King's College

The Athletic Training Program at King's College won first place in the 2017 Pennsylvania Athletic Trainers' Society (PATS) Public Relations (PR) National Athletic Training Month (NATM) Student Contest. According to PATS, the King's team demonstrated a true PR promotion of the athletic training profession and National Athletic Training Month. The first-place honor comes with a \$500 award, which will be presented to the King's students at the 2017 PATS Symposium in Erie, PA in June. Pictured below is the poster that King's students created and distributed throughout campus.



## Gannon University and Mercyhurst University Join Together for Special Olympics

Becky Morkis, D.Ed., LAT Gannon University & Sue Gushie, MS, LAT, Mercyhurst University

On March 18, 2017, athletic training students from Gannon University and Mercyhurst University combined to provide first aid services for the Special Olympics Pennsylvania Western Bowling Sectional in the Erie area. Along with athletic training faculty from both Universities, the students were able to participate in this event and to learn that there are a multitude of athletes that need athletic trainers. Since March was athletic training month, this event also highlighted how athletic trainers make protection a priority for their patients while providing quality health care services. The athletic training students at the event were also able to gain valuable experiences serving a diverse population of athlete. Some students were able to reflection on their activities:

### Why was this experience important to you?

*The experience I got from the Special Olympics bowling event was incredibly rewarding and one that I will not forget. It allowed me to work with individuals I would not normally work with and really opened my eyes up to the opportunities that are out there within the athletic training profession.*

*It is important to get involved in the community you are living in to put your skills to use through volunteering and giving back to the members within the community.*

### What is the importance of volunteering for SO events or other similar organizations?

*Working events like Special Olympics allows you to gain a totally different perspective on athletics and people in general. You learn not to take things for granted.*



Athletic training students Becca Straub, Jessica Solinski, Gannon University; Skylar Snyder, Mercyhurst University

*I believe it is important to get involved with a large organization that give the student a fulfilling experience that is beyond just fulfilling a course requirement. The athletes are so friendly and its gives a good variety of athletes. People are so happy that you are there and the atmosphere is so inviting that it makes you want to continue to volunteer!*

**What did you learn about yourself through experiencing a Special Olympic athlete's competition?**

*I learned that in order to be a better clinician and person I need to take a few minutes and look at things from a different perspective, and value the blessed life I have been given.*

*These athletes have so much love to give, and yes there is a competitive side to things, but ultimately they just want to have fun. They have taught me that it is okay to be yourself, to laugh lots, and to look at all the positives in life, not the negative.*

*It taught me of athletes of a huge age range and diverse population of athletes that students don't normally work with on a regular basis. Seeing that diversity was something I really enjoyed.*



**What did you gain from working with AT students from other universities?**

*By working with students from Gannon I was able to gain in site as to how other athletic training programs are run. Just being able to compare skills and knowledge is very powerful. I think it's incredibly important to get together and gather as many different perspectives and others knowledge as you can in order to become a better person and clinician.*

*It brings different perspectives to the table, opens up room for dialogue, and allows learning of new skills.*

*I enjoyed talking with other students about the experiences they have had versus my experiences so you can compare and contrast the variety of sports and athletes that you have been working with and how those experiences differed.*



Gannon University athletic training students Mariah Hudson, Breanna Tryon and Jessica Brunetti

## Mercyhurst Students Travel to Mexico to Aid in Orthopedic Consults

Jeff Haft, Mercyhurst University

On March 4-11, 2017 twelve students from Mercyhurst University embarked on a cross-cultural and inter-professional collaborative experience in Valladolid, Mexico. Students represented the Athletic Training, Pre-Med, Public Health, and Sports Medicine majors and were accompanied by Dr. Scott Michel, Program Director of AT, and Colin Hurley, Director of Community Engagement. They were also joined by Bob Deppen, PT, ATC from UPMC Hamot Sports-Medicine, Terri Luban, OTR/L, CHT from Hand and Upper Body Rehabilitation Center, representatives from Shriners Philadelphia, as well as three orthopedic surgeons, two residents, and their amazing staff of surgical nurses and anesthetics from Hamot UPMC in Erie, PA.

The week included a day of service for a village community, a trip to some Mayan ruins, a jump in a cenote, and numerous encounters with the local culture. Most impactful, however, was the opportunity to work alongside and collaborate with two agencies to provide therapy and orthopedic consults to the local people. The students spent three days working alongside DIF-Municipal Physical therapists and their PT students in providing care to a total of 70 patients. Conditions ranged from simple orthopedic conditions to multiple patients with cerebral palsy, muscular dystrophy, quadriplegia, stroke, and other neurological conditions. The entire week was also spent at Centro Medico San Lucas, where MU students were able to observe various orthopedic surgeries as well as post-surgical consults of patients with various conditions. "Our days in the village gave a great cultural immersion aspect to our trip. The students got to engage in the idea of compassion and being vulnerable themselves," said Michel. "By learning the stories of others, both people leave impacted. It truly was a life changing experience, in which we all got a chance to experience human compassion on a much deeper level." Plans are already in place to return March 2018 with the UPMC Hamot Ortho team.

In addition, during the month of March, the AT students did orthopedic consults at the campus wellness fair for all patrons. Also, they hosted a wellness discussion for students on taking care of self/personal wellness.

## Alvernia was Active in the Community for NATM

Thomas Franek, Alvernia University



Part of the planned educational events for NATM involved an Inter-professional Educational Session between our Athletic Training Students and our DPT students on Wednesday, March 29th. This event, the "Big and Loud" exercise day, involved the delivery of a structured exercise session by a team of students (AT and DPT) to local individuals living with Parkinson's Disease. Our AT student's had the opportunity to learn about Parkinson's as well as how the delivery of exercise (large volume movement patterns) benefit those living with the disease. The event was extremely successful with many of the participants requesting additional sessions!!



Our Athletic Training Student Association held their Annual Blood Drive (delivered in cooperation with the American Red Cross) on March 29<sup>th</sup>. Our students recruited donors, coordinated the events of the day and educated participants on the role of the Athletic Trainer in the community. This is an annual event between Alvernia's Athletic Training Student Association and the American Red Cross.

## Gannon University and Edinboro University partner with PATS and the Grover Cleveland PTA to “Advocate for your Athlete”

Becky Mokris, D.Ed., LAT



On March 26, 2017, Gannon University's and Edinboro University's athletic trainers produced a community engagement outreach project "Advocating for your Athlete" to highlight **NATA Month "Your Protection is our Priority"**. This event was sponsored by the PATS Northwest Region and included the PATS PTA Chair, Kathleen Williams, and Ronald Demchak, member of PATS Secondary School Committee. The purpose of the event was to allow parents and their children an opportunity to come and be exposed to the variety of activities athletic trainers do to protect their athletes throughout youth sports.

Stations were set up to highlight various activities which included nutrition for participation, proper helmet fitting techniques, the importance of neurocognitive testing in concussion identification and baseline testing, rehabilitation techniques, general concussion questions, exertional heat awareness, mental health of the athlete, the importance of AEDs in schools, and asthma in athletes. A table about the Athletic Training profession was also included so parents could learn more about the importance of having an athletic trainer involved in the healthcare of the athlete.



Gannon University students were also able to participate in the table discussion and provided demonstrations on taping techniques, helmet fitting, baseline concussion testing and various other topics throughout the day.



## SRU Athletic Training Students Celebrate NAT Month

Jackie Williams, Associate Professor at SRU

The Slippery Rock University student-led Athletic Training Association (ATA) and Athletic Training faculty participated in a number of events during the National Athletic Training Month to promote athletic training and participate in community service events. Here are a few activities:

**Leukemia & Lymphoma Society's 'Race to Anyplace' Event:** Three teams of Athletic Training students (34 total) participated in the Race to Anyplace event held on Saturday, Mar. 4<sup>th</sup> on SRU's campus. Over a 6-hour period, the teams pedaled to raise funds to battle against leukemia, lymphoma and other blood cancers. The three teams combined to raise \$2452 that was donated to the Leukemia & Lymphoma Society. One of the groups, ROCK Athletic Training, biked the longest distance pedaling 212 miles!



**Community Service Fundraiser:** In memory of Ken Kopesky, former head athletic trainer at Seton Hill University who recently passed away from Acute Myeloid Leukemia, the SRU ATA organized and held two fundraisers to donate to the Family House (<http://www.familyhouse.org>) in Pittsburgh in Ken's name. The funds will assist to support families with an affordable place to stay when receiving medical treatment at Pittsburgh-area hospitals. In only a few short hours during these two events, the students raised \$604 to donate to the Family House.

Walking Tacos – Thursday, Mar. 9<sup>th</sup> on SRU's campus

Chipotle fundraiser – Sunday, Apr. 2<sup>nd</sup> in Cranberry Township  
– 50% of proceeds from food purchased during the time frame were donated.



**Girls Rock @ Health Event:** On Monday, March 26<sup>th</sup>, the Athletic Training faculty and students, along with other SRU health profession programs, hosted local area middle/high school girls to introduce and teach them about health field professions. The event allowed the Athletic Training faculty and students to interact with the participants during a question/answer luncheon and a learning lab. Approximately 20 students attended the Athletic Training learning lab. <http://www.theonlinerocket.com/campus-life/2017/04/05/girls-rock-health-inspires-young-girls-interest-in-health-career-fields/> and [https://www.facebook.com/SRUAthleticTraining/posts/1156209774489879?notif\\_t=like&notif\\_id=1491514950128030](https://www.facebook.com/SRUAthleticTraining/posts/1156209774489879?notif_t=like&notif_id=1491514950128030)

(photos)



**Karns City High School Sports Health Class:** The SRU Athletic Training program hosted the Karns City High School Sports Health Class (10 students) and John Burnett, Karns City High School Athletic Trainer and instructor for the class, for a morning filled with the students attending the SRU Athletic Training classes. To learn more about the profession, the students participated in various class activities interacting with the sophomore and junior Athletic Training majors.

## **PATS Unsung Hero Recognition**

### **Kay Mitchell-Emigh, Head Athletic Trainer**

Grove City College, Grove City, PA



After 32 years of dedicated and unwavering service to Grove City College and its athletic department, Head Athletic Trainer Kay Mitchell Emigh is stepping down from her position this spring due to health issues.

Emigh joined the athletic department in 1985 and became the head athletic trainer in 1986. Throughout her career at the College, Kay has worked with thousands of Grove City student-athletes in 22 varsity sports, and she has supervised athletic training students from Slippery Rock University and Athletic Training education programs.

"I'll remember games, record-breaking performances, moments of victory and moments of defeat," Emigh said. "But what has stood out the most is the relationships I've formed. I've been able to form lifelong friendships that I will always cherish."

Prior to Emigh's arrival in fall 1985, Grove City College did not have an athletic trainer or athletic training program. In her role as head athletic trainer, Emigh built that program up from its infancy. "Jack Behringer, AD, put his faith in a young person to head up a new athletic training program," Emigh said of Behringer, Grove City's athletic director from 1957 to 1996. "Having the opportunity to establish a new program is something that I have always been proud of."

Long considered one of the top collegiate athletic trainers in the country, Emigh was one of only three athletic trainers to participate in the NCAA Division III Health and Safety Summit in October 2015.

From 2001 to 2004, she served as Northwest Representative for the Pennsylvania Athletic Trainers' Society Board of Directors. Emigh is also a member of the National Athletic Trainers' Association (NATA), the Eastern Athletic Trainers' Association (EATA), Pennsylvania Athletic Trainers' Society (PATS), and the College Athletic Trainers Society (CATS). Gary Hanna, PATS Past-President stated, "Kay is the epitome of 'quiet leadership'. She is, and has been the rock that we have always counted on. She also holds the distinction of being one of two PATS members (as far as I can determine) that has served on the BOD of two athletic training state societies, Ohio Athletic Trainers' Association & PATS!"

"I have been very fortunate to work with Kay in several roles in Grove City College athletics," current Grove City College athletic director Todd Gibson said. "Kay took care of me as an athlete for four years, and she has continued to help me as an assistant coach, head coach and athletic director. "Kay has made an immeasurable impact on the athletic department and our student-athletes," Gibson continued. "Her care and compassion for the athletes and her colleagues in the athletic department are unmatched."

"Kay embodies the College's values of faithfulness, excellence and love for one another," Grove City College President Paul J. McNulty '80 said. "We deeply appreciate her years of dedication and outstanding service."

"It's a hard decision to accept, but it's the right decision," Emigh said. "I've been able to work with great people at Grove City. It has been great to watch our coaching staff doing what they love while making an impact on young people through sports. "Grove City College has always been about relationships, and in the end, relationships with people are what's important."

Kay exemplifies the distinct quality of Servant Leadership; always putting others before herself in all that she does. She creates value for others. As John Maxwell states, "True success is knowing your purpose in life, growing to your maximum potential sowing seeds that benefit others." *Success* is what comes *'to you'*; and *Significance* is 'what you give to others'. Success happens *to* you; significance is what happens *THROUGH* you. Kay's life, as an athletic trainer, created 'true significance' for those around her.

A native of Elizabeth, PA, Emigh earned her bachelor's degree at Slippery Rock State College (SRSC) (now Slippery Rock University) in 1983. She then completed her master's degree at SRSC in 1986. Upon her retirement, Kay will join her husband Tom in New Mexico. "I want people to remember that I cared about the student-athletes, the coaches, the teams and Grove City College," Emigh said. "If it was all about wins and losses, there would be no emotions. It's about the people and that's what makes it emotional."

Kay, on behalf of your friends and colleagues in the Pennsylvania Athletic Trainers' Society, we thank you for your many years of service to PATS, the athletic training profession, and the fine young men and women you served. All the Best to you and Tom as you pursue your next chapter of life.

The PATS Unsung Hero Recognition is given to a PATS member who has demonstrated exemplary, unselfish service in his or her work for the betterment of others. If you would like to recognize a member, please contact Heather Kinney at [quarterlynews@gopats.org](mailto:quarterlynews@gopats.org)

\*Some text is re-printed with permission from Grove City College- News Release March 16, 2017

## **PATS Celebrates National Athletic Training Month 2017**

Ashley Care, PATS PR Chairperson

To celebrate and promote National Athletic Training Month, PATS took to the airwaves. PATS members Jeff Shields and Larry Cooper joined Michael Parks from iHeart radio for the radio show “Taking Care of Business” that aired March 18th. In addition to the information about athletic training education and ongoing training needed to be a licensed athletic trainer in Pennsylvania, they discussed the duties of athletic trainers and the role they play on the sidelines. Shields and Cooper had tips and advice for parents to keep their student-athlete safe along with a discussion about the many ways that the PATS is working with the Pennsylvania State Legislature to help keep student-athletes safe. They also discussed the importance of preventing and treating concussions. This show was aired on the iHeart radio app, online at [www.whp580.com](http://www.whp580.com) and on a podcast.

In sticking with the “Your Protection is Our Priority” theme of 2017 National Athletic Training Month, PATS invested in billboard advertisement throughout the commonwealth to promote concussion education via the ConcussionWise training program. This program provides culturally competent, skills-based traumatic brain injury trainings to parents, coaches and physicians involved with youth athletes. PATS utilized funds they received from a grant provided by the Pennsylvania Department of Health to provide free concussion education throughout the Commonwealth for physicians, physician assistants, coaches, parents and athletes participating in youth sports.

Winter storm Stella may have postponed the annual Hike to Harrisburg event, but the PATS Executive Board found other ways to establish PATS presence in Harrisburg. In lieu of the Hike to Harrisburg, PATS President Guy Sanchioli and President-Elect George Roberts attended the Freshman Breakfast sponsored by the Winter Group (PATS lobbyist group) at the state Capitol. This breakfast was an opportunity for freshman legislators to be introduced to many medical groups from the Commonwealth and to discuss hot topic issues. This breakfast was also a great event for PATS to network with other medical professionals within the Commonwealth. Before the breakfast, Sanchioli and Roberts were able to attend a reception for Representative Dan Miller of Allegheny County. Representative Miller discussed mental health issues of athletes as well as medical issues for the tactical athlete. Representative Miller expressed support in PATS efforts on both of these issues. Sanchioli and Roberts were also able to meet with Representatives Ed Gainey of Allegheny County and Ryan Bizzarro of Erie County to help schedule ConcussionWise presentations in their respective areas. These meetings demonstrate the importance PATS holds on maintaining a positive and on-going working relationship with those legislators in the Commonwealth.

## **Catasauqua High School Athletic Trainer Uses AED to Save the Life of Youth Lacrosse Player**

On the beautiful afternoon of Sunday, February 19, 2017, John Capozzolo, the longtime Catasauqua High School athletic trainer (AT), was covering a lacrosse prospect camp for high school aged athletes at DeSales University, when suddenly he was called to the field for an emergency. A young player had collapsed on the ground and was not breathing.

Capozzolo immediately evaluated the severity of the situation and when he could not find a pulse he administered cardiopulmonary resuscitation (CPR), he directed others to retrieve the Automated External Defibrillator (AED). Capozzolo performed several cycles of CPR followed by an electrical shock with the AED which reset the heart’s normal rhythm and the player’s ability to breathe on his own. With the assistance of the DeSales’ lacrosse coaches, Mr. Capozzolo continued to provide the necessary care until Emergency Medical Services (EMS) arrived on the scene. The player was initially transported to Lehigh Valley Hospital and later transported to a pediatric hospital near his hometown in New York where continues to recover.

Matthew Brancaccio, DeSales University lacrosse coach, stated; “fortunately an athletic trainer with immediate access to an AED and who was familiar with the school’s EAP was in place at this event which ultimately helped save this young man’s life. Without the immediate onsite healthcare services of the athletic trainer, his quick actions to initiate the schools EAP, and rendering of immediate emergency care, the outcome and future of this young man may not have been the same.”

## **A True Medical Effort at Special Olympics PA Winter Games**

Dr. Linda Platt-Meyer

Celebrating 40 years, Special Olympics Pennsylvania (SOPA) continued with tradition, and hosted the 2017 State Winter Games at Seven Springs Resort (Champion, PA) and Kirk Nevin Ice Arena (Greensburg, PA). Over 350 athletes and 150 coaches representing all corners of Pennsylvania, areas of Virginia, Delaware and Maryland participated in SOPA’s third-largest state-wide event. Sports competition included downhill and cross-country skiing, snowshoeing, speed skating, and individual skills events.

*(continued on page 9)*

The medical coverage for this three-day event was, once again, a true team effort! Athletic training students and licensed athletic trainers from California University of PA and Duquesne University, Allegheny Health Network, and Tri-State Physical Therapy covered the event. For the past four years, the SOPA Winter Games Volunteer Medical Director is Bob Schilken, MD, of Allegheny Health Network (AHN).

Each year, Dr. Schilken has enlisted the new Sports Medicine (SM) Fellow Physicians from the AHN Sports Medicine Fellowship Program to volunteer as part of their Fellowship Curriculum requirement. Dr. Schilken believes that by volunteering, the SM fellows work with a population that many healthcare professionals are not exposed to; further, working within a large sporting event that has multiple facets over the 3-day duration provides a great teaching-learning experience. The SM Fellows who have volunteered for the Winter Games believe this is an imperative learning opportunity where they provide healthcare directly to the athletes and are so grateful for the chance to be a part of these fantastic games.



Branching away from the SOPA State Winter Games is the Figure Skating Competition. This year, the State-level Figure Skating was held at the York City Ice Arena in York, PA. Over 50 Special Olympics athletes from PA, Delaware, Maryland and Virginia participated in this one day event. Medical coverage was provided by athletic trainers and sports medicine physicians from WellSpan Sports Medicine, York, PA.

The next upcoming SOPA State level event is the Summer Games, June 1-3, 2017 at Penn State University. For more info, please go to the PATS Website, "In The News..." and follow the link; or contact Mr. Jayme Galdieri, MS, LAT, ATC at [jdgaldieri@geisinger.edu](mailto:jdgaldieri@geisinger.edu)

Special Olympics Pennsylvania's administrative and legal teams have worked diligently with PATS SOPA liaison to create a modifiable "*Memorandum of Understanding*" between SOPA and any Pennsylvania Athletic Training Education Program who wants to have AT students experience and interact with some of the most incredible athletes participating in sports. If you have any questions regarding this MOU, please contact Dr. Linda Meyer at [meyer@calu.edu](mailto:meyer@calu.edu)

## **PATS in Conjunction with Sports Safety International (SSI) and the Pennsylvania Department of Health (PA DOH) Release ConcussionWise Nurse**

**John Moyer, PATS Past President, Chair PATS DOH Grant for Concussion Education Committee**

The Pennsylvania Athletic Trainers' Society (PATS) has yet again had the privilege to collaborate with Sport Safety International (SSI) and the Pennsylvania Department of Health (PA DOH) regarding education about the proper care and management of concussions provided by a four year grant from the Traumatic Brain Injury (TBI) State Implementation Grant Program.

During the past three years, PATS, SSI and the PA DOH have collaborated to provide concussion education programs specifically for medical professionals and youth sports coaches, parents and athletes across the Commonwealth. Concussion education courses have been designed for Physicians and Physician Assistants providing Continuing Medical Education (CME) credits upon completion. PATS and SSI have provided ConcussionWise Instructor courses for athletic trainers who have in turn provided concussion education presentations to coaches, parents and athletes associated with collegiate, secondary school and youth sports throughout the Commonwealth.

In our latest endeavor, PATS in conjunction with SSI, the PA DOH and the Pennsylvania Association of School Nurses and Practitioners is extremely excited to extend an arm of the medical professional's education course to nurses across the Commonwealth. While we have specifically targeted school nurses within the Commonwealth, the program is available for all nurses practicing in Pennsylvania and who have a desire to learn more about the proper care and management of concussions. ConcussionWise Nurse is an online presentation that will provide 2 hours of continuing education. While this course is not approved for Act 48 credits, nurses will be provided a proof of completion certificate that can be utilized for reporting continuing education credits that are required every 2 years.

In case you did not see the recent PATS Presidential Alert in March regarding this topic, we are asking all athletic trainers to forward the following information to your school nurses.

Instructions to register for this **FREE** course are below:

- Go to <https://patsdr.sportsafety.org>
- Click on "Take this course for free" at the top of the screen
- Fill out the form, and select "nurse"
- Click submit

## Shippensburg University Promotes NAT Month

A Lock Haven University athletic training student completing her clinical assignment at Shippensburg, wrote an article for the athletics web page. Her article showcased the true meaning of what an athletic trainer is and highlighted this year's slogan of "Your protection is our priority." The full article can be read [here](#).

### Legislative Activities Guy Sanchioli, PATS President

Past President, John Moyer and President Guy Sanchioli represented PATS at a legislative reception in April hosted by the PA Brain Injury Coalition. The following groups that also attended included:

Acquired Brain Injury Network of Pennsylvania (ABIN-PA)  
Brain Injury Association of Pennsylvania (BIAPA)  
Rehabilitation and Community Providers Association (RCPA)

We were able to talk to Mike Miller, Chairman of the Coalition, Dan Keating, President of the BIAPA, Candace Grant, and Drew Nagele, both Board Members. We exchanged information on concussion education and treatment and also discussed the roles of different health care professions in the management of concussions. Representative Tom Murt attended this event as well. PATS has supported his Brain Injury Awareness, CPR education in schools.

Mike Miller has asked PATS to be a presence on the Brain Injury Coalition with the other groups above. This is a great opportunity for PATS to have a voice in guiding future concussion policy for fellow Pennsylvanians.

In March, PATS met with Representative Dan Miller. Representative Miller has proposed a bill for mental health screening in schools, and he understands the connection between mental health and concussions. He is proposing a bill for Law Enforcement officers that may be able to provide the same resources as our athletes with regard to concussion education and treatment. PATS may have the opportunity to work with Rep Miller to create this policy.

You may find all of the legislative activities that PATS is supporting on the PATS website under Legislative Info

## Gearing up for the 2017 PATS Annual Meeting and Clinical Symposium in Erie, PA

The 2017 PATS Convention will be held at the Sheraton Erie Bayfront and Erie Convention Center June 8-10, 2017. Registration is still open. As a reminder, cancellations prior to June 1, 2017 will be refunded minus a \$10.00 processing fee. Cancellations after June 1, 2017 will not be refunded. Registration can be found on the PATS website or by clicking on [this link](#).

Hotel rooms at the Sheraton Erie Bayfront Hotel have all been booked. Additional rooms have been reserved at the nearby Courtyard Erie Bayfront. Rooms are available for \$162.00 but are booking fast. You can reserve a room through [this link](#).

Some highlight sessions for this year's programing include "Taking Care of Those Who Take Care", "Implementing the use of Patient Reported Outcomes: How to get started" and "School Violence: Are You Ready?". Several EBP Workshop courses will be available as well. You can register for the EBP Workshops when registering for the Symposium. A full agenda can be found on the [PATS website](#) under Symposia. Up to 18 CEUs will be available during the Symposium.

As always, PATS will be hosting a Welcome Reception, Honors and Awards Banquet, VIP Reception, Exhibit Hall, Poster Presentations, PATPAC fundraiser and the much anticipated Student Quiz Bowl. Please be sure to check out some of these exciting events and catch up with other athletic trainers around the Commonwealth.

A special thank you to the Convention Committee for the year long hard work and dedication to providing us with a detailed and well organized convention. We look forward to seeing you in Erie!



## Athletic Trainer Travels with USA Boxing

Kevin Kotsko, Hampton School District  
Allegheny Health Network

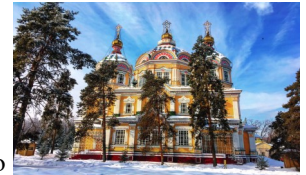


I was fortunate to travel with USA Boxing's Elite Men's Team to Almaty, Kazakhstan for a multi-nation training this past February. The camp was held at AIBA Boxing Academy in the foothills Zailiyskiy Alatau Mountains. We were about an hour away from the nearest city. The 8 USA boxers trained with teams from Kazakhstan and Germany, in preparation for the Chemistry Cup held in Germany.

The boxing facilities were world-class with 3 boxing rings and large heavy bag area, however, we need to use snow for our ice baths in my bathtub. The chance to be immersed in another country's vastly different culture (eating horse meat) and to learn new rehabilitation and recovery techniques from a different

perspective is something I take away from every international trip that I go on.

My next stop is going to be Honduras in June. I also wanted to thank my employer Allegheny Health Network for allowing to pursue this one in a life time experiences!



## HONORS AND AWARDS

### Marchetti Awarded NATA Young Professional's Committee National Distinction Award

Jeremy Simington, King's College

David Marchetti, Associate Clinical Professor in Sports Medicine and Athletic Trainer at King's College, has been announced as the winner of the 2017 National Athletic Trainers' Association (NATA) Young Professional's Committee National Distinction Award. As the winner, Professor Marchetti gets to deliver the Keynote Address at the 2017 NATA Foundation Pinky Newell Scholarship and Leadership Breakfast, which will take place at the NATA Clinical Symposia and AT Expo in Houston, Texas, on June 29, 2017.

The National Distinction Award is the Young Professionals' Committee's highest honor to recognize a young professional athletic trainer who has made an immediate and definitive impact on the athletic training profession at the national, district or state level. You can read more about the award [here](#).

### Thornton to be Honored Twice

Courtesy of the Clarion University Athletics Webpage

Jim Thornton, NATA President from 2012-2015 and athletic trainer at Clarion University, was recognized at the Central Pennsylvania chapter of the National Football Foundation's annual banquet on March 12. On May 12, Thornton will also be awarded the Korey Stringer Institute Lifesaving Service Award for his work in the understanding and treatment of concussions and other areas of expertise. The full article can be read [here](#). Thank you Jim for your dedication to the profession!

### Lucas Receives NATA Preceptor of the Year Award

Jena Harris

Andrea Lucas has served as a preceptor for the Lock Haven Athletic Training program for over the last decade and her tireless contributions are more than deserving of this honor. We couldn't have the successful students and alums we have without the efforts of all our preceptors. The NATA Preceptor of the Year award seeks to recognize those within the profession who have served as a preceptor for an Athletic Training program, who go above and beyond to help mentor students, and who work to improve the future of our profession by preparing the students of today to become the professionals of tomorrow. Andrea's award will be presented to her at the Executive Committee for Education Session at the NATA Clinical Symposia and AT Expo. The session will be Tuesday, June 26h at 10:45am in the George R. Brown Convention Center, Room 382. The award will be presented at the beginning of the session. Congratulations!

## PATS Honorary Team Physician Award

Dr. James Bradley– Pittsburgh Steelers  
Dr. Thomas Fessler– Edinboro University  
Dr. Tanya Hagen– Robert Morris University/ Mt. Lebanon H.S.  
Dr. Edward Smith– Grove City College

## 2017 PATS AWARD RECIPIENTS

Congratulations to this year's PATS Award Recipients for Distinguished Merit, Service and Honorary Team Physicians

### PATS Distinguished Merit Award

Yvette Ingram  
James McCrossin

### PATS Service Award

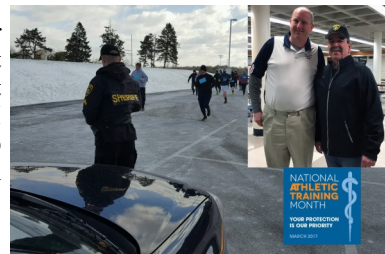
Jason Erlandson  
Dave Marchetti

## REGIONAL RECAPS

### Southeast- Nicky Cattano

Greetings from the Southeast! Hopefully the spring season has been treating everyone well.

On March 11<sup>th</sup>, Council Rock North Hosted the Bucks County Sheriff's Office for their fitness testing. As part of National Athletic Training Month, Mike Horan put out a call for volunteers to help provide athletic training services for the event under the standing orders of Dr. Aland. Mike Horan noted that with the NATM motto being, "your protection is our priority" it was a great opportunity to help those that protect us daily. Great job to Mike and all of the volunteers who helped during the event. Mike Horan pictured here with Chief Dennis Shook.



Michelle Monaco, AJ Duffy, John Moyer, George Roberts, & Shelly DiCesaro attended the Youth Sports Safety Summit attended in March.

Michelle Monaco, along with some other EATA friends, were a few of the athletic trainers that were part of the Boston marathon medical team. Great work!

The Hill School (Pottstown, Pa) received 2<sup>nd</sup> team NATA Safe Sports School Award in February. "The Hill School is honored to receive this 2nd Team recognition from NATA, and we remain committed to keeping our student athletes safe so they can accomplish their own goals of great competition, winning records, fair sportsmanship and good health. Our goal is to lead our athletics program to the highest safety standards for our players," said Hill School Athletic Trainer, Stephanie Schaldonat. Congratulations to Stephanie and Chris McGuigan (Assistant AT) on the recognition of their great work!



Dani Moffit was awarded the Temple University Department of Kinesiology Alumni Achievement Award. Tom Yabor has been named the Montgomery County representative for DonJoy. Members in that area can contact him with any of your needs at [tomyabor@reboundmedical.com](mailto:tomyabor@reboundmedical.com).

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Congratulations to students who were notified that they were selected for prestigious awards as recognition for all of their great work. Ian McGinnis (Temple University) was awarded the PBATS presidential scholarship, American Kinesiology Association Undergraduate Scholar, & Department of Kinesiology Outstanding Senior Award. Other Temple University students who received awards were: Danielle Carabello (Temple University Inaugural Athletic Training Student Scholarship) and Rachael Loeb ATC (Donald Hilsendager Scholarship Award).

District 2 awards went to West Chester University students Sarah Himes (2017 Bobby Gunn Student Leadership Award Winner) & Jill Sarm (2017 James Thornton Leadership Award Winner). Other West Chester University students who received awards were: Bryn Hardy (Pat Croce Scholarship Award), Morgan Stanwood (Brad Taylor Scholarship Award), Kelly Johnson (Doug Weiss Scholarship Award), & Lauren Sander (Phil Donley Outstanding Senior Award).

The Philadelphia Eagles have teamed up with Rothman at Jefferson again and will be hosting their annual 12<sup>th</sup> Annual Sports Medicine Symposium at Lincoln Financial Field. This free event is completely booked and “sells out” every year. So mark your calendars for next year and register early!

The annual Philadelphia Sports Medicine Congress will be held Friday, June 16<sup>th</sup>. Bill von Leer, MA, LAT, ATC (Lenape High School, Medford, NJ) will be recognized and receive the Ted Quedenfeld Award and Dr. Gary W. Dorshimer, MD will receive the Joe Torg Award. For details and information on the event, please visit: <http://www.phillysmc.org/>

PATS recently sponsored a free continuing education event entitled “Updating Your Clinical Toolbox” at West Chester University on Sunday April 23<sup>rd</sup>. Dr. Lindsey Keenan (Mental Health), Dr. Alison Gardiner Shires (IASTM), and Mr. Daniel Baer (Concussion Education and Reporting) shared their expertise with regional members. It was a great day and we hope to host a few more events in the near future.

PATS will be in Erie in beginning of June, and I hope to see many of you there! If anyone has any ideas or needs – please reach out to me and let me know. Have a great spring!

## Southwest- Dr. Shelly DiCesaro

Welcome Spring! This quarterly newsletter hopefully finds you enjoying the warmer weather and getting outdoors....but it is still SW PA so there is still time for snow! ☺ I would like to start this recap off with a well deserved Congratulations to Larry Cooper, Jennifer Smith and Gina Winkler of Penn Trafford High School for receiving their second, 1st Team Safe Sports School Award! This is exciting news for the student athletes at Penn-Trafford and a testament to the AT staffs dedication and hard work. For more information on the award or to complete your own application you can find more information on the NATA website at <https://www.nata.org/advocacy/youth-sports-safety/safe-sports-schools>.

The Spring season has brought us a host of events that have been nothing short of AMAZING! In April UPMC hosted their annual Concussion Workshop that included presentations from local physicians, therapists and athletic trainers to update the community on advances in detection and treatment. The seminar kicked off with a very passionate (as always!) talk from John Norwig, head athletic trainer for the Pittsburgh Steelers and wrapped with a personal and touching talk from Dale Earnhardt Jr. in regards to his own personal and professional struggles with concussion. The event was well attended and received by all in attendance and we already look forward to the next one! April also brought us the Allegheny Health Network Orthopedic Update at Nemacolin Woodlands. AHN was gracious to allow the PATS an opportunity to have a presence at the meeting and it was wonderful to reconnect as well as meet so many new athletic trainers. While the update centered around orthopedic surgical outcomes there were plenty of learning opportunities for athletic trainers to stay on top of their game. I would like to personally thank AHN and Craig Castor, director of Sports Medicine for this remarkable opportunity for the PATS. Speaking of the Allegheny Health network, they have a phenomenal new Sports Medicine and Health complex at Cool Springs in Bethel Park.....which will also play host to a Summer regional event in July. Mark your calendars now for July 12 with more detailed information to follow as we approach the summer.

In closing, please continue to send along your comments, concerns, congratulation and newsworthy tidbits to me at [southwest@gopats.org](mailto:southwest@gopats.org) for inclusion in the quarterly news. I love to hear stories and ideas from our members and am here to listen! I hope to see you all at the annual PATS convention this June 8-10 in Erie....programming is shaping up and registration is still open. Erie is a beautiful spot in the summer so bring the family and enjoy all it has to offer. Lastly, I would like to wish Nakia Sanders good luck and farewell as he and his family move to Texas. Nakia was the athletic trainer at Thomas Jefferson High School and most recently at Peters Township School district. Nakia has served PATS as the Washington county delegate for the past 3 years and will be missed by many. Good health and happy summer to all!

## Northwest- Rebecca Mokris, D., Ed, LAT, ATC



### ATHLETIC TRAINERS RECEIVE COMBAT TRAINING IN NORTHWEST PA

The PATS, in conjunction with the Allegheny Mountain Sports Medicine Foundation, hosted a CE event in DuBois PA. Steve Waleff, athletic trainer from Reynolds High school in Greenville, PA, taught the 4 hour

course. The program was titled "Combat Medic: What You Need to Know". It covered how treat injuries sustained by an active shooter in an after school or school setting. Participants were taught about how to treat injuries with Israeli battle dressings, tourniquets, and documentation appropriate for the treatment provided.



## North Central - Bill Frye, LAT, ATC, ITAT

Hello North Central region and I hope everyone had a Happy Athletic Training Month! I prayed everyone had a relaxing spring break and Easter vacation. By now I hope everyone has dug out of all the snow we received.

First off, I would like to congratulate Jason Erlandson on being elected the PATS Service Award. He will receive his award at the PATS Conference in Erie in June. Jason was the past North Central Representative for PATS and he also did a few years serving as the Parliamentarian on the board. While on the board Jason had done a lot of work with PATS History as well many other endeavors. Thank you again Jason, for your hard work and passion for the profession of athletic training. Much deserved!! Jason is another example of a North Central region athletic trainer supporting or being recognized at the state association level. Keep up the good work and helping PATS flourish as the best state organization in the country.

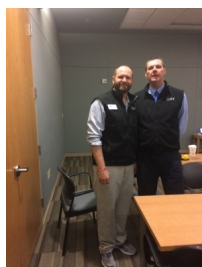
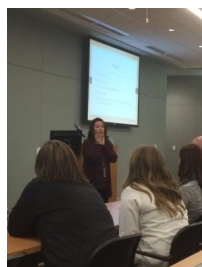
Speaking of PATS Convention, don't forget to register! Registration is open. There are a lot of people planning to attend so get your hotel early. The Convention is being held at the Sheraton Erie Bayfront in Erie, PA on June 8-10<sup>th</sup>. Go and support Jason when he receives the Service Award at the Banquet.



In March I had the pleasure to represent PATS and support former NATA president Jim Thornton as he received the National Football Foundation and College Hall of Fame Central PA "Lifetime Achievement Award for Athletic Training". The Banquet was held in State College with guest speakers Head Coach of the Penn State Nittany Lions, Coach James Franklin and former Penn State and Pro Football Player Brandon Noble. Jim received the Achievement Award and did not forget to mention the hundreds of athletic trainer's who are deserving of such an award. He helped promote the profession during his speech and shared a personal story that touched many in the crowd.



On March 23rd I held a Regional meeting at UPMC/Susquehanna. A big thank you goes out to Mike Ludwikowski for all of his work in setting up the space for the meeting. It was very much appreciated. The meeting included 2 presentations and 3 CEU's were handed out. First presentation was on "Concussion Rehabilitation" by athletic trainer Tony Andrejko. Tony was able to provide the most up to date rehabilitative techniques we can incorporate to our concussion programs for those athletes or patients who are progressing slower than the norm. The second presentation was on The Power of Purpose by athletic trainer, Carmen Terry. Carmen helped the attendees understand their own individual worth to their job and life and how we can use that power to excel at everything we do. The meeting was presented to 30 plus athletic trainers within the region. Thanks to Katie Bottorf and Meredith Boucher for all of your help with the behind the scenes work. The meeting would not have run as smoothly as it did without all of your help.



(continued on page 16)

Recently during March some LHU students, Colin and Keri, were able to escape to NYC and were able to “videobomb” the host of Good Morning America to help raise support for National Athletic Training Month. Way to go LHU as well for allowing them to go up there and support the profession.



To conclude I want to also mention with the help of the Department of Health grant for PATS Troy High School was able to apply and win the NATA Safe School Sports Award 1<sup>st</sup> Team in February. Another award winner in our region.

Finally, I really hope to see everyone in Erie for the PATS Conference in June. Hope you have a great end to your spring season and a great start to your summer as well. Thanks again for allowing me to help represent the great north central region of Pennsylvania.

## COMMITTEE REPORTS

### Webmaster

PATS receives your email address from the NATA periodically. So if you have any changes to your email address you may contact the webmaster to update your email address for our listserv but also update your email address with the NATA.

### Ethics

The ethics committee is currently revising the procedures for both PATS members and the public for reporting ethical violations by licensed athletic trainers. We anticipate making this available to the membership after the annual meeting in June. Please continue to review and abide by the NATA Code of Ethics and look for this announcement in the near future.

### Technology

The Technology Committee is approaching 1000 likes on our Facebook page and has surpassed 1,100 followers on Twitter. Facebook has been a good method of communication for non-members to reach out to our organization with questions as well as a great way to communicate with our members. Twitter has been successful in spreading information to other organizations across the country. An upcoming project for the committee will be to explore a new website interface. Like us on Facebook <https://www.facebook.com/gopatsAT/> and follow us on Twitter @gopatsAT

### PTA

The PTA committee will be attending the 108<sup>th</sup> Annual Pennsylvania's PTA Convention in Pittsburgh, PA. The convention will be held from October 20-22, 2017. The committee is looking forward to promoting athletic training while in attendance.

## CALENDAR OF EVENTS

Event	Date/ Time	Location	Contact
2017 PATS Convention	June 8-10, 2017	Sheraton Erie Bayfront and Erie Convention Center	More information found <a href="#">here</a>
2017 NATA Clinical Symposia and AT Expo	June 26-29, 2017	Houston, TX	More information found <a href="#">here</a>
Southwest Regional Meeting	July 2017	Cool Springs Bethel Park, PA	Contact Shelly at <a href="mailto:southwest@gopats.org">southwest@gopats.org</a>