**Matthew Shelton**

I am the High School Athletic Trainer (AT) for the Stroudsburg Area School District (SASD) and have held this position since 2004. I work in coordination with the Junior High/Middle School AT to provide global care to all of the student-athletes in the school district. I have been a NATABOC certified athletic trainer since 1997 (National Athletic Trainers’ Association, Board Of Certification); became licensed in the Commonwealth of Pennsylvania in 2012; and I am a member of the National Athletic Trainers Association (NATA), Eastern Athletic Trainers’ Association (EATA), and Pennsylvania Athletic Trainers’ Society (PATS).

I graduated from East Stroudsburg University in 1996 with a Bachelor’s of Science in Movement Studies and Exercise Science. In 1998, I applied to the orthopedic clinic Coordinated Health and was hired to work for their clinical outreach program.  I was assigned to Liberty High School in Bethlehem, Pennsylvania and worked there until 2004. I recently graduated with my Master’s of Science degree in December 2019 from East Stroudsburg University. The area of concentration of my MS degree was Advanced Clinical Practice in Athletic Training.

In the Stroudsburg Area School District, I work cooperatively with top orthopedic doctors of the Mountain Valley Orthopedics practice, area internists, faculty, and sports-performance coaching staff to foster and promote the athletic health and well being of the student-athlete population.

Beyond the daily scope of AT responsibilities at Stroudsburg High School, I have:

* Acquired and maintained the NWCA/PIAA Wrestling weight assessor certification.
* Streamlined the annual physical process by helping bring forms and information online making items more readily available to families.
* Co-Developed Concussion Policy for our student-athlete’s for the SASD.
* Made it possible for coaches to access athlete eligibility online, which in turn allows for more efficient use of professional staff time.
* Promotes athlete, family, and coach’s education in seasonal team meetings to promote an ongoing awareness of the role of an AT and the importance of proper injury awareness & prevention, nutrition and hydration.
* Helped bring in the King-Devick Test for concussion screening  to complement the SCAT5 screening and VOM screening to offer a more comprehensive concussion recognition and response program.
* Oversees the “Riddell InSite Impact Response” system for the JV and Varsity football teams which enables improved identification and management of head impact exposure by providing continuous objective monitoring and alerting of concerns.
* Applied for and was bestowed the NATA Safe Sports School 1st team award for 2018-2021.

Professional  highlights include:

* Nominated for The Newell Award, the national athletic trainer of the year award, by Mountain Valley Orthopedics and progressed to Regional Finalist in the Fall of 2017.
* Serving my 2nd year as a member on the PATS Secondary School Committee.
* Serving as the Monroe county delegate for PATS.  I work directly with the Northeast Regional Representative to be the liaison of information to local constituents.
* Actively helped within the EATA to proctor convention workshops over a 12 year span.
* Serving in my 15th year as a Preceptor for East Stroudsburg University where my role is to mentor and oversee the onsite training of athletic training interns in the fall and spring semesters. In this capacity I have fostered the athletic training profession for over 70 university students.
* Serving in my 15th year as a guest lecturer at Stroudsburg High School for the “First Aid/Athletic Training” class, which promotes the athletic training profession.
* Developed and fostered the networking of local athletic trainers to improve upon inter-school communication allowing for a more cooperative experience between home/visiting team athletes, interns, and athletic trainers.
* Coordinated and supervised athletic trainers to provide athletic training services for numerous sports tournaments for institutions of the likes of US Lacrosse and Lehigh University.
* Provided outreach education in the industrial setting focusing on biomechanics, general conditioning, and injury prevention to improve workplace safety.
* Continually participates in national, regional, and state conferences/training/continuing education to stay informed in both current and emerging aspects of the profession for the last 20 years.
* Hosts continuing education training for EMS responders, local athletic trainers, and interns allowing for practical experience using new protocols for spinal injuries and inline stabilization.

Community:

I live in Orefield, PA with my wife Ingrid and my two children Gracie, 13, and Sawyer, 6, along with my mother-in-law, Ulla, and my sister-in-law, Anna.

* Volunteered my skill set for a multitude of school and community events: Northampton County Special Olympics, Mini-Thon, National Honor Society sponsored blood drives, coverage of faculty v. student basketball and Powder-Puff football games as well as the Run for the Red, the American Red Cross Pocono Mountains Marathon.
* Serving on the Board of Directors of Kaybrook/Green Hills Swim Club, focusing on the club’s swim team.
* I have been an active PTO volunteer for my daughter’s school helping in a wide range of scholastic and community events.  Some highlights include supporting the annual Read-a-thon, Food Drives, Family Fun Day carnival, and Field Day programming.
* Sunday School teacher for pre-school children.
* Vacation Bible School teacher for elementary aged children.
* Brought my skills from my collegiate soccer career at ESU’s PSAC dual championships teams, into the community by coaching youth soccer programs of all ages.
* Provided coverage for recreational  children’s football leagues and wrestling tournaments within the community for 20 years.
* Hosts annual intern appreciation dinners and participate in social programming for university students and faculty.
* Avid mountain biker and Frisbee golf enthusiast.