



## From the Director

Dear Fellow MAATA Member,  
It is hard to believe that 6 years have passed so quickly and my term as District Director is coming to an end. This is the last newsletter in which I will have the chance to speak with you. It has been an honor and a privilege to serve this association and I hope that I have represented you well.

In reflecting on the past several years, much has happened. The federal government has issued regulations which the NATA felt were restrictive and The Board of Directors pursued legal action. Other groups have sought to limit the rightful place of athletic trainers in the healthcare system and we have aggressively addressed these issues to protect our rightful place. We have looked at how member organizations function in the new millennium and have restructured our national office and rewritten our bylaws. We have worked to try to stay relevant in an ever-changing technological world.

On the district level, we were one of the first in the nation to have a student senate. This is a concept that has caught on nationally and is now a standard of practice in all ten districts. We continue to work to build our relationship with our students, the future of our profession. We have changed the terms of our district officers and expanded an additional constitutional officer by splitting the Secretary and Treasures position.

All of these things showed the vision that athletic trainers and our Athletic Training Association have. We have aggressively moved to maintain our position in the healthcare professions and expand the member services organization, the NATA.

Again, I thank all of you for your support and friendship and I look forward to our continued association in athletic training.

Sincerely,  
*Charles Rozanski, Director*



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## From the Secretary

I hope you agree that this edition of the MAATA news has something for everyone. For those of you that plan to attend our Annual Symposium and Business Meeting in Virginia Beach at the Cavalier Hotel we have you covered. Mike Hanley has been working very hard with Brent Arnold, Jill Manners, Gretchen Buskirk as well as the entire symposium committee to meet your expectations. We look forward to seeing you at the Beach! For our athletic training students we have plenty of useful information for you to review; MAATA scholarship details, tentative student program information, MAATA student senate updates and informative committee reports that keep you abreast of all the initiatives that NATA membership provides to you; the future of our profession. Finally the newsletter has a wealth of information that keeps all MAATA members up to speed about our profession. Thank you to everyone that helped develop this edition.

As Director Rozanski indicated in his note to the membership he will be stepping down as District Director in June. I will be assuming his responsibilities and I must say that I have huge shoes to fill! Charlie has represented the district wonderfully during his tenure on the Board of Directors of the NATA. His fellow board members have twice elected him Vice President of the NATA which says a great deal about the board's opinion of Charlie and his leadership capabilities. It is not only the MAATA that has benefitted from Director Rozanski's time as our district director; every member of the NATA is better off for his service to the profession. As good a district director as Charlie is I can attest to the fact that he is a loyal friend and a great person. I am sure you join me in thanking Charlie for his service to the MAATA and the profession of athletic training.

Finally congratulations to Pat Aronson who was elected by the membership to serve as the next secretary of the MAATA. I look forward to working with Pat and know that she will be a great asset to our membership.

As always if I can be of any assistance to you please do not hesitate to contact me.  
Best,  
*Martin Baker, Secretary*



## From the Treasurer



*Michael J. Hanley  
MS, LAT, ATC*

Dear Fellow MAATA Members:

I hope the Spring Newsletter finds you all well. This edition contains all the information regarding the Annual Symposium and Business Meeting, to be held once again at the Cavalier Hotel in Virginia Beach on May 15-17, 2009. Taking into consideration the tough financial times, we have tried to keep registration costs comparable to last year, while acknowledging the increased costs of putting on the meeting. Along those lines, we are asking all certified athletic trainers to please plan on attending the Exhibitor's Reception from 4:00pm to 6:00pm on Friday May 15<sup>th</sup>. The exhibitors are critical to the financial success of the meeting, and it's

important we show our appreciation.

I hope to see everyone in Virginia Beach. Certainly if you have any questions regarding registration, please do not hesitate to contact me. I am also trying to determine how many of you would be interested in an on-line registration process for the 2010 Meeting. I look forward to your feedback.

Sincerely,  
*Michael J. Hanley, Treasurer*

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## Pat Aronson to Serve as Next MAATA Secretary

In the spring the members of the MAATA were asked to select the next secretary for the MAATA. This election completes the district re-organization that was set out by the revision to our constitution and by-laws.

Two excellent candidates were placed in front of the membership for consideration. The members of the MAATA have selected Pat Aronson to be our next secretary to replace Martin Baker who will assume the duties of the district director.

In announcing the result Director Rozanski stated "we are excited to have Pat join the leadership of the MAATA." Dr. Aronson is currently the coordinator for clinical placements for the Athletic Training Education Program at Lynchburg College. As secretary Pat will serve on the district council, maintain meeting minutes, act as editor of the MAATA newsletter and oversee the district website.

In Pat's own words:

"I appreciate the votes from my colleagues in the MAATA, which has allowed me the opportunity to serve them as the Secretary. I'm very excited to begin working and serving the District, and the profession of athletic training in this capacity. After taking a few years off since my 10 year stint as the District 3 Representative to the NATA Women in Athletic Training Committee, I am prepared to work hard in this new position. My hope is that as I can serve Athletic Training as a profession, serve the athletic trainers in our District, and encourage and motivate others to participate in service and in promoting our profession."

## Supporters of the MAATA

The MAATA would like to thank the following for supporting our profession and our association. You may contact them by visiting their web site or emailing them.



[Web Site](#)



[Email](#)



[Web Site](#)

### Contact Information Change?

To those members who have moved....we need your help. Your corrected contact information is requested. Please go to the NATA website "Members Only" section [www.nata.org/members1/members.cfm](http://www.nata.org/members1/members.cfm) (or click **HERE**) to update. Please be assured your information is secure. It will only be used for NATA and MAATA membership communication.

*Thank you, MAATA Leadership*

# MID-ATLANTIC ATHLETIC TRAINERS' ASSOCIATION CLINICAL SYMPOSIUM

May 15-17, 2009  
THE CAVALIER HOTEL, VIRGINIA BEACH, VA

**COMPLETE THIS REGISTRATION FORM AND RETURN BY May 3, 2009**

Name \_\_\_\_\_  
Last First Middle Name on Badge

Affiliation \_\_\_\_\_ Title \_\_\_\_\_

Contact Information:

Mailing Address \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Phone number \_\_\_\_\_  
Area code Number

NATA Membership # \_\_\_\_\_ BOC Certification # \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Hotel Reservations:** Contact the Cavalier directly at 800.446.8199; be sure to identify yourself as being with the MAATA.  
**Reservations must be made by 5/3/09 to receive the preferred rate.**



( ) Please check here if you require special assistance to fully participate. Attach a written description of your special needs. Requests must be received prior to 5/3/09

## Symposium Registration

|  | Advanced | After 5/3 and On-site                       | Total |
|--|----------|---|-------|
| ( ) MAATA Member                       | \$130    | \$150                                       |       |
| ( ) non MAATA Member                   | \$200    | \$220                                       |       |
| ( ) Student (College/HS)               | \$55     | \$80  |       |
| ( ) CPR Course<br>(Limited enrollment) | \$60     | Available for advanced<br>Registration only | \$60  |

## Director's Reception

Saturday May 16, 2009

*Included with paid symposium registration Additional guest as indicated below*

( ) Spouse/guest @\$35.00 each \_\_\_\_\_ # of Guests Total \_\_\_\_\_

Guest \_\_\_\_\_ Guest \_\_\_\_\_

Guest \_\_\_\_\_ Guest \_\_\_\_\_

( ) Children under 12 Free Child \_\_\_\_\_ Child \_\_\_\_\_ No Charge

Total Additional Charge for Reception \_\_\_\_\_

**Total cost of registration (payment enclosed) \$ \_\_\_\_\_**

*Cancellation policy: Full refunds are granted during the pre-registration period regardless of reason.  
A 50% refund will be given for notification between the pre-registration deadline and the symposium.  
No refunds will be given after the start of the symposium.*

**Completed Symposium form should be returned to:**

Ryan Mills, 203 Ward Sports Medicine Building,  
East Carolina University, Greenville, NC 27858

Make Checks payable to MAATA

Individuals NOT registered by 5/3/09 **MUST** register on-site

## MAATA 2009 Tentative Program

### Friday, May 15

| Time          | Topic   | Speaker                                 |
|---------------|---|---|
| 12:00-6:00 PM | Exhibit Hall Opens<br>12:00-4:00 Open to all Registrants<br>4:00-6:00 Exhibitors' Reception (Certified Members only)<br>in Exhibit Hall |   |
| 12:00-5:00 PM | Registration  |   |
| 1:00-5:00 PM  | CPR/AED Professional Rescuer Course   | Renee Cork                              |
| 6:00-7:00 PM  | Hormonal Influence on ACL Injuries in Women:<br>Research to Reality   | Sandy J. Shultz, PhD, ATC, FNATA, FACSM |
| 7:00-8:30 PM  | MAATA/District 3 Business Meeting   |   |
| 8:30-9:30 PM  | State Meetings (locations to be announced at business meeting)  |   |

### Saturday, May 16

| Time                | Topic  | Speaker   |
|---------------------|--|---|
| 7:30-10:30 AM       | Registration   |   |
| 8:00-9:00 AM        | An Introduction to Kinesiotaping   | Eric McClung, ATC CSCS  |
| 8:00-9:00 AM        | Free Communications; Oral  | TBD   |
| 9:00 AM -1:00 PM    | Exhibit Hall Opens to all Registrants  |   |
| 9:00-10:00 AM       | Dental Emergencies in the Athletic Setting   | Jerry Niewnsma, DDS   |
| 9:00-10:00 AM       | Free Communications; Oral  | TBD   |
| 9:00-10:00 AM       | Evidence Based Practice I  | Jay Hertel, PhD, ATC, FNATA   |
| 10:00-11:00 AM      | The Diabetic Athlete   | Guyton Hornsby, PhD   |
| 10:00-11:00 AM      | Free Communications; Oral  | TBD   |
| 10:00-11:00 AM      | Evidence Based Practice II   | Bonnie Van Lunen, PhD, ATC  |
| 12:00-1:00 PM       | Free Communication Posters   | Authors present 12:00-1:00  |
| 1:00-2:00 PM        | State of the Profession: An Update from the NATA   | President Marje Albohm, MS, ATC                                     |
| <b>2:00-4:00 PM</b> | <b>Concurrent Sessions</b>   |   |
| 2:00-3:00 PM        | <ul style="list-style-type: none"> <li>•Mental Imagery in Rehabilitation</li> <li>•Kinesiotaping Lab</li> <li>•Agility Training for the Athlete</li> </ul> | Alice McLaine, PhD, ATC<br>Eric McClung, ATC, CSCS<br>Greg Ott, ATC |
| 3:00-4:00 PM        | <ul style="list-style-type: none"> <li>•Mental Imagery in Rehabilitation</li> <li>•Kinesiotaping Lab</li> <li>•Agility Training for the Athlete</li> </ul> | Alice McLaine, PhD, ATC<br>Eric McClung, ATC, CSCS<br>Greg Ott, ATC |
| 8:00 PM             | Director's Reception   |   |

### Sunday, May 17

| Time           | Topic                                   | Speaker                                  |
|----------------|---|--|
| 8:00-9:00 AM   | Gang Activity in Athletics              | Sgt. Vince Goggins                       |
| 9:00-10:00 AM  | Second Impact Syndrom                   | Kevin Guskiewicz, PhD, ATC, FNATA, FACSM |
| 10:00-11:00 AM | Alternative Career Options for Athletic | Athletic Trainers Round Table            |
| 11:00-12:00 AM | Acute Care of the Head Injured Athlete  | Johana Mihalik, MS, ATC                  |

## MAATA 2009 Tentative Student Program

### Friday, May 15

#### Time

3:00 – 5:00 PM  
5:00 – 5:50 PM  
6:00 – 7:00 PM

#### Topic

Quiz Bowl (Winners of each state compete to move on to the NATA Symposium!)  
Student Meet and Greet  
Hormonal Influence on ACL Injuries in Women: Research to Reality

### Saturday, May 16

#### Time

7:30 – 8:15 AM  
8:30 – 9:00 AM  
9:00 – 10:00 AM  
10:00 – 10:50 AM  
10:00 – 10:50 AM  
11:00 – 11:50 AM  
11:00 – 11:50 AM  
1:30 – 2:15 PM  
2:15 – 3:00 PM  
~ 3:30 PM

#### Topic

Mentor's Breakfast (All students invited!)  
Professional Opportunities in Athletic Training – How Do I Get Involved?  
Orthopedic Surgeries in Athletics  
Myofascial Release (Lab Session)  
Gait Biomechanics and Evaluation (Lab Session)  
Sacroiliac Joint Evaluation & Treatment (Lab Session)  
Advanced Neurological Evaluation for the Athletic Trainer (Lab Session)  
Preparing for the Board of Certification Examination  
Life After the Entry Level Degree – How to find the right Graduate School  
AT Olympics (More information will be forthcoming!)

### Sunday, May 17

#### Time

8:00 – 11:00 AM

#### Topic

Student Research Presentations

## Reservation Information *Cavalier on the Ocean*

Cavalier on the Ocean ~ Oceanfront at 42nd Street, Virginia Beach, VA 23451 (800) 446-8199

### *Cavalier on the Ocean*

All preferred rates listed per night.

#### ■ Oceanview:

Single \$115  
Double \$115

#### ■ Oceanfront:

Single \$135  
Double \$135

#### ■ Deluxe:

King \$145

### *Historic Cavalier on the Hill*

All preferred rates listed per night.

#### ■ Superior

Single (Queen): \$115  
Double or King: \$115

#### ■ Deluxe King

with Jacuzzi: \$135

The deadline for registration at preferred rates is **May 3, 2009**.

Please call 1-888-SINCE-27 to make your reservation.

## *Cavalier on the Ocean*

### General Information

- Private beach with umbrella and chair rental service.
- Indoor & outdoor olympic size pools plus kiddie pool.
- 1,500 square foot health club
- Valet parking available in the underground garage for a nominal charge.
- Concierge service.
- Shuttle service between hotels.
- 3 Restaurants, room service and outdoor dining.
- Gift Shop.
- Same-day laundry and dry cleaning service.
- Cable television in all rooms
- Baby-sitting service available.

- Seasonal children's activities program.
- Refrigerator, microwave and coffee pot in every room.
- Cribs, no charge - cots, \$10.00 per night.
- Most rooms have 2 double beds. King beds available by special request
- Private balconies with all rooms in The Cavalier on the Ocean.
- No pets permitted.
- Children 18 and under stay free in same room with parents.
- Check-in time 4:00 pm, check-out time 11:00 am. It may not always be possible to have rooms available prior to 4:00 pm. Should there be a delay, all hotel facilities are available for your enjoyment.
- 4 Day cancellation notice required

# MAATA Scholarship Golf Tournament



Friday, May 15, 2009

Virginia Beach National (formerly TPC of Virginia Beach).

8:00 AM Shotgun Start

7:00-7:45 AM Registration, Continental Breakfast, Driving Range

12:00 Luncheon and Awards Ceremony

**Entry Fee: \$75 made payable to MAATA**

**Would you like to play a free round of golf?**

If you know of a business or individual that would like to be a corporate sponsor for the Tournament please contact Scott Johnson. If you identify a sponsor at the \$275 level or more your round of golf is on the MAATA!



## 2009 MAATA Scholarship Golf Tournament Registration

Name: \_\_\_\_\_ Handicap: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

Preferred Playing Partners: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



**Mail Golf Tournament Registration Form and payments to:  
Scott Johnson, Athletic Department  
Old Dominion University, Norfolk, VA, 23529**



In the event of cancellation due to inclement weather, all money will be donated to the scholarship fund.  
For more information, contact Scott Johnson at [sjohnso@odu.edu](mailto:sjohnso@odu.edu) or (757)683-3383.

## Golf Tournament to Benefit Scholarship Fund

### Tee It Up!

Come join the fun as we kick off the 2009 MAATA Annual Meeting and Clinical Symposium at this year's Annual Scholarship Golf Outing. It will take place at Virginia Beach National Golf Course on Friday, May 15, 2009 with a shotgun start at 8:00 AM..

Our day of fun and fellowship will raise money for the District 3 Scholarship Fund. Even if you don't play golf, you are sure to have a good time with your friends and colleagues. For more information please contact Scott Johnson at ODU (757) 683-3383 or email at [sjohnso@odu.edu](mailto:sjohnso@odu.edu). The registration form can be found on page 6 of this newsletter.

A special thanks to all those who plan to participate.

# MAATA State Leadership

### Virginia Athletic Trainers' Association

**Meg Thompson** [thompsonmf@longwood.edu](mailto:thompsonmf@longwood.edu)

Click [Here](#) for VATA Web Site

### Maryland Athletic Trainers' Association

**Thad Moore** [tmoore2@washcoll.edu](mailto:tmoore2@washcoll.edu)

Click [Here](#) for MATA Web Site

### North Carolina Athletic Trainers' Association

**James R. Scifers** [jscifers@email.wcu.edu](mailto:jscifers@email.wcu.edu)

Click [Here](#) for NCATA Web Site

### DC Athletic Trainers' Association

### South Carolina Athletic Trainers' Association

**Raz Razayeski** [jrazaye@clemson.edu](mailto:jrazaye@clemson.edu)

Click [Here](#) for SCATA Web Site

### West Virginia Athletic Trainers' Association

**Joe Blaus** [jblaus@verizon.net](mailto:jblaus@verizon.net)

Click [Here](#) for WVATA Web Site

## MAATA News

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

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## *In Memorial*

**Dr. Vito Anthony Perriello, Jr.** –passed away March 1, 2009, following a series of strokes.

He proudly served in leadership and board positions, including: the National Federation of State High School Associations – where he served as the Chair of the Sports Medicine Advisory Committee, the National Athletic Trainers' Association – where he was the physician director of the Board of Certification, the Virginia High School League – where he served as the Chair of the Sports Medicine Advisory Council, US Lacrosse Rules Committee, CASA, the National Wrestling Federation, Chi Psi Fraternity Corporation, and many other great organizations. Most recently he served as the moral anchor of the Perriello for Congress campaign.

**Family Statement** - "In the wee hours of the night, surrounded by his beloved family and lifted up by your prayers, angels carried our father's spirit off through the snowy night. During these most unbearable times, our family has been comforted by the stories, prayers and love that you have shared with us. We will post information regarding the celebration of dad's life later today and it would mean the world to my mother and all of us to have you with us at the service."

Contributions can be made to the Vito Perriello Foundation at the Charlottesville Area Community Foundation to honor his legacy. The fund will be used to promote his values and concern for the community he loved and to support his passions to which he gave so much of his time and talent. Contributions can be sent to CACF, P.O. Box 1767 Charlottesville, VA 22902 and should be clearly designated for the Dr. Vito A. Perriello, Jr Fund.

To read more on the life of Dr. Perriello, go to [www.legacy.com/DailyProgress/obituaries.asp?Page=Lifestory&PersonId=124832772](http://www.legacy.com/DailyProgress/obituaries.asp?Page=Lifestory&PersonId=124832772)



## **2009 VATA Annual Meeting and Symposium**

On January 16-18, more than 230 attendees came to the Omni Hotel in Charlottesville to take part in the Virginia Athletic Trainers' Association (VATA)

Annual Meeting and Symposia. Symposium attendees enjoyed a variety of presentations from a faculty of excellent speakers. Highlights of the weekend included:

### **NATA President Albohm Visits the VATA:**

The VATA was thrilled that NATA President Marje Albohm was able to attend our annual meeting. This is the only state association meeting that President Albohm plans to attend this year. She provided an inspirational and motivating keynote address to our members on Saturday morning and spoke with our student attendees on the importance of leadership skills Saturday afternoon as part of our student symposium.

### **Student Leadership Forum:**

Student attendees were able to take part in a leadership forum with VATA past presidents John Reynolds, Steve Cole, and Brent Arnold as well as with NATA President Marje Albohm. This session was very well attended by the student attendees. The VATA wants to extend a special thank you to the past presidents and to President Albohm for spending time with the future of our profession...the students were very appreciative.

### **Student Symposium:**

Barbara Long of Bridgewater College coordinated our 5th annual Student Symposium this year, which included presentations by students from James Madison University, Longwood University, Bridgewater College, and Roanoke College. Thanks to all our student presenters for great job!

### **2nd Annual Student Quiz Bowl:**

James Madison University wins again! The 2nd Annual Student Quiz Bowl was held Saturday evening, with teams from James Madison University, Bridgewater College, Longwood University, and George Mason University competing for the coveted traveling trophy and the chance to represent Virginia in the inaugural MAATA Student Quiz Bowl this May in Virginia Beach. The contest was once again organized by Cailee Welch and emceed by Sarah Manspeaker. Both are doctoral students from Old Dominion University. Dorice Hankemeier, also an ODU graduate student, was the scorekeeper. A strong contingent of fans and supporters were present to see James Madison University squeak out the victory and defend their title as Quiz Bowl Champions. This year's team included JMU students Susan Cross, Pat Deal, and Kelvin Flores. James Madison University will now represent Virginia in the District Quiz Bowl in May with hopes of moving on to the 1st annual National Quiz Bowl at the NATA meeting in San Antonio in June!



In February, SCATA hosted our annual *BBQ at the Blatt* luncheon with our state legislators. We had over 300 legislators and their staff along with 40 Athletic Trainers attended. In March SCATA will be offering a College and University student symposium as well as a High School student symposium. We welcome April Varnum (Erskine College) as our new Student Senator. The annual SCATA symposium will be held July 9 and 10, 2009 at the Radisson Hotel and Conference Center in Columbia, SC. A golf tournament will be held July 8th at Northwoods Country Club in Columbia to help benefit the Terry Lewis and Hannah Sobeski Memorial scholarships. For information on our symposium or golf tournament visit our website [www.scata.org](http://www.scata.org).



# NCATA

Congratulations to the following:

*High School Athletic Trainer of the Year*  
**Steven M. Ashby**, Mt. Pleasant High School

*College Athletic Trainer of the Year*  
**John Marcus Davis**, University of North Carolina - Chapel Hill

*Athletic Trainer of the Year*  
**Janna Fonseca**, Carolina Family Practice and Sports Medicine, Cary

*Educator of the Year*  
**Jill Manners**, Western Carolina University, Cullowhee

*Sports Medicine Person of the Year*  
**Joe Cutler**, Mt. Pleasant Family Physicians

*Corporate Service Award*  
**Greensboro Orthopaedics**

*Hall of Fame Inductees*  
**Dr. Ricky Proctor**, Professor of Exercise Science at High Point University

**Dr. Daniel Hooker**, Associate Director of Sports Medicine at the University of North Carolina at Chapel Hill

*Presidential Scholarship for Leadership*  
**Dan Brown**, Western Carolina University

*Hall of Fame Scholarship*  
**Summer Price**, UNC-Wilmington

*Pioneer's Scholarship*  
**Anna Heelen**, UNC-Charlotte



*Athletic Trainers of the Year, (left to right) Steve Ashby, Janna Fonseca, Marc Davis, and Jill Manners*  
 Photo by John Burney



*Dr. Daniel Hooker and wife*  
 Photo by John Burney



*Dr. Ricky Proctor and wife*  
 Photo by John Burney

Additional pictures from the state meeting can be found at [www.ncathletictrainer.org/businessmeetinginfo/2009symposium.html](http://www.ncathletictrainer.org/businessmeetinginfo/2009symposium.html)

## NATA Public Relations Committee

*Kelli B. Sabiston, MA, ATC, LAT*

The NATA Public Relations Committee continues to work hard on giving the athletic training profession national exposure to help promote the profession in many positive ways.

Recently, there has been much media coverage regarding the steroid scandal in professional baseball. Please visit the NATA's website [www.nata.org](http://www.nata.org) to get updated information on how the NATA is handling that controversy.

The NATA PR Committee met in December '09 for its mid-year meeting. Many pertinent issues were discussed. Here are the highlights:

**National Athletic Training Month** – We have now begun National Athletic Training Month & the NATA is excited to see what type of events/projects that the membership has in store. The theme for this year's NATM is "Health Care For Life & Sport". Entrants to the PR contest should remember to go above & beyond the norm in order to win since the competition has gotten tougher. All entries this year must be submitted electronically – photos, links, written materials, etc. Nothing will be accepted that cannot be submitted electronically. There will be a new category this year – Best First Time Effort. The entry form will be posted online later this month (March). The deadline for submissions to the contest is mid-April — a specific date will be given very soon. Even if you are not entering the PR contest, you are requested to send all NATM activities to Kelli Sabiston ([ksabiston@atmc.net](mailto:ksabiston@atmc.net)) for inclusion in the NATA News that will cover all NATM events. Please visit [www.nata.org/natm](http://www.nata.org/natm) to get all the updated information, helpful tips, & categories.

**Committee vs. Council** – The NATA has restructured its committee makeup – some committees will be disbanded, some committees will be changed to "councils", and some committees will continue to function as they have been functioning. In June '09, the NATA Public Relations Committee will officially change from a committee to a "council." Basically, this means that the PR Council will only meet once a year at the NATA Annual Meeting & Symposium. Each district will continue to have a representative on the council & projects will be assigned on an "as needed" basis to the appropriate person or group. Experts & contact people will be identified in each district to handle specific tasks. Districts & states will still be represented and supported.

**Think Tanks** – The NATA has started several "Think Tanks" to aid athletic trainers in their quest to share information on various timely topics. There is a Public Relations Think Tank that is currently up & running. Please sign-up & visit the PR Think Tank by logging on to the "Members Login" section of the NATA website & then choosing the "Think Tank" icon on the left side menu bar. The plan is to keep this Think Tank positive & proactive & to encourage participation from all of the states.

**PSA Campaign** – A new PSA campaign in conjunction with the American Academy of Orthopaedic Surgeons (AAOS) is now available. This information can be viewed at [www.nata.org/acl](http://www.nata.org/acl). The membership can submit this PSA to their local news media outlets (newspapers, TV stations) for publicity.

**National Sportscaster & Sportswriters Association (NSSA)** – Each year the NATA PR Committee sponsors a luncheon at the national meeting for the NSSA, provides an educational seminar on a timely sports medicine topic, and presents a deserving sportswriter or sportscaster with an award for the most outstanding sports medicine story of the year. The meeting is held in Salisbury, NC every year & has a star-studded group of attendees. If you know of anyone who deserves to be nominated for this award, please contact Kelli Sabiston ([ksabiston@atmc.net](mailto:ksabiston@atmc.net)). The deadline for submission for the award is March 24<sup>th</sup>, & the entrant must be a member of the NSSA.

**Secondary Schools Initiatives** – The PR Committee works closely with the Secondary Schools Committee to help promote the value of having certified/licensed athletic trainers at the high school level. Visit the NATA website to find the Secondary Schools Value Model. Ideas on how to make an impact on the state level were discussed at the NATA PR Committee mid-year meeting. The following is a sample of the ideas discussed:

- Introduce yourselves to radio broadcasters at athletic events
  - Focus on proper terminology
  - Be positive, helpful
- Exhibit at state athletic directors, superintendents, & booster club meetings
- Write articles to be placed in publications for the above-mentioned groups
- Offer to present at meetings for the above-mentioned groups
  - Focus on an issue – concussions, MRSA, what to expect from your athletic trainer, ways to fund AT positions, etc.

**Dealing with the Media** – How to act when contacting the media has become a hot topic lately. Even when the media makes mistakes about the athletic training profession regarding terminology, educational background, etc, please remain polite & non-confrontational. Take an educational approach & do not degrade the media. It is important to be an important ally to the media & foster a beneficial relationship based on mutual respect.

### Upcoming Events –

- May 15-17, MAATA Annual Meeting & Clinical Symposium in VA Beach
  - The D3 PR Committee will meet.
- June 17-20 – NATA Annual Meeting & Clinical Symposium – San Antonio, TX
  - The NATA PR Council will meet on June 17<sup>th</sup>, 11a-5p.

Please communicate with your state Public Relations contact regarding activities that you are involved in or assistance that you might need. Grassroots PR efforts can be extremely effective & the NATA wants to support those efforts to the fullest extent possible.

## Student Updates

### Jail 'N Bail Fundraiser

The Barton College Athletic Training Club held a Jail 'N Bail Fundraiser in November to raise money for a local food pantry for the holiday season. A portion of the money raised will also go toward the first installment of the pledge toward the endowed research grant project that the District 3 athletic training education programs have begun. Coaches, administrators and students from across the campus participated. Club advisor, Randy Pridgen ATC, served as the judge for the event while a police officer from the Wilson Police Department served the arrest summons. A makeshift jail was created in the cafeteria for our "jailbirds". The Barton College SGA provided funding for the t-shirts for the event. Approximately \$1500.00 was raised with this fundraiser with a \$750.00 check being presented to the Peace Church Food Pantry in Wilson to help provide meals to those in need during the holiday season.



*Pictured Paul Lanfranchi (President); Heather Byrd (Vice-President), Randy Pridgen ATC (club advisor and judge); Melissa Von Hoene (Treasurer) and Breanna Newton (project coordinator).*

### Western Carolina University Students Present at Student SEATA

Six students from Western Carolina University were among fifteen students selected to present case studies as part of the 2009 symposium. Student clinical case studies underwent a blind-review process and the top fifteen were selected for platform presentation. Students from Boston University, Louisiana State University, the University of Central Florida, the University of South Florida, Georgia Southern University, Northern Kentucky University and the University of Florida were also selected to present.

WCU students performing platform presentations were seniors Brandon Auton, Brandon Johnson and Kelly Robertson and juniors Brian Gill, Casey Shirey and Ashleigh Wilkes. Special recognition goes to Brian Gill who was the recipient of the Outstanding Clinical Case Study award for his work.

Alexis Quigg (Boston University) and Brian Gill (Western Carolina University) shared honors for the Outstanding Clinical Case Study Oral Presentation, while Megan Sauviac (Louisiana State University) won the award for the Outstanding Clinical Case Study Abstract.



### 2009 SEATA Clinical Case Study Presenters

2009 Clinical Case Study Winners were: Megan Sauviac – Louisiana State University (Outstanding Clinical Case Study Abstract); Alexis Quigg – Boston University (Outstanding Clinical Case Study - Oral Presentation); and Brian Gill – Western Carolina University (Outstanding Clinical Case Study - Oral Presentation)



## MAATA Scholarships

The MAATA supports the educational endeavors of future athletic trainers by offering scholarships to students showing potential in the profession. Description of scholarships listed below. Deadline for all is April 1, 2009

[Edward M. Block Undergraduate Scholarship](#)

[Larry C. Sutton Postgraduate Scholarship](#)

[A.C. "Whitey" Gwynne Masters Scholarship](#)

Please visit the [MAATA web site](#) for additional information.

**MAATA Student Senate Update:**

As many of you are aware, the MAATA began a student senate in 2007. The purpose of the student senate is to give the students a voice in the district. We hope to develop leadership skills and future leaders within the profession. So far, the student senate has been a very productive organization. Although still young, the senators have played a major role in the planning, coordination and hosting of the Mid-Atlantic Athletic Trainers' Association Annual Student Meeting in May 2008 and currently have a great symposium planned for May of 2009. All of the senators have taken active roles in their state association and are in the process of planning additional ways to promote the profession and unite the students within the district. Additionally, for the past two years, many of the senators represented their states by attending the "Hit the Hill" in February. The current student senators are:

**Maryland / DC**

Richard Rodriguez (Towson), Erin Will (Salisbury)

**North Carolina**

Kayla McKenzie (High Point), Adam Wall (ECU)

**South Carolina**

Amy Fraley (USC), April Varnum (Erskine)

**Virginia**

Mary Cantu (GMU), Amanda Cartwright (Longwood)

**West Virginia**

Chrissie Mason (WVWC), Colleen McTammany (WVWC)

At this time, we have openings on the senate for a representative from Maryland and DC, Virginia, North Carolina and South Carolina. Candidates must be a member of the NATA and should plan to graduate in May of 2011. Therefore, a rising junior is required for this position as the student will serve the senate until May of 2011. We are looking for motivated individuals who possess strong leadership characteristics. Members of the senate will be expected to attend the MAATA Annual Meeting and Symposium in May during his / her senate term. The application deadline is **April 15th**. The selected senator will take office beginning May 18<sup>th</sup>, immediately after the 2009 MAATA Annual Meeting.

Interested applicants should:

- Complete the Student Senate Application form available from their Program director or contacting Jill Manners [manners@email.wcu.edu](mailto:manners@email.wcu.edu) or Erica Zimmerman [erickazimmerman@ucwv.edu](mailto:erickazimmerman@ucwv.edu).
- Submission of a personal statement indicating why you are interested in the MAATA Student Senate. (300 words maximum)
- Letter of Recommendation from your Program Director or AT Club Faculty Advisor.

If you have questions, please contact Jill Manners [manners@email.wcu.edu](mailto:manners@email.wcu.edu) or Erica Zimmerman [erickazimmerman@ucwv.edu](mailto:erickazimmerman@ucwv.edu).

**National Athletic Training Student Committee**

*Colleen McTammany, District III Representative*

On behalf of the National Athletic Training Student Committee I would like to ask for help in gathering pictures of Athletic Training Students in action. The pictures that are collected will be used in a slideshow that will hopefully be a complete representation of the district. The slideshow will be shown at the NATA conference in San Antonio. By submitting pictures, you are giving permission for the NATSC to use the pictures in a slide show. To submit pictures go to [www.snapfish.com](http://www.snapfish.com), the log in name will be [natscdistrict3@yahoo.com](mailto:natscdistrict3@yahoo.com) and the password is district3. From there you upload the pictures, if there are any questions please feel free to email [mctammany\\_cm@wvwc.edu](mailto:mctammany_cm@wvwc.edu) with D3pics as the subject line. Please try to upload pictures by the end of April if you would like them to be part of the slideshow. Thank you for all of your help.

**College & University Athletic Training Student Committee**

*Kelly Harkins*

The CUATSC has been working to develop fantastic student programming for the 2009 NATA Annual Meeting in San Antonio, TX and hopes that you will attend! Our topical theme for this year's meeting is "The Cutting Edge of Athletic Training: Current Practice and Future Trends". We are very excited about each of our speakers and breakout sessions. As in years past, the National Basketball Athletic Trainers' will be hosting a cadaver workshop on Thursday afternoon, following our morning breakouts and lunch. The Inaugural Athletic Training Student Quiz Bowl will take place on Friday afternoon, and we hope everyone will support District 3 for this exciting event! The student programming concludes on Saturday morning with a Student Leadership Breakfast and Town Hall Meeting/ Panel Discussion with current and past leaders of the NATA, followed by Career Roundtable Discussions with representatives from numerous athletic training settings. You will not want to miss it!

Lastly, I would like to encourage all undergraduate or entry-level masters' students who are **members of the NATA and have never attended an NATA Annual Meeting** to apply for the Bobby Gunn Student Leadership Award. One student from District 3 will be selected to receive this award, which covers the cost of convention registration to this year's annual meeting, as well as a \$500 stipend that can be used towards hotel and/or airfare. Please read more about this award and find the application form at [www.nata.org](http://www.nata.org). All entries must be received at the NATA National Office in Dallas, TX by **April 30, 2009**. Late entries will not be accepted.

**I hope to see you in San Antonio!**

# NATA - CUATC Update

*Bob Casmus, M.S.,ATC, District 3 NATA-CUATC Representative*

## **NATA-CUATC Report from Mid-year Meeting in Washington, DC**

Following are the key items discussed below per the NATA-CUATC Mid-year Meeting:

1. Deadline for nominations for the NATA College & University Awards is March 15<sup>th</sup> – the criteria and nomination forms are on the NATA website.
2. A report was read per the January task force meeting held between the NATA, AFCA and the NCAA per safety issues regarding the sudden collapse and death of football student athletes during out of season and summer workouts. There have been 21 reported incidents since 2000. The main topics discussed included Sickle Cell, Sudden Cardiac Arrest, Exertional Heat Illness, EIA, Emergency Action Plans and CPR-AED guidelines for football coaches. Future discussions will be addressing the following areas:
  - a. As the intensity of strength and conditioning session increases there appears to be an inverse decrease in safety and what is the influence of “redline training”.
  - b. There is a concern that the off-season conditioning programs not mirroring performance needs.
  - c. Will the elimination of performance measures (ex. Timed Runs) in the first few days of pre-season decrease the risk of sudden deaths?
  - d. Should institutions conduct PPE’s on prospective or walk-on student athletes during the summer to identify medical conditions prior to pre-season?
  - e. Should all football coaches be required to have First Aid, CPR-AED certification?
  - f. Strength and Conditioning Coaches should be held accountable to use scientific based principles for conditioning and designing training and recovery sessions.
  - g. Develop ways to monitor and recognize athletes and their signals of distress and or crisis.
3. The Appropriate Medical Care for Intercollegiate Athletics (AMCIA) is currently being updated and hopefully will be on-line officially this June 2009.
4. The NCAA has enacted stricter guidelines for athlete use of ADHD medications. Check the NCAA website and related mailings per documenting information and responding to a positive drug test per these medications.
5. The new injury surveillance system will be unveiled by the Datalys Center in April 2009. All NCAA head athletic trainers should be receiving notification via e-mails and regular mailings.
6. NCAA rules are probably going to expand for Division I to permit organized summer workouts to all athletic teams. Division III head coaches will be required to have First Aid and CPR-AED certification. Division II tryouts of prospective student athletes permits the student to use his/her senior year PPE to meet the requirement for the tryout.
7. A face to face session was held with Ken Knight and Sara Brown of the NATA Education Council to discuss concerns and guidelines for athletic training students in the collegiate setting related to supervision, travel and other ACI/CI issues.
8. A joint session of the CUATC, CEPAT, COR, GAC and SSATC was held to discuss revenue issues, athletic training education program issues and quality of life issues for athletic trainers and the athletic training profession.

## NATA-REF

*Bob Casmus, M.S.,ATC, District 3 Board Member*

### Board of Director Member for District 3

- John Oliver our current executive director is retiring as of July 31st, 2009. He did a TREMENDOUS job for the Foundation, enabled us to grow leaps and bounds and he will be greatly missed!
- Teresa Foster-Welch will become the new Executive Director as of July 2009. She is currently working with John Oliver and transitioning into her new upcoming position. She has much experience in fund-raising and she is well acquainted with the goals and mission of the NATA Foundation.
- For the year 2008, District 3 donations to the NATA Foundation was \$14,100.00 and we met our District Goal well over 10%! Thank you one and all who made donations in 2008.
- District 3 received \$103,599.00 in 2008 to fund research grants and \$16,000.00 in scholarship funding which totaled \$119,599.00. As you can see, District 3 received well over **10 TIMES** what we as District 3 members donated to the NATA Foundation for 2008!
- At the 2009 NATA Annual Meeting and Convention in San Antonio there will be 245 Abstracts presented. Well over 300 were submitted by our membership.
- NATA Research and Education Foundation Awards Program for 2009 will have The New Investigator Award presented in honor of Freddie Fu, MD and sponsored by the Univ. of Pittsburgh Medical Center is being presented to **J. Troy Blackburn, PhD, ATC of UNC-Chapel Hill** for *"The Influence of Musculotendinous Properties on Injury Risk Factors."* Congratulations to Dr. Blackburn.
- NATA Foundation Annual Lecture and Exchange Program with American Medical Society for Sports Medicine will have **David Berkoff, MD - Duke University, Durham, NC** *"Air Conditioned Benches Their Effect on Core Temperature in Exercising Athletes."* Congratulations to Dr. Berkoff.
- Currently we have in 34 student athletic training programs involved with raising \$150.00 annually for the next 5 years to help endow a Master's Research Grant for District 3. The list of athletic training education programs who agreed to be involved with this project includes the following: Appalachian State University (NC), Averett College (VA), Barton College (NC), Campbell University (NC), Catawba College (NC), Charleston Southern University (SC), College of Charleston (SC), East Carolina University (NC), Emory & Henry College (VA), Erskine College (SC), Frostburg State University (MD), Gardner-Webb University (NC), Greensboro College (NC), High Point University (NC), James Madison University (VA), Lees-McRae College (NC), Lenoir-Rhyne College (NC), Limestone College (SC), Lynchburg College (VA), Mars Hill College (NC), Marshall University (WV), Methodist College (NC), Towson University (MD), UNC-Chapel Hill (NC), UNC-Charlotte (NC), UNC-Greensboro (NC), UNC-Pembroke (NC), UNC-Wilmington (NC), Salisbury University (MD), University of South Carolina (SC), Western Carolina University (NC), West Virginia University (WV), West Virginia Wesleyan College (WV), and Wingate University (NC).
- I would like to encourage all the accredited athletic training programs in District 3 to join the campaign to endow the Master's Research Grant for District 3. I would also like to encourage the athletic training program directors and the clinical coordinators to join with their student programs in this campaign. The program directors and clinical coordinators are asked to commit only \$30.00 a year for the next 5 years. If we can get 33 individuals to commit towards this project, this will enable us to award a Master's Level Research Grant in Fall 2009 and continue to endow the grant over the next 5 years. I have personally made a financial commitment towards this particular project as research is what drives our profession and guides our practice as an athletic trainer.
- As of 2/3/09 the Capital Campaign has brought in \$1,025,000.00 in gifts and pledges etc. The public phase has begun as of January 1, 2009. I hope everyone will consider joining this important cause and making a donation of some level to support the future of our profession. As you know there are those groups out there opposed to athletic training and tell the legislatures that athletic trainers "...jeopardizes the health, safety and welfare of patients by allowing non-qualified individuals to provide therapy services." Our support of the NATA Foundation is critical and highly important. The Capital Campaign materials and pledge information will be available at our District Meeting this May 2009 and can also be found currently on-line at [www.natafoundation.org](http://www.natafoundation.org)!

**NATA Research & Education Foundation**

**Yes! I will rise to the challenge! It is time to take control of our future.**

Name \_\_\_\_\_ NATA District # \_\_\_\_\_

Credentials \_\_\_\_\_

Employer \_\_\_\_\_

Address ( Home  Work) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

My investment:  \$10  \$25  \$50  \$100  \$250 \$\_\_\_\_\_ Other

Check enclosed  Charge \$\_\_\_\_\_ to my:  Mastercard  Visa  
Acct. #: \_\_\_\_\_ Exp. date: \_\_\_\_\_  
Signature: \_\_\_\_\_

*Pledge:* I pledge \$\_\_\_\_\_. Enclosed is my first payment of \$\_\_\_\_\_.

Bill me quarterly  Debit my credit card quarterly

I would like my contribution to go toward \_\_\_\_\_ (optional)

*Honorariums/Memorials:* (Minimum gift \$50)

My gift is in  Memory  Honor of: \_\_\_\_\_

*Please send notification to:*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Please send me:**

- Grant applications  Call for abstracts  Research results  
 Scholarship application  List of grants awarded  Other \_\_\_\_\_

Thank you for your support! Send to:  
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