

PATS *News*

Pennsylvania Athletic Trainers' Society



Spring 2010

President's Message

This March we celebrated another Athletic Training Month. From a legislative standpoint, I believe this March was the most successful we have had in the recent past. It has been a busy and exciting month for our organization throughout the Commonwealth. PATS continues to be a great organization because of the number of athletic trainers we are able to mobilize on behalf of the Society and profession. I would like to take this time to mention some of the events from this month, provide an update on our governmental affairs activities, and finally announce some well-deserved accolades.



Tom West, PhD, ATC

Our Public Relations Committee, headed by Ryanne Ziobro, has worked to increase the public's awareness of our profession, specifically reminding them that athletic trainers are highly educated health care professionals working under the direction of a physician. They did this at numerous events throughout the state. The details of these events are found in this newsletter, but I would like to mention some of them here since these activities are so important to meeting our mission as a Society.

In mid March we conducted our "Hike to the Hill" activities in Harrisburg at the Capitol. This event was coordinated by the Public Relations Committee in conjunction with our lobbying firm, the Winter Group. This year's event was one that you all should be proud of. We began with a press conference in the Rotunda of the Capitol where I had the good fortune to be able to introduce Representative Harry Readshaw, the primary sponsor of our Licensure Legislation. After Representative Readshaw and I spoke, President-Elect Greg Janik presented an update on the other legislative activities PATS is currently engaged in. We also had a booth in the Capitol staffed by members of the PR committee and Board of Directors. Throughout the day PATS Board members, PR committee members and students from Duquesne University, East Stroudsburg University, Lock Haven University and King's College met with nearly 30 legislators asking for their support of our licensure bills. We also had Athletic Training Month officially declared by the Senate, House and Governor this year!

PATS also has been active in meeting with legislators in regards to House Bill 2060 and the newly introduced Senate Bill 1241, both of which deal with concussions and return to play in interscholastic athletes. This winter we met with the primary sponsor of the house bill, Representative Briggs, in an attempt to ensure that the end result is an improvement in care afforded the athlete without impinging on the ability of the athletic trainer to do what he or she has been trained to do. These bills have allowed us to educate legislators about our profession and have demonstrated that we take the care of the physically active very seriously. We hope that this involvement will also have a positive impact on our licensure bills. All of this legislative activity cost money, but PATS was fortunate to receive a grant of \$14,500 from the NATA to support these efforts.

Contact Us

www.gopats.org

610.496.4192 PATS Cell Phone

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 certified athletic trainer as a recognized health care provider for the physically active in the Commonwealth through legislative and credentialing efforts.
- T** Transact business on behalf of the Society's membership in a prudent, effective, and collaborative manner.
- S** Serve the membership by providing a gateway to educational, research, scholarship, and networking opportunities.

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PATS Board of Directors

President

Tom West, PhD, ATC
west_t@calu.edu
(610) 496-4192 - PATS Cell

President-Elect

Greg Janik, MS, ATC
gregjanik@kings.edu

Past-President

Julie Ramsey Emrhein, MEd, ATC
emrhein@calu.edu

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Jody Preische, PhD, ATC
jpreisch@lhup.edu

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Scott Heinerichs, EdD, ATC
sheinerichs@wcupa.edu

Parliamentarian

Jason Erlandson, MS, ATC
jerlands@montoursville.k12.pa.us

[Click here](#) to find your region.

Northwestern Representative

George M. Roberts, MEd, ATC
roberts@edinboro.edu

Northcentral Representative

Yvette Ingram, PhD, ATC
yingram@lhup.edu

Northeastern Representative

Scott Dietrich, Ed.D, ATC
sdietrich@po-box.esu.edu

Southwestern Representative

Gaetano Sanchioli, MS, ATC, PES
sanchioligj@upmc.edu

Southcentral Representative

Tanya Miller, MS, ATC
millertl@etown.edu

Southeastern Representative

Kathy Wright, EdD, ATC
kwright@ursinus.edu

Continued from front page.

The PATS Convention Committee has been hard at work preparing an outstanding educational session and fun social activities. The Symposium and annual Golf Tournament will be held June 2-5 in Harrisburg. Please log on to our website for the schedule and list of social events. I am also pleased to announce that we will be inducting Steve Nemes into the Pennsylvania Athletic Training Hall of Fame at the Awards Banquet. The Moyer Lecture will be given by Rick Burkholder and Dr. Gary Dorshimer both of the Philadelphia Eagles. Please make plans to attend!!

March 2010 has been a great month for PATS. While I have mentioned only a couple of names in this update, there are many members who have spent much of their personal time working on behalf of the profession. You will find their stories on the pages in this newsletter. As always feel free to contact me or any of the BOD in regards to suggestions or issues that may arise related to our profession. See you in Harrisburg!

Hit the Hill Day 2010

By Greg Janik

Pennsylvania athletic trainers and athletic training students gathered in Washington, D.C. to participate in NATA's Capitol Hill Day 2010 on February 23, 2010. The Pennsylvania representatives teamed together to attend many meetings with legislators in the US House and Senate and used their time to ask for their support for HR 1137 and seek possible Senate sponsorship and introduction. The time was also spent informing and educating legislators about the profession of athletic training, answering questions about the profession and HR 1137, and offering athletic trainers as a resource for future sports health issues. Next year, we all hope you will find time to attend!



Athletic Trainers and athletic training students for Hit the Hill Day

Governmental Affairs

George Roberts, MS, ATC

I am pleased to report to the membership of the Pennsylvania Athletic Trainers Society that we are very active in Harrisburg on your behalf. In the very recent past, Representative Reedshaw (D-Allegheny Co.) has introduced companion bills in the Pennsylvania House of Representatives designed to upgrade our current state certification to licensure. These are HB2176 and HB 2177. Both bills have been assigned to the House Professional Licensure Committee and we hope to hear very soon about a hearing date. The language for both bills appears on the PATS website. It is also my understanding the Senator Andrew Dinniman (D-District 19) will introduce similar companion bills in the Pennsylvania Senate. The bottom line is we are working hard to fulfill our legislative agenda this year.



L to R bottom Rep. Mario Scavello, Martha Dettle (ESU), Brittany Schreppel (Kings College). Second row: Scott Dietrich (ESU), Julie Ramsey Emrhein (Cal U), Matt Pyle (LHU)

* Rep. Scavello was a co-sponsor of HB677 the resolution declaring March Athletic Training Awareness Month in PA; he pledged his support for HB2176 & HB2177.

Our new lobbyist, the Winter Group headed by former Lt. Governor Mark Singel and Peg Moyer is working on our behalf on our legislative agenda as well as other legislation that affects Athletic Training practice. HB 2060 has been introduced by Representative Tim Briggs (R-District 149) which addresses concussions and return to play issues. We have met with Representative Briggs and given input for amendments to this bill. Although it is not our legislative issue, it will impact Athletic Trainers greatly so we want to make sure that the language of the bill is good for the athletes and does not impact our practice negatively.

Finally, approximately 50 PATS members took part in the annual Hike to Harrisburg Day on March 15th. The day was organized by RYANNE ZIOBRO, PATS Public Relations Chair, and ANGIE ARMBRUST and NATALIE BOYLAND from The Winter Group. Students from East Stroudsburg, Kings College, Lock Haven University, and Duquesne University

manned the PATS displays in the East Rotunda and also attended meetings with House members accompanied by a PATS Board Member. The day was our most productive and successful to date and thank you goes out to all involved. Keep the Monday before Saint Patrick's Day open for next year and we will do this all again. Please plan to join us.

Spotlight on PA Secondary School Athletic Trainers

Suzanne Bologa, MS, ATC

Secondary school athletic trainers work hard to be a valuable part of their school districts and communities. They put in long hours covering multiple athletic events at the same time and work with student athletes of all abilities. While an important part of the high school athletic program, they must often explain who they are and what they do to people throughout the district. With more and more school districts in Pennsylvania employing athletic trainers, it is great to see how valuable they have become to both their schools and communities.

Continued on page 4.

PATS Committee Chairs

Convention

Eric Lippincott, PT, ATC
elippinc@lhup.edu

Corporate Sponsorship

Tim Doane, ATC
Tsd3@lehig.edu

Continuing Education

Yvette Ingram, PhD, ATC
yingram@lhup.edu

Ethics

Shelly Fetchen DiCesaro, MS, ATC
dicesaro@calu.edu

Finance

Scott Heinerichs, EdD, ATC
sheinerichs@wcupa.edu

Governmental Affairs

George Roberts, MS, ATC
roberts@edinboro.edu

Hall of Fame

Joe Donolli, ATC
jdonolli@gettysburg.edu

History & Archives

Richard M. Burkholder, ATC
richardburkholder@comcast.net

Honors / Awards

Ellen West, MS, ATC
west_e@calu.edu
Bruce Barnhart, EdD, ATC
barnhart@calu.edu

Long Range Planning

Greg Janik, MS, ATC
gregjanik@kings.edu

Membership

Gerard D. Rozea, PhD, ATC
grozea@po-box.esu.edu

Newsletter

Rebecca Mokris, MS, ATC
rmokris@edinboro.edu

Continued

PATS Committee Chairs

Nominations & Elections

Michael Ludwikowski, ATC
mludwikowski@shscares.org

Parent Teachers Assoc. (PTA)

Gaetano Sanchioli MS, ATC, PES
sanchioligj@upmc.edu

Public Relations

Ryanne Ziobro, MEd, ATC
ryanneziobro@kings.edu

Research

Neil Curtis, EdD, ATC
ncurtis@wcupa.edu

Committee on Revenue

Michele Monaco, ATC
monacom@comcast.net

Secondary School

Larry Cooper, ATC
cooperL@penntrafford.org
coopatc@aol.com

University/College

Hank Fijalkowski, ATC
hfijalkowski@millersville.edu

Webmaster

Hank Fijalkowski, ATC
hfijalkowski@millersville.edu

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.

Bald Eagle Area High School Athlete Trainer Scott Devore was recently recognized by both his school and the District 6 Wrestling Coaches Association for the excellent work he does in providing care for athletes at the secondary school level. Devore, who is contracted with Bald Eagle Area through Drayer Physical Therapy, was spotlighted in the school district's Eagle Pride Newsletter this winter for his dedication to his job and his commitment to keeping not just the students, but the staff, administration and community healthy. Student athletes at Bald Eagle Area praised Devore for his friendliness, willingness to help, love of the athletic training profession and always doing what's best for the athletes'. Bald Eagle Area Athletic Director Doug Dyke called Devore an "Institution" in the district!

This past February, the District 6 Wrestling Coaches Association named Devore "Man of the year" for his countless hours working with the wrestling community. Devore received this honor after working for 16 years at the high school wrestling district and regional championships and 13 years at the high school wrestling state championships. Congratulations to Scott, a dedicated athletic trainer who truly goes the extra mile to make sure the high school athletes at Bald Eagle Area, and around the state, are receiving the best medical care!

Audrey Krause, Athletic Trainer for Exeter Township School District, has been working with her athletic training student to promote the athletic training profession throughout her school district. Krause and her 25 student athletic training volunteers used information from the NATA to come up with facts about athletic trainers to be read along with the morning announcements during Athletic Training Month. As part of Athletic Training month, Krause also invited administration, faculty and staff throughout the district to visit her to get a first hand look at what goes on in the athletic training room every day.

With spring sports starting in high schools around the state in March, Krause took time out of her schedule to go to the parent meetings for each sport, introduce herself, introduce Athletic Training Month, and educate parents about what athletic trainers do and how they help student athletes every day.

Thank you Audrey for sharing National Athletic Training Month with not just your athletes, but your entire school district and community!

Paul LaDuke, Athletic Trainer at Lower Dauphin School District is trying to raise awareness of certified athletic trainers throughout his district and community by starting educational seminars aimed at educating parents and coaches. These seminars would help to educate those in the athletic community on nutrition, concussions signs and symptoms, injury management and protocol for injuries. In addition to education for parents and coaches, these seminars would be a way of introducing LaDuke, his assistant athletic trainer Ashley Moss and their team physicians to the parents, who can learn first-hand what the sports medicine team can offer their student athlete.

Lower Dauphin administrators, staff and coaches also learned more about certified athletic trainers, their education and role in the district during National Athletic Training month this past March. LaDuke sent an e-mail throughout the district, taking time to thank the sports medicine team at Lower Dauphin, which has been in place since the mid-1970's and give statistics on athletic training coverage throughout the district. LaDuke, who has been with Lower Dauphin since 2001, felt honored to step into the athletic training position in his district once held by athletic trainer Mark French and PATS Hall of Famer, George "Speed" Ebersole.

Good luck Paul with your efforts to create a seminar to both educate your school and community and introduce them to your sports medicine team!

NATA and the NATA SSATC

Larry Cooper, ATC

The NATA and the NATA SSATC (Secondary School Athletic Trainers Committee) has just released an Official Statement concerning the Proper Supervision of Athletic Training Student Aides in the Secondary School setting. The statement can be found at www.nata.org/statements/index.htm.

NATIONAL ATHLETIC TRAINERS' ASSOCIATION: OFFICIAL STATEMENT ON PROPER SUPERVISION OF HIGH SCHOOL ATHLETIC TRAINING STUDENT AIDES

Introduction:

This Official Statement of the National Athletic Trainers' Association provides support and guidance to school administrators and athletic trainers in the education and supervision of high school students enrolled in sports medicine courses or participating in high school athletic training programs. The goal of this statement is to continue to foster a positive, safe learning environment where students benefit from the instruction of qualified health care professionals.

Official Statement:

The NATA recognizes that allowing high school students the opportunity to observe the daily professional duties and responsibilities of an athletic trainer can be a valuable educational experience. This unique experience may expose students to the foundations of various health related careers as well as provide them with important life skills. Regardless of practice setting, it is understood that all athletic trainers must comply with their state practice act, BOC Standards of Practice when certified, and Code of Ethics when a member of NATA. These legal and ethical parameters apply when incorporating student aides outside of the classroom and within the activities of athletic programs.

Student aides must be under the direct visual supervision of a licensed/certified athletic trainer when assisting with any athletic training services. Coaches and school administrators must not allow or expect student aides to act independently with regards to the evaluation, assessment, treatment and rehabilitation of injuries. Additionally, it is paramount that student aides not be expected, asked or permitted to make "return to play" decisions. Specifically, student aides must not engage in the following activities:

- (1) Interpreting referrals from other healthcare providers
- (2) Performing evaluations
- (3) Making decisions about treatments, procedures or activities
- (4) Planning patient care
- (5) Independently providing athletic training services during team travel.

Young Professionals

Adam Annaccone, M.Ed, ATC, PES

The National Athletic Trainers' Association Annual Meeting & Clinical Symposium is coming to our home state this summer in Philadelphia and the Young Professionals' Committee is already ahead of the game planning for another successful meeting! Here are a few items that are already past the preliminary planning stages:

- Legislation Session regarding H.R. 1137 entitled "Our Legislative Battle: How much do you really know?" This will be an excellent session to learn how current federal legislation affects YOU as an Athletic Trainer. The session is on Friday, June 25th at 1:15pm
- Building awareness/support for H.R. 1137 by having members send their letters to Congress while at the convention
- YP Social Night on the town (to be coordinated by a local Philadelphia Young Professional)
- Community Service Project with the Police Athletic League (PAL)
- Social Night Hosted by the YPC, "Remembering Our Roots and Building Our Future", Thursday, June 24th at 5:00pm. Come relax, and rub elbows with some of the most prominent and influential athletic trainers in the profession.
- YP Lounge open all three days at 9:00am. Great place to relax throughout the day and in between sessions!

There will also be several other events that are in the workings and once those are finalized, I will be sure to keep you up to date. In addition, with all great events, the YPC will be on the lookout for YP's who are willing to volunteer their time to assist the committee complete these projects. If you or someone you know is interested in volunteering during the Annual Meeting, please do not hesitate to contact me at aannaccone@clarion.edu.

18 HOLE CHALLENGE

Help us reach our goal of
18 Hole Sponsorships for the
2010 PATS Golf Invitational.

Speak with your team physician,
team physician's clinic, or employer
today about supporting PATS
for *only* \$150!

For More Info Contact:
Tim Doane
610-533-6265
timdoane@lehigh.edu

*Corporate Sponsorship Committee
Grass Roots Initiative*

Announcements

PATS Annual Meeting & Clinical Symposium
June 2-5, 2010

Sheraton Harrisburg-Hershey
Harrisburg, PA

NATA Symposium
June 22-26, 2010
Philadelphia, PA

PATS Green Team is Seeking Members!

PATS is looking for any of our members who are interested in incorporating the concepts of Reduce, Reuse, Recycle & Buy Recycled into our profession. If you are interested in helping PATS become more sustainable as an organization please consider joining the PATS Green Team! Contact Scott Dietrich, EdD, ATC sdietrich@po-box.esu.edu to learn more!

Around the Commonwealth

Duquesne University Hosts Continuing Education Program

Duquesne University's Department of Athletic Training co-sponsored a day-long continuing education program with the Cyril Wecht Institute of Forensic Science and Law on March 12th and 13th. National experts on traumatic encephalopathy, as well as local experts on prevention and management of athletes with suspected concussion were featured presenters. Over 90 Athletic Trainers and Athletic Training students attended the advanced medical education program on Friday, along with 80 physicians, lawyers, nurses, coaches, and members of the general public. Kevin Guskiewicz, ATC, lead author of the NATA Position Statement on Management of Sport-related Concussions, provided the epidemiological perspective and set the stage for the four nationally-renown physician experts who followed. Dr. Julian Bailes, Chair of the Department of Neurosurgery at West Virginia University and Dr. Joseph Maroon, Head Neurosurgeon for the Pittsburgh Steelers and Professor of Neurosurgery at UPMC, provided extensive background on the etiology, neurochemical changes, and diagnosis of traumatic encephalopathy.



Duquesne University Athletic Training Students

Dr. Robert Cantu, Co-Author on both the NATA Position Statement and the International Consensus Statement on Concussion in Sport from the 3rd International Conference on Concussion in Sport, held in Zurich in 2008, delved into the short-term effects and the long-term disability and changes to brain tissue that occur as a result of traumatic brain injury. Dr. Ann McKee, a forensic pathologist and Director of the Brain Bank at the Center for the Study of Traumatic Encephalopathy in Boston, illustrated the long-term impact of concussion on the brain tissue of deceased professional and amateur football and hockey players. Rounding out the Friday program was Mark Lovell, PhD, founding Director of the ImPACT Concussion program at UPMC and John Norwig, ATC, Head Athletic Trainer for the Pittsburgh Steelers.

Saturday's program was designed to educate lawyers and the general public on the legal, preventative, and management of patients with traumatic brain injuries. A panel of lawyers and former professional (and Carnegie Mellon University) football player, Emmett Zitellia, made up the panel that discussed the legal and ethical considerations for advocacy of former players. Rounding out the public program, Keith Gorse, ATC and Joseph Gatti, ATC shared methods to lessen the preventable risks associated with concussion and discussed the emergency action plans necessary to manage concussions and other sport-related injuries. Throughout the two-day program, the Duquesne University students sponsored an interactive educational booth that featured information on the domains of practice of Athletic Training, as well as media and informational materials both on concussion/brain injuries, as well as the education and scope of practice of an Athletic Trainer.

NATA Month Activities

UPMC Sports Medicine hosted a two day seminar for athletic trainers, physical therapists, and student athletic trainers at the Duratz Sports Complex, University of Pittsburgh. Approximately 50 certified athletic trainers and approximately 40 UPMC staff athletic trainers attended the event. The seminar offered 10 ceu's to athletic trainers. Speakers included Dr. Christopher Harner, Leslie Bonci and Dr. Jeanne Doperak among others.

UPMC Sports Medicine hosted the 7th Annual Athletic Trainer River Run 5K and 1 mile runs. Approximately 270 runners from around the tri-state region participated. The events of the day included the Curriculum Challenge [Athletic Training Decathlon]. Southwest PA curriculums Duquesne U, PITT, California U of PA, Waynesburg U., had the opportunity to compete for the 'Challenge Cup' which was won by Duquesne University. The memorabilia auction and raffle went on during the morning. All the proceeds from race day went to the PATS SW scholarship fund. This year's scholarship winner was recognized at the AT social event following the race. The recipient was Bonnie Virag, a senior from Duquesne University who will be attending UNC next year. Also recognized at the social event were the David Hutton award winners: The fastest athletic trainers in the 5K: Ed Antonzewski ATC of Pittsburgh; and Angie Snowberger ATC of Corsica PA; and in the 1 mile Michelle Pcsolyar, ATC of Oakmont PA.

Also, on March 20 and 21 UPMC and PATS took part in the All Sport Conference "Celebrating Student Athletes" was the theme of the event, targeting student athletes, their parents, scholastic and youth sports coaches, athletic trainers, and all levels of academic institutions and organizations with sports-related programs.

For this reason, Pittsburgh was chosen for the first sports-related exposition and educational conference that is aimed at catering to the growth, development and success of student athletes.

Throughout the weekend, local professional and collegiate sports figures were present, including Pittsburgh Steelers defensive lineman Chris Hoke, who signed autographs. Former Steelers Quarterback Mike Tomczak, now with NCSA Sports, spoke about college recruiting.

The conference portion of the event will feature presentations from various local sports professionals, including many experts from UPMC Sports Medicine – the event’s title sponsor. Topics will include how to maximize performance, the importance of concussion management, injury prevention and treatment, leadership and sportsmanship, mental training and on-field emergency management. The exhibit portion of the event will showcase sports-related products and services.

The PATS booth was present along with many ATCs presenting information to the public about the need for athletic trainers to be working with physically active people in Pennsylvania.

ATC's Perform Pre-Employment Screenings

News from Susquehanna Health's Sports Medicine Center Certified athletic trainers at Susquehanna Health's Sports Medicine Center have taken on a new responsibility. In addition to their clinical duties, pre-employment screenings for local gas company workers are also being performed. Screenings include range of motion assessment, manual muscle testing and a variety of lifting, carrying, and climbing tests. The Sports Medicine Center athletic trainers look forward to providing this service and hope to emphasize the exceptional skills athletic trainers possess.

To help celebrate National Athletic Training Month, Susquehanna Health Sports Medicine Center held their annual lecture and luncheon. Tanya Williams, MS, RD, LDN spoke on Sport Specific Nutrition and a round table discussion was also held. A catered lunch followed the lecture.

Athletic Trainers for Haiti

Athletic Trainer's doing their part for Haiti

Haiti Relief

Sports Medicine Club Members at Governor Mifflin High School in Shillington, PA, along with athletic trainer Heather Bratton organized a "Hoops for Haiti" fundraiser on March 22, 2010 to benefit the Haiti relief effort. Members of the boys and girls basketball team along with staff from the district participated in a round-robin tournament to raise money for Haiti relief.



UPMC Sponsors "All Sport Conference"

PATS Public Relations

Ryanne Ziobro, M.Ed, ATC

The Public Relations committee has echoed the theme of this year's National Athletic Training Month "Sports Safety is a Team Effort" within our PR campaign. As Athletic Trainers, we are constantly working together with many different populations to ensure quality health care. Traditionally our team includes patients, physicians, coaches, parents, administrators, nurses, etc. In past years, PATS' and the PR committee has worked diligently to expand our "Team" to include other professional groups such as the Brain Injury Association of PA, and most recently with our lobbying firm, The Winter Group, to help us reach our legislation goals.

Legislation has been a large focus of the PR Committee this year. In late 2009, Representative Readshaw and 14 other State Representatives introduced legislation into the House, which would transition Pennsylvania Athletic Trainers' from certification to licensure (HB 2176 and HB 2177). Currently these bills have been referred to the House Professional Licensure Committee and are awaiting review. On March 15, 2010 PATS participated in its annual "Hike to Harrisburg." This event allows PATS' members and students to promote the athletic training profession through interaction with legislators and staff at the State Capitol Building. This year proved to be very effective, with participants having the opportunity to meet with over 20 legislators to answer questions about the bills, discuss the profession and the significance of gaining licensure. Along with the informational meetings, a press conference was held with an address from Representative Readshaw, Tom West, PhD, ATC – PATS President, and Greg Janik, MS, ATC – PATS President-Elect. The PATS' display was also present in the East Wing Rotunda, along with a display of ImPact testing, educational brochures, and many giveaways.



PATS BOD & PATS members Hike to the Hill

The PR committee would like to thank the following for their time and efforts that made this year's "Hike to Harrisburg" a success: The Winter Group, PATS Executive Board Members and Representatives, faculty and students from King's College, East Stroudsburg University, Lock Haven University, and Duquesne University. It should be also duly noted that Pennsylvania showed tremendous support at this year's NATA Capitol Hill Day held on February 22, 2010 in Washington D.C. Much gratitude to those that have represented and promoted our profession!

This March, the PATS PR committee continued to allocate \$200 to each undergraduate ATEP within Pennsylvania to sponsor their own public relations event in their area. I am pleased to say that 11 out of 19 programs accepted the challenge and created some very creative and note worthy events to promote the profession. Kudos to the ATEP programs from Duquesne University, East Stroudsburg University, Indiana University of Pennsylvania, King's College, Lock Haven University, Marywood University, Penn State University, Slippery Rock University, Temple University, University of Pittsburgh and West Chester University. For more information on each ATEP's event please visit the PATS website.

The PR committee has been working diligently on some internal responsibilities to improve our function as a committee, as well as advance the Society as a whole. Such tasks include building a database of media contacts around the commonwealth to increase the efficiency and abundance of press releases. We are also trying to build on the recognition that Pennsylvania receives nationally in the NATA News. Recently a link has been uploaded on the PATS website that will allow members to forward any information they feel is noteworthy of acknowledgement. We will then forward that information on in hopes that it will be published in the newsletter. Lastly, some members of the committee are also working in conjunction with the executive board on improving the content of the

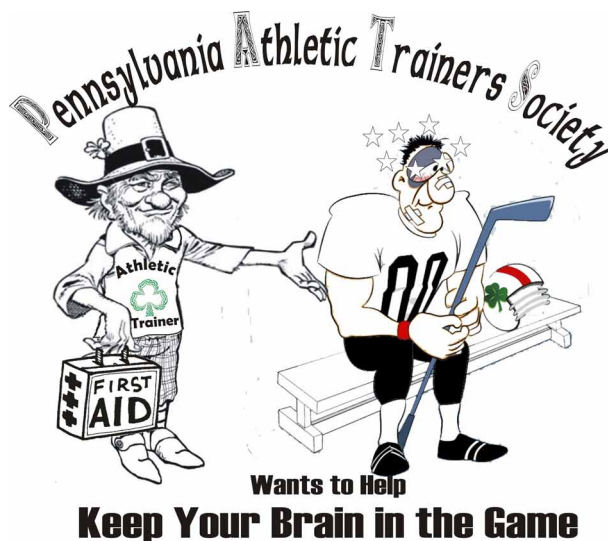
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PATS website not only for our members, but also for other populations that would visit our webpage.

The PATS PR committee also sponsored a float in the St. Patrick's Day parade, in Scranton, PA for the second consecutive year. This parade is the second largest parade in the United States, having more than 100,000 spectators and 12,000 participants. This year's theme for the float was "Keep Your Brain in the Game". With the combined help and support of the students and faculty from East Stroudsburg University and King's College ATEP's and Department of Athletics', we were able to promote March being both National Athletic Training Month and National Brain Injury Awareness month, as well as promoting the significance of reporting the signs and symptoms of brain injuries to an Athletic Trainer, or Physician. The groups designed an interactive float with an Athletic Trainer performing a concussion evaluation on an "injured" athlete. They also handed out an education pamphlet on concussion to parents, PATS plastic cups, a t-shirt that read "PATS wants to help you Keep Your Brain in the Game", and other



St. Patrick's Day Parade



PATS St. Patrick's Day T-shirt Logo

small goodies. Much thanks to the individuals who participated who made the event a success!

As always, many thanks go out to the members of the Public Relations committee on all their hard work and efforts, not only in March but all year through. Also, a special thank you to the members of the Society who have taken some time to promote the profession in some way or form!

2010 PATS Public Relations Campaign Highlights

- March ATEP NATM educational programming stipends (11 out of 19 curriculums participated)
- March 5-7 Displayed, UPMC Sports Medicine Symposium
- March 13 Scranton St. Patrick's Day Parade Float
- March 15 Hike to Harrisburg
- March 19 Educational Programming with IU, Beaver Valley, PA
- March 26-27 PIAA Championship Basketball Print Ad
- April 21-22 Display, PA Trauma Society

PATS' Student Symposium

Michael Gay, MS, ATC



This year Penn State University was host to the PATS' Student Symposium. We had over 225 student registrants from across the state sign up for the event in State College but unfortunately Mother Nature had other plans for the attendees

that weekend!! As many of you know we had record snow falls that weekend in several areas of the state from East to West. Even with the promised snow fall the decision was made to move forward with the conference. We had a promising start with over 190 registrants showing up for registration and dinner on Friday night in the Nittany Lion Club Lounge in Beaver Stadium overlooking Mt. Nittany. The event went well as the student presentations kicked off the night. Student Presenters from West Chester, Lock Haven and Slippery Rock had strong presentations that were well received and very insightful. The night capped off with an energetic round of Athletic Training Bingo where participants filled in answers to athletic training questions on BINGO cards and won prizes.

Fourteen inches of snow later, we held our opening lecture with the number of conference attendees gradually increasing throughout the morning. We eventually had 110 brave souls that were able to attend much of the morning's lectures and workshops after being dug out of their parking lots. Lecture topics for the morning included a cadaver knee dissection, heat injury and heat related death in football, professional careers in athletic training and governmental affairs for the athletic training profession in Pennsylvania. We finished the day with a round of workshops where participants were exposed to a variety of topics and applications including spine boarding in a gymnastics foam pit, manual therapy techniques, alternative therapeutic approaches, orthotic and gait analysis and clinical research in athletic training. This was an interactive component to the day where students were able to get a 'hands on' experience. All in all given the weather and every challenge the weekend threw our way the conference was a success and the students were exposed to some good information which they were able to take with them. The success of the conference was only due to the great students that were able to attend and participate. This year's conference was a wonderful experience and one that Penn State Athletic Training, Department of Kinesiology and Sports Medicine staff was honored to be a part of. The PATS Student convention is one of the most successful state run student conferences in

the country and it starts with involved students that are excited about the profession. Good luck to East Stroudsburg in 2011 as they look to continue the trend of amazing student conferences. Don't forget your shovels!!

Student Corner



The Penn State Athletic Training Students' Club again provided significant support to THON, the largest student-run philanthropy in the world. The Penn State IFC/Panhellenic Dance

Marathon is a yearlong effort to raise funds and awareness for the fight against pediatric cancer. Since 1977, THON has raised more than \$61 million for The Four Diamonds Fund at Penn State Children's Hospital. This year THON raised \$7,838,054.36. The Athletic Training Club raised \$5840.49 via canning trips and donation solicitations and sponsored two dancers, Krista Spicher and Stephanie Huntsman.

The dance marathon lasts 46 hours. For these 46 hours, sixty athletic training students and three athletic training faculty members staffed an athletic training room to support the hundreds of dancers. Students worked 4 hours shifts and typically worked 3-4 shifts. The basketball athletic training room at the Bryce Jordan Center was decorated with a Lego theme. The Lego theme was in support of the athletic training club's THON family. Throughout the year, the club plans activities for Caleb Deckman (7 years old) and his family, Lori and Mike (mom and dad), and Gabe, his 4 year old brother. Caleb had a Wilm's tumor and has been cancer free for over 3 years.

The club planned a bowling birthday party, holiday ice skating party and spring indoor water park trip for Caleb and his family this past year. Caleb and Gabe loved playing with the athletic training students in the Lego-themed athletic training room as dancers received massages, ice baths and tape jobs. The club is currently planning for their second spaghetti dinner to support Make-A-Wish and promote athletic training during the month of March.

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Hike to Harrisburg - A Student Perspective!

Martha Dettle, ESU student

As a junior in the Athletic Training Education Program at East Stroudsburg University, most of my focus is on my classes and internship responsibilities. Yet, PATS - Hike to Harrisburg opened my eyes to a whole other side of athletic training that a student usually does not see. This was my second year going to Harrisburg to meet with lobbyists to promote athletic training as well as concussion awareness among athletes. I felt the trip was an overall success this year because of the great turnout of athletic training students and certified athletic trainers meeting with Congressmen in the Capitol Building. Our mission this year was to promote the House Bills 2176 and 2177, which allows certified athletic trainers in the state of Pennsylvania to be a licensed athletic trainer. We also promoted concussion awareness amongst the high school athletes and emphasized to the Congressmen that the certified athletic trainer is most often the first person on scene to witness the concussion as well as see the athlete return to play.

We met with Representative Mario Scavello, a co-sponsor of the House Bill 677 designating March as Athletic Training Month in PA. He took us on a tour of the floor of the House of Representatives; throughout the day we also met with liaisons for Representatives Dick Stevenson and Susan Helm, both of which seemed interested in helping athletic trainers receive licensure. Representative John Siptroth was the last person we met with during the day and by far our longest meeting. He posed a lot of interesting questions about the purpose of the athletic training bills we are proposing in the House. To listen to an opposing side to the bills definitely sparked interest in us students, especially seeing other professions concerns about the bill we are trying to pass. I recommend students continue to visit the Capitol and generate support for careers in athletic training.

Some of the steps students can use to contact their local representatives are: 1) visit www.gopats.org website and familiarize yourself with the legislation – ask your professors/ reps questions. 2) Look up the email or contact me link on your representatives webpage; 3) Explain what you know about our field, your experiences as a student and your job aspirations. 3) Draft a well written email or letter- make sure to proofread! 4) contact your regional reps with any concerns the representatives had! If I'm given the chance to go back again next year, hopefully I'll see you there!

PATS Student Quiz Bowl

Dear Program Directors and ATEP Faculty;
It's time again to start preparing your school's best and brightest to determine the 2010 PATS Quiz Bowl Champions!!! Can 2009 Champions, Indiana University of Pennsylvania, repeat, or will a past Quiz Bowl winner like Lock Haven University or Slippery Rock University return as champions, or will a new Quiz Bowl champion emerge? Please encourage your students to put a team together teams of three for this always fun and memorable event.



Past Quiz Bowl

The Fourth Annual PATS Quiz Bowl will take place on Thursday, June 3rd after the Golf Banquet about 8:30 PM. The event is a great way for students, alumni, and all members to kick off the PATS annual convention. I again look forward to another friendly, fun, and memorable competition. Hopefully all the Pennsylvania ATEPs will join us this summer for what promises to be another exciting PATS Quiz Bowl.

Please discuss the event with your students and respond by April 30th so I can program the software and plan logistics accordingly.

The three students who represent their school will be given FREE registration to the 2010 PATS Convention. All students who were enrolled within your ATEP in the 2009-2010 academic year are eligible to represent your school.

The general format of the PATS Quiz Bowl is as follows. Each school would have an individual table representing their school. We ask that each school bring a banner from their institution to represent your school to be placed on the front of the table. The students would compete against athletic training students from other accredited programs in PA. All teams would compete at the same time. A question would be asked to all teams and each

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team would use a remote control device to record their answer within a predetermined timeframe. A panel of judges would then determine if the answer is correct. If the answer is deemed correct the team would earn points. The team with the most points at the end of the competition wins. The format would be two rounds of questioning with the second round of questions worth more points. There would be a final question where each team would wager up to the amount of points their team had cumulated up to that point. Should there be a tie; the teams tied would again be asked to make another wager followed by another question. This would continue until there was one clear winner.

The winning team will receive a large Quiz Bowl trophy to be housed proudly at their school for the year. ATEP teams will compete for rights of this trophy year after year. Multiple nameplates are on the trophy so each year the winning school and their student representatives can be placed on it. In addition, each of the winning team members will receive a smaller trophy recognizing their achievements.

Accolades

Dr. Peggy A. Houglum, Associate Professor in the Duquesne University Rangos School of Health Sciences' Athletic Training Department, was named by Therapy Times as Most Influential Rehabilitation Professional in Physical Therapy for 2009. The award is presented to rehabilitation specialists who demonstrate a "passion for therapy and an uncommon dedication to high quality patient care." For more information [click here](#).

Congratulations to Greg Janick MS, ATC – PATS President-Elect for being recognized as the Grassroots Star of the Week by the NATA for his legislative efforts!

Congratulations to the following members from PA who received NATA Awards:

Most Distinguished Athletic Trainer:
Kent Biggerstaff

Athletic Trainer Service Award:
Neil Curtis, Linda Mazzoli

On Thursday, March 25th, PATS Founding Father, Richard Burkholder, Sr. "Burkie", was recognized by the Pennsylvania State Athletic Directors Association (PSADA) for his years of service when he receives the organization's 2010 Distinguished Service Award to honor service outside the field of athletic administration. He was the eighth recipient since the award's inception in 2000 and first athletic trainer to win the award.



*Burkie receiving the
2010 Distinguished Service
Award from PSADA*

*Left to Right – Richard
"Burkie" Burkholder, Sr.
and his son
Rick Burkholder*





Tom West, PhD, ATC
Department of Health Science
250 University Avenue California
University of PA
California, PA 15419