

February 2016

President's Message



John Moyer, LAT, ATC

Now that 2016 is well under way, I bring you greetings and well wishes for a year filled with prosperity and good health. Hopefully everyone survived the record setting snow storm. With all of the shoveling and snow blowing that took place, I'm sure many of us had to provide athletic training services on ourselves!!

The EATA Convention took place early January in Boston. I had the opportunity to speak to many state Presidents from both District 1 and District 2. It is with a great deal of pride that I can tell you that many of the state Presidents I spoke to asked me questions about PATS initiatives that they had heard about as well as our approach to legislative activities and the particulars of our Department of Health (DOH) Grant for concussion education. PATS is clearly leading the way as a state Society / Association and I want to thank all PATS members who have given their time and talents to advance the athletic training profession in the Commonwealth.

There were numerous PATS highlights from the EATA Convention involving members as well as physicians and students. These highlights included Pennsylvania Athletic Training Hall of Fame and National Athletic Trainers' Association (NATA) Hall of Fame member, Joe Iezzi, providing the James L. Thornton address during the EATA Student Program. Joe's presentation was well received by the students and many other attendees stated that it was the highlight presentation during the entire educational program. Dr. R. Robert Franks from Rothman / Jefferson received the EATA Moyer Physician Award and Susan Cappelli, head athletic trainer for the Big Spring School District, received the Gatorade Secondary School Athletic Trainer Award.

Student Awards that were presented at the EATA Convention included Cody Lancellotti, who attends Kings College, Charles Robinson, who attends Mercyhurst University, and both Nicholas April and Dan Baer, who attend West Chester University, all receiving EATA Scholarships. Dillon Gorby, who attends California University, was the winner of the 2016 District 2 Quiz Bowl. We can all be very proud of the students that our Athletic Training Education Programs are producing. Congratulations to all!!

PATS is presently midway through our second year of our DOH Grant for concussion education. Because of the success of the 2015 Physician invitation campaign, PATS has launched a similar campaign for 2016. This campaign will include Physicians as well as Physician Assistants (PA's) who are members of the Pennsylvania Society of Physician Assistants (PSPA). With the inclusion of PA's these invitations will be sent to roughly 5,000 health care providers who work in the following settings: Family Medicine, Pediatrics, Neurology, Psychiatry, Osteopathic Medicine and Sports Medicine. PATS will launch a marketing campaign promoting our concussion education programs in specific geographical regions in the Commonwealth not previously

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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 athletic trainer as recognized health care providers through continual legislative pursuits and stakeholder relationship.
- T** Transact business on behalf of the Society's membership in a prudent, effective, and collaborative manner.
- S** Serve the membership by providing educational, research, scholarship, leadership, and networking opportunities.

THIS ISSUE

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- EATA Recap
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- Award Winners— Applications being accepted for PATS
- PATS at World Diabetes Day
- Mallicone Honored at Rose Bowl Parade
- Concussion Testing Research
- Safe Sports School Award Recipients

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focused upon. This campaign will include advertising on interstate billboards as well as local bus stop shelters. The Commonwealth of PA currently has 30 secondary schools designated as NATA Safe Sports Schools. PATS will contact these schools and ask them to advertise our concussion education programs in their gymnasiums and stadiums with a 4'x10' banner provided by funding from our DOH Grant. Finally, PATS has agreements with iHeart Radio, the Pennsylvania Public Cable Network (PCN), and television Channel 6 to provide public service announcements, commercials and television programs regarding concussion education from February through June. Needless to say, PATS is very excited about all of these initiatives.

As a state leader, it is my obligation to request that all PATS members obtain a National Provider Identifier (NPI) number. As a licensed healthcare provider having an NPI number is imperative so you are counted among all of the other healthcare providers in the nation. An NPI number will enhance the success of our legislative initiatives as well as having athletic trainers being recognized by the Centers for Medicare and Medicaid Services (CMS) which will benefit our reimbursement efforts. Embrace the fact that we are Licensed Athletic Trainers and make sure to obtain an NPI number.

We all know that March is National Athletic Training Month (NATM). The NATA theme for this year is "A Safer Approach to Work, Life and Sport." Once again PATS Regional Representatives will be hosting continuing education events in their regions. The PATS Executive Board and the PATS Public Relations Committee want to know about your unique ways of celebrating NATM. In the near future look for announcements about a new social media contest campaign as well as an opportunity for our Athletic Training Education Programs to produce commercials to be broadcast on PCN during March. Last year our efforts during the NATA Public Relations Contest allowed PATS to be selected as the "Best State Organization." Let's outdo ourselves in 2016!!

Our Annual Hike to Harrisburg event will take place on March 21st coinciding with NATM. The goals for this year will be to visit the "freshmen" legislators we were not able to visit last year and to meet with key legislative allies. PATS has been very active in supporting many proposals introduced by legislators over the past year. During our time in Harrisburg we intend to meet with these legislators face to face to further discuss our support and the role of the athletic trainer in the Commonwealth. As always, we urge our Athletic Training Education Programs to bring students to this event to get them involved and to help them understand the importance of our legislative efforts. Please contact myself, Tanya Miller, PATS Governmental Affairs Chair or Greg Janik, PATS Public Relations Chair for more information on this important event. Our contact information is on the PATS website.

It is my sincere privilege to announce that the PATS Hall of Fame Committee has selected Rick Burkholder, Jim Thornton and Tom West as the Pennsylvania Athletic Training Hall of Fame Class for 2016. These individuals are outstanding athletic trainers that have achieved many accomplishments. Please reach out to Rick, Jim and Tom and extend your congratulations. Congratulations Gentlemen!!

As always, I urge all PATS members to get involved. These are very busy yet rewarding times for our profession and our Society. It is extremely important for all PATS members to understand the initiatives we have introduced or will be introducing that will carry us into the future. Please embrace your license and our profession by getting involved in the Pennsylvania Athletic Trainers' Society.

All the best in Athletic Training,

John

John L. Moyer Jr., LAT, ATC
President

Pennsylvania Athletic Trainers' Society

Treasurer's Report

Jamie Mansell, PATS Treasurer

	<u>Checking</u>	<u>Scholarship</u>	<u>Research</u>
Oct. 25, 2014	31,838.49	171,867.92	89,393.70
Oct. 30, 2015	44,626.25	166,191.77	86,327.18
Difference	\$12,787.76	\$5,676.15	\$3,066.52

TOTAL

October 30, 2014: \$293,100.11

October 30, 2015: \$297,145.20

Difference: \$4,045.09

STUDENT SECTION

Service Learning Experience: Dominican Republic

Ryan Murphy, Gannon University

Second Year Master of Athletic Training Student



During the first week of my last semester as a graduate student at Gannon University, I had the privilege to serve and use my athletic training skills in the Dominican Republic on a medical mission trip through my church. Besides enjoying the 80 degree weather, I was able to work with other health professionals and students in a clinical setting. During the week I was there I worked alongside with nurses, physician assistants, massage therapist, an optometrist, pharmacology professionals and students.

Our clinical experiences included traveling to three different villages each day and providing care for those living in the village. We set up all of our stations in one building, usually a church. Each station was helped by a translator to overcome the language barrier. After the patients went through registration they would be seen by either

nurses or physician assistants at one of the stations. There they would take vitals and determine what care was necessary. The medical needs that were provided were physical therapy, massage therapy, eye glasses, pharmacology, wound care, vitamins, and basic first aid. I worked in the physical and massage therapy station. The days were long and tiring, but I learned a lot. Some of the lessons I learned were how to be useful with your resources, adaptability, and that power of touch can be a very useful tool. An example of using resources included making a splint for a potential broken metacarpal. I used an IV board, rolled up gauze pads, athletic tape, and an ACE wrap. As an athletic training student, the other health professionals and students viewed me a great resource because of all the various skills athletic trainers use daily. The other health professionals and students were also great resources and teachers.

This truly was one of the best experiences I have ever had in my young professional life as an athletic training student. I hope to be able to serve in the Dominican Republic again in the future. Being able to learn, teach, and work with other health professionals in a less privileged country was a blessing. I would encourage anyone in the health field, especially students to go on an opportunity like this. You will not regret it!

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Update Your Information

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

STUDENT SPOTLIGHT

Chris Blaszkas– The Pennsylvania State University

Year: Senior

Current or Previous Clinical Rotations: Women's Lacrosse, two seasons of football, men's and women's gymnastics, intramural sports

Certifications or Credentials: CPR & AED, First Aid



What made you want to become an athletic training student? While being treated in high school for an injury, I started asking my athletic trainer what the profession was all about. For the longest time I wanted to go into physical therapy, however I enjoyed sports too much and wanted to remain around them. After many discussions with my athletic trainer I applied to Penn State, got into the athletic training program, have never looked back and have been having a blast.

What do you like most about Athletic Training? I enjoy that every day I get to help someone else; to make them better. You never know what the next day will hold. I enjoy the fact that every athlete offers a puzzle to solve and challenges me to find the problem and come up with the solution.

What are your career goals? At this point in my life I enjoy caring for and helping athletes. From rehabilitation of major injuries to preparing the athletes for a practice or game day, I enjoy being a part of the return to play process. I have recently discovered that I have a captivation for teaching. My ultimate career goal is to be an athletic trainer at the highest level I can achieve; collegiate or professional. However, after my clinical athletic training career I would like to turn around and teach what I have learned in the field to the athletic trainers of tomorrow.

What do you hope to bring to the field of athletic training that may be unique or help improve the field? I would like to complete research as well as teaching future athletic trainers. Athletic training is moving towards using research as a basis for choosing various modalities and procedures for rehabilitation/recovery, and I want to be able to contribute to the validity of what we do. I want athletic training to be even more respected in the medical community and I believe that increasing research will continue to make athletic training a distinguished career. I would like to leave my mark by helping to improve the profession as a whole and move us in the direction of being increasingly medically sound.

Being a leader and advocate for student athlete health services can be rewarding and challenging, how would you describe your leadership style? I had the opportunity to work with and lead six juniors in my second football clinical rotation. At first I found this to be a challenge, but the opportunity pushed me to learn how to emerge as a leader in a group of peers, relay information clearly and effectively, and work as a team. My leadership style revolves around asking for the groups input as much as possible. I want to know what is working, what is not, and if there are areas that they see can be improved. Having open lines of conversation as well as being an understanding leader is extremely important to me.

What are your interests outside of athletic training? I really enjoy just being with my friends. We go to various sporting events or watch sports on T.V. I like to stay active by going to the gym or going on hikes. I also like to catch up on shows on Netflix or open a new book.



“Chris interacts extremely well with each, and every individual that intersects with our curriculum; in this fashion, he embodies a model representative of our program, and the athletic training profession.”
- Program Director Dr. Giampietro Vairo

California University of PA Wins District 2 Quiz Bowl

Dillon Gorby- District 2 Winner

I was extremely honored to represent Cal U in this academic challenge that consisted of 18 of the best programs in our district. Through a strong curriculum at Cal U, I knew that I would have a good chance to win this competition. I have been privileged with excellent professors and great clinical experiences to expand my knowledge of Athletic Training.

As I sat amongst my peers, I knew that most of my fellow competitors were also seniors and had completed nearly the same coursework that I have. This evened out the playing field and set the bar extremely high to win. As the competition began, many students knew the correct answers to each question. This made it known to everyone that the winner was going to be the one that could answer the questions the fastest. This put more pressure on each student to think of the answer before the choices were put up on the screen.

After winning the Quiz Bowl, I could not have been more excited for Cal U and especially my fellow students within the program. I wanted to represent them most of all to show the vast knowledge that we have gained over the past four years. Without the help and support of my classmates and professors, none of this would be possible, so I would like to thank each and every one of them.



EATA RECAP

Boston was Host to EATA Convention

Heather Kinney



District 1 and District 2 met again for the 68th Annual Eastern Athletic Trainers' Association (EATA) Meeting and Clinical Symposium in Boston, Massachusetts. This year's meeting was held at the Sheraton Boston Hotel from January 8 through January 11, 2016. In total, there were over 1,500 pre-registered attendees with over 500 of them being students. The symposium offered a total of 17.5 CEUs with 6 of them being evidence based, there were 11 workshops offered, and nearly 50 exhibitors came. Needless to say, EATA kept you busy this year.

A huge thank you to Greg Janik and Lindsey McGuire for another successful EATA Quiz Bowl. It's exciting to announce that the District 2 EATA quiz bowl winner proudly represents Pennsylvania. Dillon Gorby from California University of PA will represent District 2 at the national convention in Baltimore, MD this year. Please see the student section for more details about his winning.

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This year we had numerous PATS members present on a wide range of topics. Heather Kinney presented to the student seminar on “Working with Special Populations,” Jennifer Doane presented an EBP Workshop titled “Sports Nutrition: Evidence-Based Review of Relative Energy Deficit in Sports (RED-S),” Rennie Sacco presented “Silicone: The forgotten Splinting Material” which was sponsored by Borden Perlmann, Dave Marchetti presented “Practical Implementation of Screening Movement Patterns”, Jeremy Simington also presented an EBP Lecture on “Science or Pseudoscience? An Athletic Trainer’s Guide to Healthy Skepticism” and that is just to name a few. The student seminar was also fortunate enough to have Joe Iezzi present the James L. Thornton Keynote Address on Saturday.

The PATS had an exceptional year for achievement awards as well. Congratulations to Susan Cappelli for winning the Gatorade Secondary School Athletic Trainer award, Dr. R. Robert Franks for receiving the David Moyer Physician Award, and Daniel Baer for receiving a doctoral scholarship. There was also three students, Nicholas April, Charles Robinson and Cody Lancellotti that each won a undergraduate scholarship. You can read more about some of these awards later in the Quarterly News.

On Saturday evening, the Pennsylvania membership meeting was held. There was a lot of great topics discussed including a lot of events that the PATS Public Relations committee has been doing. There was also some discussion about the DOH Grant and what year 2 will be bringing. Wes Mallicone highlighted the 23 high schools in PA that took advantage of the NATA’s Safe Sports School Award grant. Congratulations to all the secondary schools that were awarded 1st Team!



As always, EATA was another eventful meeting. Next year’s meeting will take place January 6-9, 2017 in Philadelphia. We hope to see you there.

NOMINATIONS AND AWARDS

2016 Election Openings

The PATS currently has three Executive Board positions that are open for nominations, President-Elect, North western Representative and North central Representative. If you plan to nominate any individual for one of these positions, please send your nomination to Michael Ludwikowski at nominationsandelections@gopats.org. Online nominations will be accepted until March 1st. Biographies will be collected in February and March and election dates will be announced in April. The Online Election will be open for approximately two (2) weeks so please watch for emails and announcements regarding these dates.

2016 Election

- President Elect (6 year term)
- The president-elect will assume a two year position by being elected in accordance with the by-laws. The position shall encompass six years, two each as president-elect, president and immediate past-president. The specific duties of this position shall be to act as a conduit for the EB to their geographical region, County Delegates, committees and liaison(s) that are designated to this position. Currently, those positions include State Association Advisory Committee, Long Range Planning Committee, Ethics Committee, and Quarterly News Committee

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· North western Representative (3 year term)

As a Regional representative, the person holding this position shall commence this three-year term by being elected in accordance with the PATS bylaws and may serve one additional term if re-elected. The specific duties of this position shall be to act as a conduit for the EB to their geographical region, County Delegates, committees and liaison(s) that are designated to this position. Currently, those positions include Public Relations Committee, Continuing Education Committee, Free Communication, and Brain Injury Awareness Group of Pennsylvania.

· North central Representative (3 year term)

As a Regional representative, the person holding this position shall commence this three-year term by being elected in accordance with the PATS bylaws and may serve one additional term if re-elected. The specific duties of this position shall be to act as a conduit for the EB to their geographical region, County Delegates, committees and liaison(s) that are designated to this position. Currently, those positions include Educators Committee, Nominations Committee, Technology Committee, and Young Professionals Committee.

**Regional Nominators and candidates must live or work within their respective region.

2016 Honors and Awards Applications Being Accepted

The PATS currently has three awards open for nominations. Nomination forms can be found on the [PATS website](#). Please send all nominations to Mark Keppler or John Post at honorsandawards@gopats.org by March 1, 2016.

PATS Service Award Application Deadline March 1, 2016

These individuals have been recognized for their dedication, loyalty, & service to the Pennsylvania Athletic Trainers' Society. They all have made contributions which have greatly impacted all members of the Society. Honorees must have demonstrated direct and/or indirect service to the Society for a period of at least five years.

PATS Distinguish Merit Application Deadline March 1, 2016

The DMA is awarded to a BOC certified athletic trainer who has been in practice as an athletic trainer in Pennsylvania for a minimum of 15 years and demonstrates distinguished professional achievement in the practice of athletic training in their respective employment setting including (but not limited to) one of the following:

- 1) Secondary School ; 2) College/University; 3) Professional Sport; 4) Clinic/Industrial/Corporate;
- 5) Educator; or 6) Other Setting.

Honorary Team Physician Application Deadline March 1, 2016

These individuals have been recognized as Team Physicians with 15 or more years of service in the Commonwealth of Pennsylvania. All of these individuals have worked along side Athletic Trainers in caring for Pennsylvania's athletes and are therefore recognized as Honorary Members of PATS.

PATS Walks Away with Multiple Awards at EATA

Greg Janik– PR Committee Chair

The David Moyer Award was presented to a team physician who has served as an educator and advocate to the athletic training profession for at least 10 years. They also must exemplify community service where they live and work, research and publish within the field of sports medicine, and have been involved at the state, district or national level of Athletic Training organizations. The 2016 recipient was Dr. R. Robert Franks, Rothman Institute and co-medical director of Jefferson Comprehensive Concussion Center. Franks said about his award, “This award has been bestowed on some of the best physicians in the country. To join them is a great honor and tribute to all those with whom I have had the privilege to work.”

The Francis J. George Scholarship is awarded to Doctoral students who have displayed commitment and passion to the Athletic Training profession. The Doctoral students must display commitment to athletic training through practice and contributing to the science behind the practice. They must also demonstrate service to the profession in some form. The 2016 recipient was Daniel Baer, West Chester University.

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The Gatorade Secondary School Athletic Trainer Award recognizes an athletic trainer (AT) who has made contributions to furthering his/her school's sports medicine program or the overall profession of secondary school Athletic Training. The 2016 recipient was Susan Cappelli, Big Spring High School. Cappelli is the Cumberland County representative for the Pennsylvania Athletic Trainers' Society (PATS) as well as the President of the Central Pennsylvania Athletic Trainer's Association. She has tirelessly and excellently served Big Spring High School as their AT for the past 18 years. Pictured to the left are John Moyer, PATS President; Susan Cappelli; Gatorade representative Jason Murray; and Casey Christy, District 2 representative to the NATA Secondary School Athletic Trainers' Committee.

Further the EATA scholarship recipients are selected based on their grade point average, a student essay, faculty recommendations, athletic training clinical experiences, service, extracurricular activities, leadership and awards. The 2016 recipient of the Paul Grace scholarship which is sponsored by Johnson & Johnson was Nicholas April from West Chester University. The 2016 recipients of EATA Scholarships are Charles Robinson, Mercyhurst University and Cody Lancellotti, King's College.

PATS President John Moyer commented on the outstanding efforts of our membership saying, "PATS is extremely proud of all of our EATA Award recipients. It is a testimony to the dedication of our physicians, athletic trainers and our athletic training programs."

CALL FOR VOLUNTEERS

2016 Special Olympic Summer Games at University Park

The 2016 SOPA Summer Games will once again be held at University Park June 2-4. Athletic Trainers play a vital role in providing medical coverage to over 2,000 athletes. Accommodations are provided by SOPA at Penn State. If you or any of your athletic training students are interested in this great event, please email Justin Beaupre, MS, LAT, ATC (Coordinator for Athletic Training Services) at jbeaupre@bloomu.edu. More information and the registration forms will be posted on www.gopats.org in April!

NEWS AROUND THE COMMONWEALTH

PATS Discusses the Importance of Athletic Trainers at World Diabetes Day

Greg Janik– PR Committee Chair



Pictured left to right: Paul LaDuke, Kiernan Melograno, John Moyer, Jeff Shields, Kyle Shireman and Sam Wootten

PATS participated in the World Diabetes Day event held at the state capitol in Harrisburg on November 18th. The event featured Pennsylvania chefs as its keynote speakers, including Executive Chef Pippa Calland of MidSt8 Taco and Manuel Torres of El Serrano. The speakers shared healthy recipes for anyone living with diabetes. A proclamation signed by Governor Tom Wolf declaring November as Diabetes Awareness Month was presented at the event.

PATS discussed the role of athletic trainers (ATs) in the care of diabetes in the athletic population while providing information on reading nutritional labels. Granola bars were given away to all in attendance.

"Although the cause of diabetes is uncertain, genetics and lifestyle factors, such as obesity and a lack of exercise, can play a role", said Secretary Murphy. "Type 2 diabetes can be prevented or delayed by healthy eating habits and regular exercise. For those who already have diabetes, it is important for them to manage the disease by monitoring what they eat, exercising often, testing blood sugar regularly, and taking medication as prescribed."

Athletic Trainers (ATs) are often the healthcare professionals available on-site, particularly in the athletic settings, on a daily basis to recognize diabetes and provide the necessary care. For those with Type 1 diabetes, the AT will help manage the disease by monitoring their diet, exercise routines, and testing blood sugar regularly and taking necessary medications.

Further, ATs can instruct on healthy exercise and nutritional habits which can prevent or delayed type 2 diabetes.

Mallicone Honored to be a Part of the Rose Bowl Parade

Greg Janik– PR Committee Chair

The 127th Rose Parade themed “Find Your Adventure,” took place Friday, January 1, 2016, at 8 a.m. (PST) featuring majestic floral floats. Wesley R. Mallicone, athletic trainer (AT), Director of Sports Medicine at Shippensburg University, and the Pennsylvania Athletic Trainers’ Society (PATS) South-central Representative, was selected to represent the “Gift of Life Donor Program” on the 13th Donate Life Rose Parade float.



Mr. Mallicone was born in Uniontown, Pennsylvania. His childhood seemed to be a healthy one until he began having stomach issues and was diagnosed with ulcerative colitis (UC) at age nine. When he was diagnosed with Primary Sclerosing Cholangitis (PCS) age 13, doctors told him that he would need a liver transplant by the age of 25 in order to survive. He went on to attend Duquesne University and had an amazing college experience while earning a Bachelor’s Degree. After Duquesne, he pursued a Master’s degree at Shippensburg University, worked as a Graduate Assistant and interned for the Philadelphia Eagles. Unfortunately, Wesley’s health deteriorated again at age 32, but this time, he was able to receive a liver transplant and now, he is happy and doing what he loves as the Director of Sports Medicine at Shippensburg University.



Dwendy Johnson, Community Relations Team Leader for the Gift of Life Donor Program and who nominated Wes stated, “the Gift of Life Donor Program is honored to sponsor Wes’s trip. Wes truly has inspired people to see how transplantation can give someone a second chance at life. We look forward to seeing him riding on the float and representing Eastern PA.” John Moyer, PATS President said, “The life journey that Wes has experienced as a liver transplant recipient has been very emotional and rewarding. PATS is proud to have Wes as a member of the Executive Board and see him honored by the Gift of Life program.”

“This opportunity represents the efforts of so many individuals at Gift of Life and Penn State Hershey Transplant Surgery and many others that have supported me over my lifetime. It represents the selfless act of organ donation by my donor and their family, which I am forever grateful” humbly and affectionately comments Wes Mallicone. Further, Wes commented, “It was an honor, truly an amazing experience to participate as a rider on the Donate Life Float and share the very important message of organ and tissue donation.”

PATS Announce Corporate Sponsorship with Troy Healthcare, LLC; Makers of Stopain

Greg Janik– PR Committee Chair

The Pennsylvania Athletic Trainers’ Society (PATS) recently entered a 3 year agreement with Troy Healthcare, LLC who produce Stopain, a topical analgesic and a Pennsylvania Athletic Trainers Society (PATS) Corporate Partner. Troy Healthcare is based in Hazelton, PA.

Stopain products are formulated for fast, temporary pain relief. The active ingredient in all Stopain products is menthol, which is recognized by the FDA as an analgesic indicated for the temporary relief of muscles and joints ailments.

Anthony Cicini, Vice President of Troy Health states, “With Troy Healthcare being a PA based company it made total sense to us. Partnering with such a fine organization and participating at their annual expo and symposium is exciting to us. We are looking forward to being able to interact with the students and becoming more involved with the entire PATS organization”

With the agreement, Stopain will be the title sponsor of the PATS student Symposium allowing for more students to participate in educational opportunities. “This partnership with Stopain is so important for our student members. Having the ability to attend educational symposiums with minimal costs is priceless” stated PATS president John Moyer. Stopain will also become an exhibitor at the PATS, annual symposium, as well as a recognized sponsor on the PATS website at www.gopats.org.

Former PATS President Conducts Research Using a Multi-Modal Approach for Concussion Testing

Greg Janik- PR Committee Chair

Dr. Joseph Hazzard, LAT, ATC former PATS President and current assistant professor of exercise science at Bloomsburg University, leads a team of faculty and students that are part of the University's new Institute for Concussion Research and Services to better understand concussions. "The Institute is committed to helping students be successful beyond the classroom through the use of technology and matching them with expert faculty to develop solid clinical skills," says Hazzard. Working together, they can provide a "comprehensive approach" to concussions, evaluating many different systems in the body and changes that a concussion can have on them. "Our Institute is an important endeavor for the university in a vital time for understanding concussions, their effects, and the public health concern that they have created, Hazzard stated.



To accurately assess when an athlete is healthy enough to return to competition, it requires a baseline starting point. The Institute utilizes a two-part testing system that is unique to Bloomsburg University. "We have a special virtual reality system from Head Rehab Inc. that will test spatial memory, reaction time and balance. We also have a clinical balance assessment instrument from Natus/Neurocom with components based in assessment of three systems: the visual, vestibular or inner ear, and somatosensory or neuromuscular feedback," says Hazzard. "An athlete would need to return to baseline on both of these tests before being allowed to safely return to competition. Having the baseline data on each of the athletes at the start will be how they will be measured."



Both units are portable, giving Hazzard and his team the ability to travel to the athletes. Testing time for each athlete is approximately 20 minutes. Currently, this team is working with Bloomsburg University athletes, as well as the Berwick High School football team and athletes from Danville Area High School.

The institute has two main goals: to give medical professionals a better understanding of concussions, symptoms and their outcomes, and to provide a service to the medical community that will assist them in making better "return-to-play" decisions. Hazzard says, "We work hand-in-hand with physicians to deliver healthcare, why would we not want to assist them in the clinical decision-making process as it relates to concussions"?

ConcussionWise Update

Tonya S. McKenzie, LAT, ATC and Roxanna Larson, MS, LAT, ATC

Eighteen months into the Concussion Education Grant from the Department of Health, SSI and PATS has educated 176 medical professions (i.e. physicians and certified physician's-assistants) across the Commonwealth of PA. There are 71 licensed athletic trainers serving as active ConcussionWise Instructors providing education to youth programs, high school and college coaches, YMCA staff, school administrators, high school and college athletes, and parents. The focus of the program is to educate the community on the causes, symptoms, and the return to play process after a sustained concussion. The free program serves as a resource regarding concussion, and educates physicians to diagnose and treat concussed individuals.

Some of the comments we received back about the completed courses from participants are as follows:

"I liked that the information was condensed and very easy to understand--no big medical terms. I also liked the opportunity to ask questions to the administrator after each specific talking point."

"Course contained relevant information and was beneficial."

"Well organized and interesting material, I learned some things I was not aware of."

"It was not too long but contained a lot of information."

"This was very well done. Informative, and to the point. Good quizzes."

"Excellent relevant course."

With the changes of sports seasons, sports injuries continue to occur. We can once again reach out to the various organizations around the Commonwealth to provide a quality program to groups for continued concussion education.

All 6 Pittsburgh Public Schools Awarded Safe Sports School Awards

Tonya McKenzie, LAT, ATC

All Pittsburgh Public Schools (PPS), PIAA District 8 are now considered to be leaders in Pittsburgh Athletic Programs with the highest safety standards. The Licensed Athletic Trainers of the PPS “City Team” are all UPMC Licensed Athletic Trainers with a passion for what they do and how they care for all of their student-athletes. All PPS members were able to utilize the PATS Grant to cover the \$150 Application Fee for each school. They have all the uniformed policies and procedure requirements met prior to completing their application and all became 1st Team recipients. The PPS Administration immediately supported the athletic trainer’s efforts to procure this award when approached with the idea. This team was 6 of the 41 Safe School Sports Award presented in Pennsylvania so far this year.

The 1st Team SSS Award winners pictured to the right for PPS are as follows:

Brandon Mazza, LAT, ATC at Taylor Allerdice High School
Mike Koyack, LAT, ATC, PES at Perry Traditional Academy
Guy Sanchioli, MS, LAT, ATC, PES at Carrick High School
Nick Henry, LAT, ATC at Westinghouse Academy
Tonya McKenzie, LAT, ATC at Obama Academy
Jessica Falvo, MS, LAT, ATC at Brashear High School



This team works together to support and promote safer, healthier young athletes in their individual schools and support each other as “The City Team” for the Pittsburgh Public Schools. Congratulations to all for the quality of care you provide!

NATA and PATS join Representative Ryan Costello in presenting the NATA Safe Sports School Award to Spring-Ford High School

Greg Janik– PR Committee Chair



Spring-Ford High School was a recent proud recipient of the NATA Safe Sports School Award (First Team Designation). The award recognizes schools that meet ten criteria designed to keep students safe and injury free. Spring-Ford Superintendent David Goodin said “It’s a great honor and we do put a lot of emphasis on making sure our students are safe; either before an incident or after. This recognition validates those attempts.”

Spring-Ford Athletic Director Mickey McDaniel and Athletic Trainers Dan Holman, Kate Daniels and Riane Casper were presented the award by NATA District 2 Director AJ Duffy. Also in attendance were Eastern Athletic Trainers Association (EATA) Secretary Michelle Monaco, and PATS President John Moyer and Executive Director Linda Mazzoli. The day culminated with remarks from Congressman Ryan Costello, co-sponsor of the Athletes Bill of Rights. Costello stated, “Competing is why we all play sports. At the same time we want to make sure we’re not competing and putting student athletes at risk, when they shouldn’t be on the playing field. Today was highlighting Spring-Ford for the great job that they do.”

“It’s an awesome honor,” said Spring-Ford Principal Pat Nugent. “I just know the amount of work and time and effort our athletic trainers put into the whole entire athletic program. They basically live here. From 2 o’clock on, there’s somebody here constantly. I’m really proud of them; they work hard.”

Concussion Programming to Air on PCN Television

Guy Sanchioli, MS, LAT, ATC, PES- PATS President Elect

Earlier this week, a contract was signed between the Pennsylvania Athletic Trainers’ Society (PATS) and The Pennsylvania Cable Network (PCN). This continued partnership will provide commercials and programming throughout the spring and summers for the next three years. The commercials and programs will be created through combined efforts of the PATS Public Relations Committee, Educators Committee and the Athletic Training Education Programs.

Commercials will air this March during the Individual Wrestling, Boys and Girls Basketball, and Boys and Girls Diving Championships. Weekly during July and August a 30 minute program will air on television and internet to provide viewers with concussion information. The Department Health Grant helps to make this opportunity possible.

ATHLETIC TRAINERS IN THE NEWS

'Let's face it, I was probably dead': Athletic trainer Saves Manheim Twp Basketball Coach's Life

We never want to have to use CPR, but we are always ready when we are called. Daniel Quigley, athletic trainer at Manheim Township High School, had to use his CPR knowledge on assistant basketball coach, Mike Hackman. Hackman collapsed during a practice on November 20, 2015 and a few of the basketball girls went searching for Quigley. Once Quigley arrived on the scene, he quickly began CPR and the use of the AED. He saved Hackman's life. Hackman does not remember much after collapsing, but he does state, "... I was probably dead." Every time he sees Daniel, he gives him a hug. For the full story, click [here](#).

Shaler Graduate Goes to the Super Bowl as Part of Panthers Athletic Training Staff

"Going to the Super Bowl is something that I have dreamed about doing since I was a freshman in college." Steve Labate, 2012 graduate of Cal (PA) and 2008 graduate of Shaler High School, went to Super Bowl 50. Labate is a seasonal athletic trainer with the Carolina Panthers. He became interested in athletic training in high school after shadowing Shaler's athletic trainer, Bill Coutts. Coutts states, "He was very ambitious and knew where he wanted to go and what he needed to get there." Labate says the days are long and can be very stressful, but he loves every minute of it. To read the entire article, click [here](#).

REGIONAL RECAPS

North Central Regional Update

Jason Erlandson

The PATS apparel sale has closed and all items are scheduled for delivery in time for NATA Month in March. PATS is holding a social media raffle contest in which members who post pictures of themselves wearing their PATS apparel to either the PATS Facebook page or Twitter account will be entered into a raffle for a \$25 gift card. You can submit one entry each to Facebook and Twitter.

The Spring North Central Regional Meeting will again combine with the Susquehanna Health NATA Month Symposium from 8-12pm on March 24, 2016 in the Walnut Room at the Williamsport Regional Medical Center. We will be having another \$25 gift card raffle for members who wear their PATS apparel to the meeting! I will be sending a registration flyer to all NC Region members in the near future.

In what I promise will be my last nomination pitch, we are still taking nominations for North Central Regional Rep until March 1. Nominations can be submitted to PATS Nominations Chair Mike Ludwowski at nominationsandelections@gopats.org. If you are considering running for the position and would like more information about the position, please email me at northcentral@gopats.org.

Southeast Regional Update

Mike Horan

Hopefully all of you who were affected by Snowmageddon 2016 have dug out and made it through with no major catastrophes!

Council Rock North High School, in Newtown, Bucks County, was honored with the NATA Safe Sports School Award in December. The award was made possible through the grant offered by PATS to those secondary school athletic trainers interested in applying. Upon winning this award each school is presented, by NATA, a list of ways to get the news out about the honor. Included in this packet of information is a template for a press release. Upon sending this press release out to media outlets and local politician's office, Council Rock North was doubly honored to receive letters of commendation from United States Congressman Mike Fitzpatrick, and Pennsylvania State Senators Chuck McIlhinney and Robert "Tommy" Tomlinson.

Northwest Regional Update

Becky Mokris, D.Ed., LAT

Greetings from the Northwest Region! This March the Northwest Region will be hosting a peer-to-peer meeting on March 22nd. This meeting will be held at Slippery Rock University in Patterson Hall Room 202 from 7-8pm with refreshments, free parking and 1 free CEU to all who attend compliments of PATS! Please join us for the meeting which will give all athletic trainers a chance to meet others from the region and discuss a hot topic from this year. The peer-to-peer discussion is entitled: **Implementation of the Current Guidelines for the Pre-hospital Care of the Spine Injured Athlete.** Gary Hanna, MS, LAT will be facilitating our discussion. Gary is a PATS Hall of Fame member, PATS Past-President and currently a member of the NATA College University Committee. The focus of the questions will be centered on the new guidelines, the implementation (or not) of the guidelines within your employment setting, the revision of the recommendation, and working with your local EMS. We can't wait to see you there!

Southwest Regional Update

Shelly DiCesaro, PhD, LAT, ATC

The Southwest region has made it through the winter (hopefully!) and is looking forward to the start of spring and the exciting AT events that it brings! Reflecting on the last quarter, I would like to take a moment to thank those who attended the SW fall meeting and in particular Kathleen Nachazel and Patrick Steidle for their assistance in coordinating the site and speaker. The UPMC Lemieux Sports Complex was an exceptional venue for our event second to only our speaker that morning Dr. Vonda Wright. The morning commenced with a tour of the facilities and continental breakfast followed by an outstanding presentation regarding the athletic hip by Dr. Wright. Details are being finalized for our spring meeting to be held March 19 at the UPMC Rooney Sports Complex on the Southside, watch your inbox for more information in the coming week. As always, if you are interested in hosting an event or providing a speaker, please let me know as fall sites are currently being considered and will be finalized soon.

March is of course National Athletic Training month and many events are planned to celebrate! To kick off the month, AT's and AT students will once again storm the plaza and the TODAY show on Friday, March 4th and Good Morning America on the 18th. Be sure to set your DVR's, or better yet, join us that morning! Mark your calendar for Monday, March 21st and join us as we Hike to Harrisburg to promote our profession. March also brings us the annual Athletic Trainer River Run to be held on Sunday, the 13th at the UPMC Rooney complex on the Southside of Pittsburgh. Registration has opened and can be found at <https://www.signmeup.com/site/online-event-registration/111570>. The River Run is always an exciting event and once again proceeds from the day will be donated to the PATS Scholarship Fund and the Children's Organ Transplant Association. Additionally, don't forget to "save the date" for Friday, April 29th for the 2nd annual athletic trainers night at PNC park. Details will be sent as I receive them...I know that is a busy weekend for AT's and the city so I hope to see you there!

I would like to congratulate Dillon Gorby, a senior athletic training student in the SW region at Cal U of PA. Dillon successfully defeated 17 other district 2 students in the D2 Quiz bowl held last month at the EATA meeting in Boston. He will represent district 2 at the National Quiz Bowl on Friday, June 24th during the NATA meeting in Baltimore, please consider attending the quiz bowl and cheering him on. Congratulations Dillon!

Lastly, I hope to see you at one of our upcoming events and as we move out of the winter season and into our spring sports I wish you all a safe spring season and time to relax and unwind with family and friends.

Northeast Regional Update

Rennie Sacco

Hello to all in the Northeast region! The winter has finally hit us. Record snow in some parts. Some called it Snowzilla! Now let's pray for some warmer weather so teams can get outside for Spring Breaks.

2016 Eastern Athletic Trainers' Association (EATA) Annual Meeting and Clinical Symposium, Boston, MA

I wanted to congratulate Greg Janik, who was in charge of this year's convention. Greg did an outstanding job. Everything from the workshop/Lectures, Exhibit Hall and the Banquet were nothing less than first class.

Congratulations to Cody Lancellotti, senior student in the King's College Athletic Training Program, who received the EATA Scholarship for \$3,000 at the 2016 Eastern Athletic Trainers' Association (EATA) Annual Meeting and Clinical Symposium in Boston. The EATA is comprised of the six New England states as well as Delaware, New Jersey, New York and Pennsylvania only give a total of 11 scholarships.





Jeremy Simington and Dave Marchetti

The following NE Region Athletic Trainers presented to the membership at this year's EATA Annual Meeting and Clinical Symposium in Boston: King's College Athletic Training Program Professors Davis Marchetti and Jeremy Simington, along with Kutztown University's Director of Sports Medicine, Rennie Sacco. Marchetti presented a 4 hour workshop titled "Practical Implementations of Screening Movement Patterns" while Simington presented an evidence based practice (EBP) lecture titled "Science or Pseudoscience? An Athletic Trainer's Guide to Healthy Skepticism". Sacco presented a 2 hour workshop titled "Silicone: The Forgotten Splinting Material".



Rennie Sacco, Tony Trombetta (Borden Perlman Rep) and Wes Mallicone

CE Event Activity

County Delegates Matt Frantz (Northampton) and Dave Maxted (Lehigh) have worked together to put on a continuing education event. Save the date of Sunday March 6, 2016 at Lehigh Valley Hospital Cedar Crest, Main auditorium. Dr. Sarah Manspeaker, of Duquesne University, will be the speaker. Her presentation will be "Understanding Evidence-Based Practice and Patient Reported Outcomes." It will be worth five (5) EBP CEU's. Check-in starts at 7am, with an 8am start time. Seating is limited to 225. Please RSVP to Matt Frantz at his email, frantzm@lafayette.edu.

Safe Sport School Award by NATA:

Congratulations to Athletic Trainers Aaron Boggs, Hayley Paff, Jesse Gehman & Ben Kemetz and Parkland HS (Allentown) and Athletic Trainers Katie Kunkel & Erin Berry and Schuylkill Valley HS (Leesport) for being awarded the Safe Sports School Award since our last newsletter posting.



In closing, as always, if you have any future news, please feel free to contact me or reach out at any time with any questions or concerns you may have. I can be reached at northeast.gopats@gmail.com or 610-698-6237. I hope to see many of you at June PATS Annual Meeting & Symposium in Grantville, PA.

Southcentral Regional Update

Wes Mallicone, MS, LAT, ATC

Greetings from the Southcentral Region! Congratulations to the following athletic training staffs and Safe Sports Schools who were awarded the \$150.00 application fee by PATS for the NATA Safe Sports School Award. The NATA Safe Sports School Award recognizes the athletic training staff and the school for having gone above and beyond to help ensure the safety of their student athletes.

The Pennsylvania Athletic Trainers' Society, Inc. (PATS) has awarded all of the \$150.00 registration fee grants for the NATA Safe Sports School Award. Thanks for a successful first year!

School	Designation		
Avonworth High School	1st Team	Parkland High School	1st Team
Brashear High School	1st Team	Pen Argyl Area High School	1st Team
Carrick High School	1st Team	Perry Traditional Academy	1st Team
Cocalico High School	1st Team	Schuylkill Valley High School	1st Team
Council Rock High School North	1st Team	Sullivan County High School	1st Team
Exeter Township Senior High School	1st Team	Taylor Allderdice High School	1st Team
Garnet Valley High School	1st Team	Warwick High School	1st Team
Gettysburg Area High School	1st Team	West Shamokin Jr-Sr High School	1st Team
Harrilton High School	1st Team	Westinghouse Academy	1st Team
Karns City Jr-Sr High School	2nd Team		
Lancaster Mennonite High School	1st Team		
Lower Merion High School	1st Team		
Manheim Central High School	1st Team		
North Allegheny High School	1st Team		
Obama Academy	1st Team		
Oxford Area High School	1st Team		

***CONGRATULATIONS TO ALL
SAFE SPORTS SCHOOL AWARD
WINNERS IN PA!!***

(continued on page 15)

Congratulations to Southcentral region's Susan Cappelli, who has served as the licensed athletic trainer at Big Spring High School in Newville, Pennsylvania for the past 18 years. Recently, at the Eastern Athletic Trainers' Association (EATA) 68th Annual Meeting and Clinical Symposium in Boston, Massachusetts, Susan received The Gatorade Secondary School Athletic Trainer Award, which recognizes an athletic trainer who has made contributions to furthering his/her school's sports medicine program or the overall profession of secondary school athletic training.

Get an early start earning continuing education units by attending one of these regional events.

FREE CEU EVENTS

Monday, February 15, 2016 at 7pm "Articular Cartilage Lesions of the Knee: Treatment Alternatives" presented by Dr. Adam Hyatt, MD. The location will be at Orthopedic Associates of Lancaster, 1701 Cornwall Road, Suite 200, Lebanon, PA 17042. Please RSVP to OALCEU@fixbones.com CEU's will be awarded for attendance.

Monday, February 29, 2016 at 7pm "Tales from a Team Physician: My First 20 Years" presented by Dr. Brian Bixler, MD and "Training Anterior Core Stability" presented by Adam Richmond, MS, LAT, ATC, PES, FMS. The location will be at CPRS Physical Therapy, Dillsburg Education Center, 102 N. Baltimore St., Dillsburg, PA 17019, (Brick Building next to dollar General). Please RSVP to ATCEducation@cprswb.com by February 22, 2016. AT's will earn 2 Category A CEU's for attendance.

Thursday, March 3, 2016 at 7pm "Hip Pain in the Young Adult: A Challenge from Diagnosis to Treatment" presented by Dr. Adam Hyatt, MD and "Hip Labral Repair in a 17 year old Female Athlete" presented by Nate Nester, LAT, ATC, FMS. The location will be at the Heart of Lancaster Hospital, 1500 Highlands Drive, Lititz, PA 17543, (Multipurpose Room near Cafeteria). Please RSVP to ATCEducation@cprswb.com by February 25, 2016. AT's will earn 1.5 Category A CEU's for attendance.

OTHER CEU EVENTS

Sunday, February 21, 2016 at 4pm

Central Pennsylvania Athletic Trainers' Association & Lancaster-Lebanon Athletic Trainers present:

A Social Gathering and Networking Opportunity for Mid Penn, YAIAA and Lancaster-Lebanon Athletic Trainers
Hershey Bears Hockey Game vs. Norfolk Admirals at the GIANT Center in Hershey, PA 17033. Potentially a CEU Event and product demonstration to start at 4:00 p.m. with the Hershey Bears Game to follow at 5pm.

For more information contact Susan Cappelli at SCAPPELLI@bigspring.k12.pa.us , Sandy Zettlemoyer at szettlemoyer@mbsgd.org or Keith Varney at kvarney@lebanon.k12.pa.us

Saturday, March 19, 2016 from 8am-5pm

Lebanon Valley College Department of Physical Therapy & Central Pennsylvania Rehabilitation Services present:

Sports Medicine Summit: Current Evidence and Clinical Application to Promoting Health and Performance in Today's Athlete

Speaker Panel: Dr. Aman Dhawan, MD; Dr. Robert Gallo, MD; Dr. Cayce Onks, DO, MS, ATC; Dr. Matthew Silvis, MD; Michael E. Lehr, PT, DPT, OCS, CSCS; Mitchell Salsbery, PT, DPT, SCS, CSCS.

For more information go to the registration link: <https://sports-medicine-summit-march-19-2016.eventbrite.com>

Looking forward, you should already have marked your calendar and finalized your reservations for the following events. This is an opportunity for all of us to engage and network with our colleagues while gaining valuable knowledge and earning our required continuing education units.

PATS Annual Symposium, June 2-4, 2016 Holiday Inn Harrisburg/Hershey in Grantville, PA

NATA Annual Symposium, June 22-25, 2016 in Baltimore, MD.

Remember, March is National Athletic Training Month "A Safer Approach to Work, Life and Sport" and I encourage you to promote our profession of athletic training at your place of employment. Please inform me of what you are doing to promote athletic training so I can include it in an upcoming newsletter. If I can be of any assistance do not hesitate to contact me at southcentral@gopats.org

COMMITTEE REPORTS

Membership

Lindsay Rice

Recently, the PATS executive board has decided to make a push for athletic trainers to obtain their NPI numbers. We have discovered that many athletic trainers who already have their NPI numbers do not report them to NATA when they renew their membership. We are pushing athletic trainers to report that through the NATA so that we can have an accurate count and representation of athletic trainers with their NPI numbers in the state of PA.

Governmental Affairs

Tanya Miller

The Governmental Affairs Committee continues to monitor both state and federal legislation as it may pertain to ATs. We routinely compose letters of support for upcoming or introduced legislation, and occasionally a letter of non-support. These letters can be found at gopats.org. The GAC continues to support the PATS Board with society legislative goals and objectives. We are looking forward to a successful Hike to Harrisburg during NATM.

Free Communication

Aaron Hand

The free communication committee is currently accepting abstracts from students who are interested in doing an oral presentation at the annual student symposium being held April 1st-2nd at West Chester University. More information is available on the student symposium link from the PATS website. Deadline for submissions is February 15th. The free communication committee will be accepting abstracts on original research, case studies and critically appraised topics from athletic training students who are interested in doing a poster presentation at this year's annual meeting and clinical symposium that is being held June 2-4, 2016 in Grantville. A call for abstracts will be sent in early February with a deadline for the abstracts of mid-April.

Convention

Liz Evarts

The PATS Convention Committee is currently working to finalize programming for the 2016 symposium. The annual symposium and business meeting will be held June 2-4 at the Holiday Inn Harrisburg/Hershey in Grantville, PA. Please look for the Convention News for updated information.

CALENDAR OF EVENTS

Event	Date/Time	Location	Contact
Tales from a Team Physician Training Anterior Core Stability (FREE)	Monday February 29, 2016 6:30PM	CPRS PT 102 N. Baltimore St Dillsburg, PA	RSVP to ATCEducation@cprswb.com Deadline February 22
Hip Pain in the Young Adult: A Challenge from Diagnoses to Tx Hip Labral Repair in a 17 year old Female Athlete	Thursday March 3, 2016 6:30PM	CPRS PT 1500 Highlands Dr., Lititz, PA	RSVP to ATCEducation@cprswb.com Deadline February 25
Soft Tissue Techniques for your athletes	March 2, 2016 8am-10am	The Training Room in Garnett Valley	RSVP: mhuggard@thetrainingroompt.com
AT River Run	March 13, 2016	Pittsburgh, PA	https://www.signmeup.com/site/online-event-registration/111570
Concussion Rehabilitation	May 10, 2016 9am-11am	The Training Room in Cherry Hill	RSVP: mhuggard@thetrainingroompt.com
Return to Sport Testing and Training	June 4, 2016 8am-10am	The Training Room in Garnett Valley	RSVP: mhuggard@thetrainingroompt.com
2016 Special Olympics PA Summer Games	June 2-4, 2016	Penn State University, University Park, PA	Information Request: Justin Beaupre: Coordinator of Athletic Training jbeaupre@bloomu.edu
PATS Annual Meeting and Clinical Symposium	June 2-4, 2016	Grantville, PA	More info can be found on the PATS Website
NATA Clinical Symposium and AT Expo	June 22-25, 2016	Baltimore, MD	More info can be found on the NATA Website



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