

February 2018

President's Message



George Roberts,
M Ed, LAT, ATC

According to the Ground Hog, we have been sentenced to 6 more weeks of winter. My calendar tells me that pitchers and catchers report this month to spring training which is my personal start of spring. It's what I think about every time I fire up the snow blower and clear the driveway. I hope that your winter season is moving forward without too much interruption by mother nature. March Madness is not just a College and University thing for Athletic Trainers. It is that transitional time that keeps us on our toes and stretches our time and resources to the limit. Do not forget to take care of yourself while caring for others.

This is also award season. I am not talking the Oscars, Tonys, or Emmys. We found out this week who is being honored by the NATA in New Orleans. I would like to congratulate all **OUR** honorees. A special congratulation to the New Hall of Fame Class from Pennsylvania, Jim Thornton and Kent Biggerstaff. Also, I again would like to congratulate Past President John Moyer for being awarded the State Excellence in Leadership Award for his outstanding contributions during his 6 years as a member of the Presidential Triumphant for PATS. John will receive the award at the State Leadership Meeting in New Orleans in late June. Neil Curtis will be receiving the Most Distinguished Athletic Trainer award. Those receiving the NATA Service Award are Keith Gorse, Scott Heinerichs, Michele Kluchar-Monaco, and John Smith. Congratulations to all. You have made Pennsylvania proud.

I would like to congratulate the Philadelphia Eagles for their Super Bowl win last week. Congratulations go out to Chris Peduzzi, Head Athletic Trainer and his staff for their significant contribution to the Eagles success. And to all of you that are Eagles fans, enjoy your victory lap.

Last week the Executive Board sent all of you an email letter which states the Society's position on professional behavior and addresses the disturbing recent current events. As a Society we are fortunate to be in a helping profession and it is imperative that we continue to help those around us. I wish to thank the Board and Dr. Jackie Williams, Chair of the Ethics committee, for their work on this reminder of our ethical and behavioral levels of expertise.

Please start planning to attend the Annual Meeting and Symposium June 7-9 in Grantville, PA. The Education Committee has put together another outstanding program and the Convention Committee has worked tirelessly to make sure that this will be one of our best meetings ever. We would also like to announce that the meetings in 2019 and 2020 will be held at the Wyndam Garden Inn in Gettysburg.

Have a great spring and as always remember that I am just a phone call, email, or text away.

George

George Roberts, M Ed, LAT, ATC
PATS President

Contact Us

www.gopats.org

Our Mission

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

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

THIS ISSUE

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STUDENT SPOTLIGHT

Morgan Dumont, West Chester University

Year: Senior

Current and Previous Clinical Rotations:

Widener University (current), WCU
Women's Soccer, Bishop Shanahan High
School, WCU football

Any Certifications or Credentials: ASHI

First Aid and CPR



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

My love for athletic training happened early on, probably earlier than most people my age knew what they wanted to do in life. I was a freshman track runner with the hope to continue to prove myself as a valuable member of the team during the spring season, which was cut short when I had a lateral ankle sprain and avulsion fracture in my right ankle. This was the first time that I was injured and forced to sit out of my sport, and the mental side of sport injury soon set in, and I was extremely discouraged being unable to participate. However during my rehab in the Athletic Training Facility at my high school, I soon realized that this discouragement ultimately introduced me to what I wanted to do for the rest of my life. Athletic training encompassed all the criteria I was looking for; I would be helping people, I would be around sports, I would be in the medical field, I would be challenged to problem solve, and I had countless options for what could be my end goal. With every experience that I have gained in my undergraduate career, I have only grown to love this profession more.

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

I hope to see athletic training continue to grow in the next 10 years. I would like to see more young professionals getting involved, to see more women, hopefully myself, being in leadership positions in the world of Athletic Training and in local, regional, and national organizations. I would also like to see the profession as a whole becoming more formally recognized in the health care field.

What are your career goals?

I hope to pursue my Doctorate and become an educator in the Sports Medicine field. I have been inspired by those who have taken interest in teaching me. I want to influence the next generation to learn and grow in their own way, and to love and have excitement when learning. Medicine is ever changing, and you can never have too much knowledge.

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

I would aspire to do my research in Mental Health. I feel that Mental Health is starting to become more recognized in the profession, with some individuals bringing light to the importance of this area, and I would love to support their research with my own someday.

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

I would say that I strive to be a humble leader. I always aspire to do things in the hopes that it will benefit my program, and the members in it, rather than for personal gain. When it comes to student athlete health services, I would say I am a passionate leader, as well. I always want the utmost care for my athletes, and I will ensure that they will get that. I have found that you create a great rapport with your athletes over the season; and it is rewarding to see them return to play, after being injured, knowing that you helped them.

What are your interests outside of athletic training?

My interests outside of athletic training include staying active. I am an avid runner and love to be outdoors. I also enjoy getting more involved on campus by working in the Athletics Department, operating basketball games and gymnastics meets. I have also been a peer tutor for Biology, which was an extremely rewarding opportunity, and has only solidified my career goal to be a professor later in life. I am also very interested in art, and love channeling my inner creativity, by painting in my free time.

2018 PATS Student Symposium

The PATS Student Symposium is being hosted this year by Temple University on March 23rd and 24th. Registration information, including links, were distributed to program directors. Discounted hotels are available at the Holiday Inn Express Penn's Landing and the Hilton Philadelphia Penn's Landing. Some of the featured presentations include "Concussion and the Law," by Hosea Harvey, JD and "Foot Injury Management," by Dr. Lee Cohen. Breakout groups will explore hands-on techniques and other contemporary topics on Saturday. Please contact Jamie Mansell at jmansell@temple.edu with any questions.

Students Volunteer for Special Olympics

Cassidy Powers, Duquesne University

Alex Dzadozsky, Duquesne University

Bethany Carns, California University of PA

Nicole Markiewicz, California University of PA

"Let me win. But if I cannot win, let me be brave in the attempt." This is the motto of Special Olympics and was evident in all interactions with athletes at Seven Springs. Each athlete has passion and determination to excel at all they do. This atmosphere of comradery and commitment to sport was contagious. Their pure joy and enthusiasm throughout the competition was infectious and it inspired not only ourselves but all the Duquesne and California University of PA students to continually work to better ourselves.

As athletic training students we had the unique opportunity to interact with athletes from various backgrounds and with varying degrees of disability. These interactions challenged us to think outside the box and helped us grow into stronger clinicians. As part of the medical team, it was our duty to treat the athletes if they suffered from an injury, provide first aid, and perform evaluations. We quickly came to realize that we were capable of doing so much more: such as, directing them to where they needed to be, cheering them on, and showing a friendly face.

On a personal note, we feel like Special Olympics is an amazing opportunity and when possible all clinicians should volunteer their time. Having the chance to work with the medical staff, the volunteers, and most importantly the athletes has benefited us as clinicians and as individuals. In the coming years we will seek out opportunities to take part and volunteer with the Special Olympics organization.

We will never forget the endless amounts of hugs, high-fives, laughs, and the sea of smiles that occurred at the SOPA Winter Games. The athletes were so engaged, enthused, and ready to compete. No matter what level of experience each athlete had, they all encouraged each other and believed that they could complete the task ahead. It was truly amazing to see what they can do and to let them know that all their hard work paid off. We are blessed to have had this opportunity to be around these great human beings as it has touched our hearts and changed our lives forever.



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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.

PATS IMPORTANT ANNOUNCEMENTS

PATS' Stance with Regard to Recent Ethical Issues That Dominate the News

George Roberts, PATS President

Dear PATS membership:

In light of what is happening in today's world, as healthcare professionals, we may be affected by what others say or do towards us, and we may impact others through our actions. Sexual harassment, sexual discrimination, diversity insensitivity, and use and abuse of authority are a few ways people negatively affect others. Social media, television, and other news outlets have allowed society easy access to poorly judging others, bullying, and giving unsuitable opinions without realizing what was said until it is too late. Pennsylvania Athletic Trainers have social responsibilities and obligations to act accordingly and fulfill professional duties, using moral judgment.

The leadership of the PATS would like to take this opportunity to ensure that these poor behaviors do not and will not negatively impact our Society in the future. We want to foster an environment where all members feel respected and can communicate with each other effectively.

As PATS members, we must follow the NATA Code of Ethics; we must be respectful and recognize the rights and uniqueness of others. We are obligated to comply with laws and the Pennsylvania state practice act. We must not fail our membership and Society by disrespecting human dignity in our relationships. As Athletic Trainers, we should advocate for a patient's best care and act accordingly advocating for fellow athletic trainers when necessary. We are to comply with the laws and Pennsylvania state practice act, refraining from and reporting illegal or unethical athletic training practices.

The foundational behaviors of professional practice are infused into an athletic training curriculum. Students are taught to demonstrate integrity, honesty, and empathy; they are also asked to act professionally in their classrooms and clinical experiences. These young individuals are impressionable. Whether you are a veteran Athletic Trainer or a young professional just starting your career, athletic training students and others learn from you and judge your actions and words. It is imperative that we all understand that our actions and words may be misunderstood or altered at times and therefore, we must try our best to be thoughtful and respectful of our behavior and of others. An Athletic Trainer's professional responsibilities are to do no harm, demonstrate respect for diversity, and be cognizant of our actions at all times. Professional responsibility and accountability allow each member to take ownership and be accountable for personal actions and outcomes from those actions. We, as PATS members, need to take ownership and act professionally and accordingly.

The PATS leadership asks all members to show integrity and kindness valuing others' thoughts and opinions, being grateful for diversity and being inclusive. We must extend to others the courtesy of using ethical judgment in our actions and know that inappropriate actions will not be tolerated. As healthcare professionals, we must hold each other accountable and be held to a higher standard.

2018 Open Nominations

The PATS currently has three Executive Board positions open for nominations. Nominations will close on the last day of February and should be sent to nominationsandelections@gopats.org. The three positions that are open are Treasurer, Southeast Regional Representative and Southwest Regional Representative. Nominations for Treasurer may come from any member of PATS. Nominations for Regional Representatives must come from members of the respective region.

Treasurer's Report

George Roberts, PATS President
Jamie Mansell, PATS Treasurer

Due to extreme weather conditions and an anticipated smaller than normal attendance a decision was made to not convene the PATS General Membership meeting at EATA in Boston in our usual fashion. However, our by-laws clearly state that we are to hold 2 membership meetings each year, including one at the EATA meeting. I apologize for any confusion and inconvenience that this decision has caused, however know that it was made with our members interest and fiscal responsibility in mind. To inform our members of the treasurers report I am providing a link to the January 2018 Treasurer's report which we will vote on at the June General Membership meeting. This report also may be found on the PATS website.

	1/4/2018	1/1/2017	Difference
Checking (Main UBS)	\$0.00	\$11,994.78	(\$11,994.78)
Scholarship- UBS	\$0.00	\$0.00	\$0.00
Research- UBS	\$0.00	\$0.00	\$0.00
Checking (Main- Wells Fargo)	\$88,085.76	\$40,620.96	\$47,464.80
Scholarship- Wells Fargo	\$171,453.81	\$168,237.83	\$3,215.98
Research- Wells Fargo	\$94,832.52	\$91,265.07	\$3,567.45
Total	\$354,372.09	\$312,118.64	\$42,253.45

RECAP: 70th ANNUAL EATA MEETING

Ashley Care, PATS Public Relations

The 70th Annual Eastern Athletic Trainers' Association (EATA) convention was held January 5th -8th in Boston, Massachusetts. Representatives from the Pennsylvania Athletic Trainers' Society (PATS) ventured through a snow-storm to attend the convention. Four PATS athletic trainers were inducted into the EATA '49 Club. In addition, three undergraduate athletic training students received scholarships and two graduate students won research presentation awards. All attendees enjoyed educational programming, exhibits and professional networking. Mark J. Smaha, former President of the National Athletic Trainers' Association (NATA), presented an outstanding and very inspirational William E. "Pinky" Newell Address.

Four PATS members were inducted into the EATA '49 Club. "This club recognizes members whose contributions and leadership in District 1, District 2 or both significantly advanced the profession of athletic training. These individuals have shaped the profession through their exceptional accomplishments and dedication to service and leadership. The '49 Club is considered the highest honor an EATA member can achieve" (www.goeata.org). PATS members **Wayne Evans** (Mansfield University), **David Tomasi** (Lock Haven University), **Bob Ward** (Moravian College) and **Laurie Zaparzynski** (Mansfield University) were part of the induction Class of 2018.

Three undergraduate athletic training students from PATS were honored with scholarships and two graduate students were recognized for outstanding presentations. The undergraduate scholarships "honor outstanding students from the EATA membership who have excelled academically and clinically as professional (entry-level) athletic training students". **Megan Soucy** (Slippery Rock University) was awarded the EATA Scholarship, **Erika Johnson** (East Stroudsburg University) the Wes Jordan/Henry Schien Scholarship, and **Morgan Dumont** (West Chester University) the Paula Turocy Scholarship. **Kelly Hoots** (Moravian College) was the winner of the graduate free communications presentation titled "Pre-Participation Dance Screening Predictors of Injury in Collegiate Dancers" and **Marissa Breymeier** (West Chester University) was the graduate winner for her poster presentation titled "A Comparison of Daily Activity Levels between College Females with Ruptured Anterior Cruciate Ligament History and Healthy Matched Controls."

Athletic Training Students from PATS also were successful during the EATA Quiz Bowl. The top three finalists advanced to represent District 2 at the NATA Quiz Bowl this summer. The fourth place finalist will serve as an alternate. **Anthony DeCarlo** (Slippery Rock University) and **Bryan Hicks** (King's College) finished in first and second place respectively. **Ryan Thomson** (Temple University) finished in fourth place.

AWARDS AND NOMINATIONS

John Moyer Awarded with NATA Excellence in Leadership Award

George Roberts, PATS President

Congratulations to John Moyer who was selected for the NATA Excellence in Leadership Award from the NATA State Leadership Committee. John was nominated by the Executive Board of PATS for his leadership served in many capacities for the State of Pennsylvania.

To give you a glance at some of the areas John has been involved in:

*President Elect, President, as well as Past President.

*Attentive to our legislative needs, relationship development as well as direction for the future.

*He was and continues to be active in the Pennsylvania Interscholastic Athletic Association (PIAA) serving on the Sports Advisory Committee,

*He is active in the Instruction of Certified Athletic Trainers for weight certifications

*An advisory member of the Eastern Pennsylvania Youth Soccer Association (EPYSA) Medical Advisory Board.

*Continues to be involved and instrumental in advocating to schools throughout our state on the NATA Safe School Award.

*John also lobbied and pushed for legislators to know about the needs for proper healthcare to athletes within each school, thus producing the highest state ranking of athletic trainers within the schools for KSI / NATA Atlas program.

*Participating in the writing and overseeing of the Pennsylvania Department of Health grant that was awarded to the Pennsylvania Athletic Trainers Society (PATS) in the amount of \$400,000 over 4 years. This grant was awarded to PATS to set up state wide educational opportunities for children, coaches, administrators, parents, teachers, nurse practitioners, Physician Assistants and Physicians across the state.

*John found ways to partner with the Pennsylvania Department of Education, Legislators, School Districts, Pennsylvania Cable Networks, IHeart Radio, etc. to make sure the message about concussions touched everyone's lives here in Pennsylvania.

NATA Award Winners

Congratulations to the following PATS members and their outstanding achievements. All award recipients will receive their award at the 2018 Annual NATA Convention and AT Expo in New Orleans, LA.

Hall of Fame-

Kent Biggerstaff, LAT, ATC

James L. Thornton, MA, LAT, ATC, CES

The NATA Hall of Fame exists to recognize the very best of our profession. Induction into the Hall of Fame honors athletic trainers who exemplify the mission of the NATA through significant, lasting contributions that enhance the quality of healthcare provided by athletic trainers and advance the profession. Eligibility for this award includes NATA member in good standing, 30 years BOC certification or retired Certified with initial certification at least 30 years prior to award year and 30 years membership in NATA.

Most Distinguished Athletic Trainer Award– Neil Curtis, EdD, LAT, ATC

The Most Distinguished Athletic Trainer award recognizes NATA members who have demonstrated exception commitment to leadership, volunteer service, advocacy and distinguished professional activities as an athletic trainer. MDAT exclusively recognizes NATA members who have been involved in service and leadership activities at the national and district level. Eligibility for this award includes being a NATA member in good standing, 20 years BOC certification and 20 years membership in NATA.

NATA Service Award-

Keith M. Gorse, EdD, LAT, ATC

Scott Heinerichs, EdD, LAT, ATC

Michele Klucar-Monaco, DSc, LAT, ATC

John J. Smith, MS, LAT, ATC

The Athletic Trainer Service award recognizes NATA members for their contributions to the athletic training profession as a volunteer at the local and state levels. ATSA recipients have been involved in professional associations, community organizations, grassroot public relations efforts and service as a volunteer athletic trainer.

HAPPENINGS AROUND THE COMMONWEALTH

PATS Presence at St. Patrick's Day Parade

Ashley Care, PATS Public Relations

On Sunday, March 18th, the public relations committee will be participating in the St. Patrick's Day parade in Harrisburg. We want to use this opportunity to celebrate National Athletic Training Month and PATS. The line up begins at 12:00PM and the parade step-off begins at 2:00PM. We will meet at the assembly point to decorate our float. Details will be sent out prior to parade day.

In an effort to collaborate with all PATS members, I would like to invite you to join us on this day. We will need help with float decorating and with walking in the parade to hand out PATS items to the crowd. Please consider asking education programs to send a group of students to help!

We are also looking for anyone willing to donate a truck and/or trailer to use as our float. It will save us the cost of renting.

If you are interested in participating, please let Ashley Care, PATS Public Relations Committee Chair, know. You can email her at ae.care@gmail.com. We hope to see you there!

Date set for Hike to Harrisburg

Ashley Care, PATS Public Relations

Hike to Harrisburg is scheduled for March 28th from 9:00am—2:00pm in the East Rotunda of the Capitol Building. Anyone interested in attending should contact Ashley Care at ae.care@gmail.com. More information will be available closer to the date.

PATS Convention Planning is Underway

Convention Committee

The 2018 PATS Annual Meeting and Clinical Symposium is set for June 7-9, 2018 at the Holiday Inn Harrisburg/ Hershey. Registration for the meeting will open in March and will cost \$140 for NATA/ PATS members wishing to attend the banquet, \$130 for members who do not want to attend the banquet and \$100 for Saturday ONLY registration. All attendees will receive a ticket for the Welcome Reception. The Athletic Training Hall of Fame and Honors and Awards Banquet will be held on Friday, June 8, 2018 from 7:00pm—9:00pm. A cocktail hour will be available one hour prior to the banquet.

One educational session that is planned will be presented by Ryan P. McGovern, MS, LAT, ATC. He will be presenting on “Non-Operative Management of Individuals with Non-Arthritic Hip Pain”. This presentation will provide evidence for non-operative or conservative management of individuals with non-arthritic hip pain based on the current peer-reviewed literature. The current standard of care for non-arthritic hip conditions including operative and non-operative management will be presented. Recent experimental research will be provided to establish recommendations for a comprehensive conservative rehabilitation plan.

More information about the upcoming meeting can be found on the [PATS website](#). We hope to see you at the sweetest place on Earth!

PATS Gains New Sponsors

Meghan Mattson and Sara Miraglia, Corporate Relations Committee

The Corporate Relations Committee of the Pennsylvania Athletic Trainers' Society is pleased to announce a three year partnership with HawkGrips. HawkGrips has been a long time friend of PATS and we are very excited to have them as a new partner. Look for representatives from HawkGrips at the PATS Annual Convention in June!

We are also excited to continue our great relationships with Stopain, ImPACT Applications, and Go4Ellis. PATS is grateful to have relationships with some of the most innovative and effect product makers, whose products many athletic trainers use on a daily basis.

REGIONAL RECAPS

Southeastern Region: Nicky Cattano

Greetings from the Southeast - Hopefully you are having a fantastic start to 2018! Spring will be here before we know it – but there have been a few amazing things that have happened this quarter around our region. The county delegates and I have started a regional Facebook group to try to engage/communicate more about local things. You must be a member of the region to join – search for the group “PA Southeastern ATs.”

EATA in Boston may have been a bit snowy – but was an outstanding program with many things to celebrate. Ryan Tompson (Temple) will serve as an alternate for the NATA quiz bowl as a result of his quiz bowl knowledge. Congrats to current West Chester Senior Morgan Dumont was also awarded the Paula Turocy Award, and to Marissa Breymeier (West Chester alum) on winning the Outstanding Graduate Student Poster Award at EATA.

Speaking of awards – the NATA Honors and Awards for 2018 was recently announced, and I am thrilled to see how well represented our region is. Congrats to these and all of the awardees. Scott Heinerichs (West Chester) & John Smith (West Chester) on their Service Awards; Dani Moffitt (Temple alum), Kellie Huxel-Bliven (Temple alum), & Neil Curtis (West Chester) on their Most Distinguished Athletic Trainer Awards. John Moyer (West Chester alum) on his NATA State Leadership Award

Temple University will be hosting the PATS Student Symposium March 23rd & 24th. In addition, some students will be attending Good Morning America for National Athletic Training Month on the morning of March 23rd, so keep an eye out for them outside of the studio. Immaculata University will be presenting at an elementary school health fair. These are just a few of the plethora of exciting National Athletic Training Month activities planned. Stay tuned.

There will be a course on Blood Flow Restriction Rehabilitation hosted by the Vincera Institute (Philadelphia) on Saturday, March 3rd from 8am – 5pm, and it is worth 8.5 EBP CEUs for athletic trainers.

Please keep me posted of anything going on, and have an outstanding spring season!

Southwest Region: William K. Ankrom

Greetings from the Southwest Region!

As my term as the Southwest PATS Representative has just got underway, it is also quickly reaching the end of the established term being filled. A call for nominations for the position has been made and the vote by the membership will be in the very near future. I would encourage the PATS membership to exercise your right and privilege to vote on the upcoming positions. The vacant county delegate positions have been offered and are in process of approval. Look for names and updates for these positions in the very near future for the Southwest region.

A Southwest PATS business meeting and educational session is scheduled for Wednesday, March 14th at the University of Pittsburgh Football Meeting room. The educational session will be conducted by Stop the Bleed, with the potential of Instructor level training offered to area athletic trainers. We are excited for this opportunity in our region and looking forward to the evening. There will be reservation process sent out to prepare the CEU certificates in advance.

We will have multiple faculty and students from Duquesne University, University of Pittsburgh and California University of PA attending the PATS- Hike to Harrisburg event on Wednesday, March 28th representing the region. Thank you to those from the region supporting this initiative!

Athletic Trainers from UPMC Sports Medicine provided on-ice stabilization training to students from Youngstown State’s athletic training program and regional EMS personnel. Later that day, UPMC Sports Medicine staff enjoyed the Youngstown Phantoms game from the “Cold Zone”. The same UPMC staff members have a session coordinated for the University of Pittsburgh AT students on March 26th at the UPMC Lemieux Sports Complex.

Thank you for your time!



Southcentral Region: Marc Schaffer

SouthCentral Athletic Trainer honored for Saving Life

Bob Wolf, physical education teacher and Athletic Trainer for the Cumberland Valley School District, was recently honored by district for saving a women's life. Bob was attending a water polo event when a women suffered a cardiac emergency. His quick action with use of an AED helped to revive the woman. Bob's message from this event is AED awareness and knowing AED locations at events and making sure everyone at the event knows the location in case of emergency. Thank you, Bob, for your quick action and continuing to make a difference in your community and region! More can be found [here](#).

Northeast Region: Rennie Sacco

Hello to all in the Northeast region! The Groundhog saw its shadow so 6 more weeks of Winter. Spring sports don't care, they're in full swing!

2018 Eastern Athletic Trainers' Association (EATA) Annual Meeting and Clinical Symposium, Boston, MA

EATA Award Winners!

Congratulations to all of the student award winners at this year's EATA Annual Meeting. Special congratulations go to both Erika Johnson (pictured to the right), an East Stroudsburg University senior and Brian Hick, a senior from King's College. Erika was selected as a recipient of the Henry Schein Inc. Eastern Athletic Trainers' Association Wes Jordan Scholarship Award. Johnson, from Kresgeville, Pa., was presented with the \$3,000 scholarship and a plaque at the EATA annual awards banquet on January 6 in Boston, Ma.



Brian placed 2nd at the District 2 quiz bowl. He will now represent District 2 as a member of the D2 quiz bowl team at the National Athletic Trainers' Association Annual Meeting and Clinical Symposium in New Orleans this summer.

Pictured to the left are Michael Goldberg; Ryan Thomson, Temple (4th); Kimberly Presuto, Ithaca (3rd); Brian Hicks, Kings; Anthony DeCarlo, Slippery Rock University (1st) and AJ Duffy

EATA Presenters:

The following NE Region Athletic Trainers presented to the membership at this year's EATA Annual Meeting and Clinical Symposium in Boston: Moravian College faculty James Scifers, DScPT, PT, SCS, LAT, ATC and Elizabeth Ballard, LAT, ATC presented an EBP WORKSHOP titled 'The Use of Neurodynamics in the Treatment of Musculoskeletal Dysfunction.' James also gave an EBP Lecture on the Superficial & Deep Heating Modalities: Using Evidence to Improve Outcomes. Timothy Kulpa, MS, LAT, ATC, NASM-CES and David P. Marchetti, MS, LAT, ATC, CSCS, both faculty at Kings College, gave a workshop titled 'Multimodal Impairment-Based Treatment for Concussions - A Place to Start.'

CE Event Activity

County Delegates Dave Maxted (Lehigh) is working with Lehigh Valley Health Network to put together an EBP CE event in March or April. Keep your eyes and ears open for the announcement.

Safe Sport School Award by NATA:

Congratulations to the following High Schools: Easton Area, Freedom, Moravian Academy -Upper School, Muhlenberg, Oley Valley, Reading, Southern Lehigh, The Hill School, Twin Valley and William Allen for being awarded the Safe Sports School Award.



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 the June PATS Annual Meeting & Symposium in Grantville, PA.

Northwest Region: Becky Mokris

Greetings fellow members of the frozen tundra of the great Northwest Region! We have had record breaking snowfall in Erie County this year (snowiest snow season on record!) and cold at that so I am excited for the spring thaw to get here as soon as possible! We have had some exciting things going on in our area this year and I look forward to bringing another great professional development opportunity to the region in March for athletic training month. As always, PATS members get free CEUs for all regional events! Keep a lookout for some emails in the upcoming weeks with a date and time for our next meeting!

Congratulations to the following NW regional athletic training students that were named recipients of the following awards:

EATA Scholarship Winners:
Megan Soucy (Slippery Rock University)

Congratulations to Anthony DeCarlo (Slippery Rock University) for finishing 1st place in the EATA Quiz Bowl. He will represent District 2 as the student representative to the NATA Quiz Bowl.

Scott Michel, Ph.D. –Mercyhurst University AT Program Director



It has been a very busy couple of months for the Mercyhurst University Athletic Training Program as they have felt the call recently to look outward and turn their focus towards the community of Erie. Over the past three months students and faculty have participated in a number of events with the focus on giving back, paying it forward, and gaining perspective and reflecting on the world around them. It started with the Polar Plunge in the largest of cold tubs better known as Lake Erie at the end of November, in which they raised \$1,256 for Special Olympics of PA.



January brought on the opportunity to participate in National Girls and Women in Sports Day where the ladies of AT ran an athletic training booth. Here they advocated and shared their passion for the profession through stations of taping, rehabilitation techniques, answered questions about how they got to MU, and inspired the young ladies to pursue their dreams.



In addition to this event, students and faculty also volunteered their time and raised money for Relay For Life on behalf of a little girl with a very personal connection to the program battling Burkett's Lymphoma. They dedicated their walk that evening on her behalf, raised over \$500 and a ton of awareness on campus about the impact a donation can have on a family's life battling cancer. It was a powerful night for all involved.

Not to lose the momentum they had built, students teamed up once again with Special Olympics and participated in the Special Olympics Winter games held at Peak n' Peak on February 7, 2018. They enjoyed cheering the athletes on and assisting in whatever way they could to make the day an enjoyable and safe one for those participating.

As they look forward to the month of March, they are preparing their hearts, minds, and bodies for their annual Medical Mission trip to Valladolid, Mexico for a week of surgical observation, working alongside local therapists, and plenty of service and time with the local people in the community. Program Director, Scott Michel, reflected on the impact these past couple of months have had: "The culture of our program is evolving. It is such an awesome thing to see the students embrace this idea of service in their lives and to have a first-hand seat to witness the impact it is having on each of them. Perspectives are changing, and they are truly beginning to embody the mission of mercy that is at the core of what the institution was founded on. We have a ways to go, but hopefully this has a ripple effect and continues to expand as we evolve and transition to our next chapter. At the end of the day, Sue Gushie and I are just so dang humbled to have the chance to play a part in the journey their lives."

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On Nov 30, 2017 Athletic Trainers from around the region met at Gannon University to participate in a hands-on professional development seminar “Stop the Bleed”. The Stop the Bleed campaign is a result of a partnership between the American College of Surgeons, the Committee on Trauma, and the Hartford Consensus™. During the seminar participants learned how to differential between life-threatening bleeding and then were able to practice using tourniquets to control bleeding and proper wound packing for life-threatening bleeding.



For anyone interested to learn more about Stop the Bleed please visit:
<https://www.bleedingcontrol.org/about-bc>

COMMITTEE REPORTS

Free Communication

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 March 23rd – 24th at Temple University. More information is available on the student symposium link from the PATS website. Deadline for submissions is February 16th.

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 7-9, 2018 in Grantville. A call for abstracts will be sent in early February with a deadline for the abstracts of mid-April.

Practice Advancement: COPA

The Committee on Practice Advancement is seeking PATS members who work in a nontraditional role and would like to share what they do. We are also interested in hearing from ATs on how they measure and present the value of their services. What has worked and what has not worked when presenting data to administrators and other stakeholders.

If you are interested in finding out more information please contact Jason Vian at revenue@gopats.org.

Governmental Affairs

The Governmental Affairs Committee (GAC) continues to monitor potential legislation that is introduced in the Commonwealth that may affect athletic trainers. We are looking forward to *Hike to Harrisburg* in March to continue PATS’ strong tradition of a day spent in our state capitol educating our legislature and promoting athletic training. I am also looking forward to participating in the NATA *Hit the Hill Day* in Washington D.C. also in March. Our lobbying firm, The Winter Group, has already obtained confirmation of both a House and Senate resolution declaring March as National Athletic Trainer’s Month in Pennsylvania. Any questions or comments for the GAC can be sent to governmentalaffairs@gopats.org.

Quarterly News

The PATS Quarterly News committee is working very hard year round to provide it’s members with a well established newsletter that bring current happenings around the Commonwealth, plus more. We are always open to new ideas to keep the newsletter fun and educational for everyone. If you have any suggestions as to what you would like to see more of (or less of), please contact the committee with your recommendation.

If you would like to submit an article for the Quarterly News, the directions to do so can be found [here](#).

We are currently in the search for new committee members. If you would like to join the committee, please email Heather at quarterlynews@gopats.org

In Memoriam

Kerry McKnight Garrett

October 4, 1977 - November 16, 2017



Kerry Garrett, a beloved member of the Gettysburg College Athletic Training Staff and Department of Athletics, passed away quietly at her home with loved ones by her side on November 16, 2017. Garrett was 40 years old.

Garrett was diagnosed with an aggressive form of cancer in June of 2016 but she was determined to carry on her duties at Gettysburg while receiving treatment. She worked two separate stints as an athletic trainer at Gettysburg. In 2002 she started at Gettysburg working soccer, basketball, and men's lacrosse. She left Gettysburg to work at UPMC in Pittsburgh, PA at Carnegie Mellon University. At UPMC she also worked with the Pittsburgh Ballet the Pittsburgh Steelers and the Pittsburgh Passion. In 2007, she returned to Gettysburg College and worked with all 24 varsity sports programs. She was elevated to associate athletic trainer not long after her return.

Garrett is survived by her husband Matt and two daughters, Isabella and Charlotte.

The full memorial written by Gettysburg College can be found [here](#).

CALENDAR OF EVENTS

EVENT	DATE	LOCATION	REGISTRATION
"Evaluation and Management of Traumatic Chest Injuries in Athletes" & Are my Athletes Really S.O.B.?"	February 26, 2018 6:30pm	CPRS Physical Therapy 102 N. Baltimore Street Dillsburg, PA	For more information, contact Lynn Brumbach at ATCEducation@cprswb.com
Are my Athletes Really S.O.B.?	February 27, 2018 6:30pm	Heart of Lancaster Hospital 1500 Highlands Dr. Lititz, PA	For more information, contact Lynn Brumbach at ATCEducation@cprswb.com
Game Changers in Sports Medicine Conference	March 2, 2018 10am—4pm	Heritage Hills Conference Center Terrace Room 2700 Mount Rose Ave York, PA 17402	Information can be found here
PATS Student Symposium	March 23-24, 2018	Temple University	Contact Jamie at jmansell@temple.edu
Hike to Harrisburg	March 28, 2018	Capitol Building Harrisburg, PA	Contact Ashley at Ae.care@gmail.com
PATS Annual Meeting and Clinical Symposium	June 7-9, 2018	Holiday Inn Harrisburg/ Hershey in Grantville PA	Information can be found here
NATA Annual Meeting	June 26-29, 2018	New Orleans, LA	Information can be found here