

July 2021 Issue

**OUR MISSION:**

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

Empower Athletic Trainers to be leaders in transforming healthcare by advocating, educating, and providing resources to deliver quality patient-centered care.

**INSIDE THIS ISSUE:**

News & Noteworthy..... 3  
Student Spotlight..... 4  
Committee Reports ..... 8  
Treasurer's Report..... 15

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CLINICAL



# The UpdAte

## President's Message

As I sat down to write this piece, looking at my notes and outline, thinking about which details to include from our virtual PATS convention or upcoming initiatives a few descriptive words kept creeping into my head... professionalism...education...passion...and advocacy. But for a few reasons, advocacy stuck. First, it is mid-July and we just wrapped up our PATS committee day where all of the committee chairs and board meet to discuss all things PATS, work on key initiatives and brainstorm. This year, one of the breakout sessions was “professional promotion” and how we as athletic trainers must continue to promote, or advocate, for our profession and ourselves. Also, like probably most of you, as I sit and write this, I have the Summer Olympics playing on the TV in the background and am half listening to the hosts discuss Simone Biles’ decision to withdraw from the all-around gymnastics event for her health. A decision I am sure was not an easy one for her to make (despite their ridiculous over-analyzation) ...and then it hit me. She is an ADVOCATE. There was that word again, and as a huge believer in “signs”, I thought it must be what I should be focusing this piece on.

According to the Merriman-Webster dictionary, the noun advocacy means “the act or process of supporting a cause or proposal: the act or process of advocating for something.” Simone Biles’ decision allowed her to advocate for herself, her health, her teammates success, and mental health in general. In thinking about her decision and the conversations had at committee day, we really are advocates of our lives, including our



Shelly DiCesaro, PhD, LAT, ATC

## **PATS Executive Board**

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## **PATS Committee Chairs**

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Information



## ***President's Message Continued...***

profession, Every. Single. Day. For many, when they hear advocacy their mind goes to the more tangible items ....letter writing, marches, and volunteerism. Professionally, we often think of advocacy in terms or laws and legislation or working toward a better salary or promotion. While those things may be true (and more on that legislative advocacy in a little bit :) advocacy for me really happens in those intangible moments. How we speak, what we say, who we help, our character, values and our integrity. Daily we interact with people with varied understanding of our profession, they may have a poor perception of athletic training in general, or think we are the greatest thing since Powerflex. ;) These interactions are all opportunities to advocate for ourselves, our profession, our integrity ...and we never truly know the ripple effect that our actions may have on others and ourselves...our profession...our integrity. Athletic Trainers in general just jump in with both feet and “get it done”. We typically aren’t boastful, we don’t have egos and we don’t look to be front and center. We do our jobs, we kick butt at it and we carry on. However, that humble approach does not afford us an attitude of self-promotion...or advocacy. After scrolling twitter a few days ago another board member and I had a great conversation about self-promotion. We had both read a tweet from another allied healthcare provider “promoting” their workday and that they had conducted screenings and PPE’s for a handful of athletes about to start a summer camp...which I am sure was a fun day for them as they were working outside of their typical grind. But then we thought ....really? We do that ALL THE TIME.....and more! But we don’t think to promote it....but WHY? Is it perhaps out of fear of appearing too boastful or perhaps because we don’t think it is significant enough to share, or perhaps it is just a timing thing as we run from task to task. Regardless of the reasons, we can not afford missed opportunities to promote and advocate for ourselves...our profession. No twitter, no problem! Advocacy comes in all forms, not just social media, but also a chat with a parent, a quick note to a teacher, a polite correction and explanation when the “trainer” is also referred to as the “ATC”, an offer to hold a workshop best practices in injury prevention for our tactical athletes, the possibilities are seriously endless and can be

## PATS Regional Representatives

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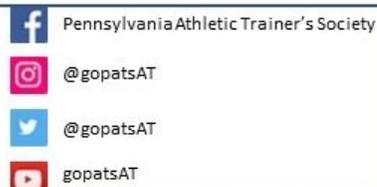
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## Let's Get Social!

Follow us on



## President's Message Continued...

woven into our every day.

So today I am challenging you all to “be a Biles” and advocate for yourselves daily, consider even the most simple things that you may do or say and how they represent you and the profession of athletic training.

No one does it better than us.....and its time that everyone knows that.

*Shelly*

*PS – Interested in legislative advocacy? Check out the governmental affairs section for an exciting new opportunity!*

## News and Noteworthy!

### PATS Member Heading to Tokyo

-St. Luke's University Health Network lead athletic trainer Shelby Hoppis will be going with the US Women's Wrestling Team to the Olympics in Tokyo. While this is her first trip to the Olympics, Shelby has also provided medical coverage for the USA Wrestling Championships, USA Squash Championships, and the PAN AM Games. We wish Shelby and her athletes good luck on this exciting adventure!

### Laurie Zaporzynski Announces Retirement

-After 32 years with Mansfield University including 29 years as the Head Athletic Trainer, Laurie announced she will be retiring. Laurie is the longest tenured employee in the Mansfield University Athletic Department which has given her the unique opportunity of taking care of second generation athletes. She started her career at Danville High School in 1988 and joined the Mounties

## News and Noteworthy Continued...

### Update Your Information

If you or someone you know 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.

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in 1989. Laurie's impact on those around her cannot be understated and we wish her the best in her future endeavors.

### ***Student Spotlight: Lock Haven University Virtual Student PATS Symposium 2021***

On Saturday, April 17<sup>th</sup> Lock Haven University virtually hosted the annual Student PATS Symposium. The topic of this year's symposium was Mental Health Awareness in Athletics. Lock Haven University was scheduled to host Student PATS last March; however, the event was postponed as a result of the COVID-19 pandemic. Due to the increasing prevalence and importance of mental health, especially with the current situation, Lock Haven's Student PATS Planning Committee believed it was important to proceed with hosting the event this year by any means possible.

The event consisted of four presentations that provided insightful information pertinent to aspiring athletic training students.

Keynote speaker, Dr. Beth McMahon, spoke about the mental health epidemic and trends among high school and collegiate athletes. Dr. McMahon also shared some



preliminary research from the NCAA on the impact COVID-19 has played on the mental health of student-athletes. Next, Dr. Jody Russell highlighted the signs and symptoms athletic trainers should be aware of regarding common mental health disorders including depression, anxiety, suicide, and eating disorders. She also discussed the connection between mental health and concussions. To continue the story, Dr. Kristen Vincenzes, alongside her colleagues Dr. Ashley Pecheck and

## *Student Spotlight Continued...*

Dr. Romero-Lucero, spoke about proper communication techniques for athletic trainers who are dealing with athletes suffering from a mental health condition. This included proper verbal and non-verbal communication skills, things to avoid when dealing with an athlete in a mental health crisis, and how to be a leader and remain calm when these situations arise. Lastly, our Mental Health Counselor Laura Gardner talked about treatment options athletic trainers can utilize as a referral tool to help those suffering from a mental health condition. She specifically made mention of the acronym S-A-R which stands for **S**creening athletes using mental health questionnaires, **A**sking questions based on the responses on the questionnaire, and **R**eferring the athlete for treatment on campus and/or in the community.



Following the fourth presentation, the speakers joined the Zoom meeting for a thirty-minute live question and answer session. Special thanks to the following students for submitting questions during the symposium and winning official PATS face masks: Alex Massari (Lock Haven University), Autumn Gessner (Lebanon Valley College), Cecelia Barchak (Lock Haven University), Justin Bell (Lock Haven University), Olivia Asso-Gonzalez (West Chester University), and Rachel Miller (Alvernia University).

There was a total of 109 registrants for the symposium representing seventeen universities including Lock Haven University, West Chester University, University of Pittsburgh, Temple University, Moravian College, Messiah University, Lebanon Valley College, Clarion University, Indiana University, Chatham University, Mercyhurst University, Marywood University, Eastern University, Alvernia University, Slippery Rock University, California University, and King's College. Participants were enrolled in either undergraduate or graduate AT programs; however, a few certified athletic trainers also



## ***Student Spotlight Continued...***

registered for the event.

Thank you to Lock Haven University students Jenna Brobst, Kasey Cole, and Ryan Kupetz for their involvement in planning, organizing, and executing the event, Tim Cervinsky for his IT expertise, and PATS Executive Board for the opportunity. If you didn't get a chance to attend, the entire session can be found here:

[https://lockhaven.zoom.us/rec/share/\\_jwetVnKfJLcSeHVTSO3fmRER-GwoAQGLMqXN92Hs8j0LS0xUDbeHtKceyFHwUZf.gNMhAIU1bBTnSFg\\_](https://lockhaven.zoom.us/rec/share/_jwetVnKfJLcSeHVTSO3fmRER-GwoAQGLMqXN92Hs8j0LS0xUDbeHtKceyFHwUZf.gNMhAIU1bBTnSFg_)



### ***Dr. Neil Curtis Inducted into the Pennsylvania Athletic Trainer's HOF, Class of 2021***

Neil Curtis, EdD, LAT, ATC has been and continues to be a heavily involved member of the Pennsylvania Athletic Trainers' Society (PATS) for over 24 years. He has served as Chair of the PATS Research Committee since 1996, and in 2017 was elected to serve the Board of Certification (BOC) as Director. Dr. Curtis also served as Chair of the Eastern Athletic Trainers' Association (EATA) Student Scholarship Committee from 1997-2019. Neil



## *Dr. Neil Curtis Cont.*

has served on several committees within the Education Council for the National Athletic Trainers' Association (NATA) from 1997-2004. He served as a site visitor

for the Commission on Accreditation of Athletic Trainer Education (CAATE) for 12 years and was appointed to a BOC Continuing Education Task Force in 1996.

Dr. Neil Curtis is now being inducted into

the PATS Hall of Fame, Class of 2021 in recognition of his tireless dedication to the profession of athletic training and service to PATS.

Dr. Curtis is currently a faculty member and athletic trainer in his 28<sup>th</sup> year at West Chester University (WCU). He serves as the Program Director for WCU's esteemed Athletic Training Program, a position he has held for 22 years. He also served as the Clinical Coordinator for 20 years. One of Neil's most remarkable accomplishments is that he has continued to practice clinically in addition to his teaching and administrative responsibilities. He has served as the primary AT for the WCU's women's soccer team while also mentoring athletic training students as a clinical preceptor. He also now works in the professional setting for the NFL as a Medical (AT) Spotter.

As a researcher, Dr. Curtis has authored numerous peer-reviewed publications in athletic training and AT education. Neil has presented and moderated at numerous professional associations at the state, region and



## ***Neil Curtis Cont.***

national levels.

At West Chester University, he serves on the Interprofessional Education in Health Care Task Force, the Sports Equity Committee, and others. Neil also finds time to volunteer and provide athletic training services to low income individuals through the Community Volunteers in Medicine (CVIM) initiative in Chester County. In 2020, he joined the Medical Reserve Corp of the Citizen Corps of Delaware County (CCDC) to provide volunteer services related to the COVID 19 pandemic. He is also an instructor for the American Safety and Health Institute (ASHI) in First Aid, CPR and AED use.

Neil Curtis embodies service and dedication to the Athletic Training profession. The impact of Dr. Curtis' work has been recognized regionally as well as nationally with the NATA Athletic Trainer Service Award (2010), the EATA Presidential Recognition Award (2015); WCU Academic Advising Appreciation Award (2017) and most recently, the NATA Most Distinguished Athletic Trainer Award (2018).

## ***PATS Committee News***

### **Convention Committee**

***Chair: Liz Evarts LAT, ATC***

-Thank you to all who attended VPATS convention this year. We will be looking through the information you provided in our surveys and are making changes to best meet the needs of our attendees!

**\*\*June 11-12, 2022 Convention will be held at the Sheraton Hershey/Harrisburg. More information is coming soon!! \*\***



## ***PATS Committee News***

### **Corporate Relations Committee**

***Chairs: Rich Bertie MS, LAT, ATC, PES & Sara Miraglia MA Ed, LAT, ATC***

-The PATS Corporate Relations Committee (CRC) has achieved their fiscal goal of \$12,00 for the 2020-2021 fiscal year. We would like to thank Stopain, Rothman Orthopaedics, Sway Sports, IPG Philly, Moravian College, and UPMC for their generous contributions to PATS for the 2020-2021 fiscal year. The PATS CRC was also able to secure several contributors for the 2021 PATS Exhibitor Hall Raffle. These contributors include Defibtech, B3 Science, Sway Sports, and Hyperice. Thank you to the PATS Convention Committee and PATS Technology Committee for their assistance in several of our projects. Our committee will get back to the drawing board in July and begin mapping out a plan for new potential sponsors and partners. Our goal is to maintain and develop our current corporate relationships while procuring new corporate partners. As always, if you know of any potential corporate relationships, please feel free to contact the PATS Corporate Relations Committee at [corporaterelationspats@gmail.com](mailto:corporaterelationspats@gmail.com)

### **Ethics Committee**

***Chair: Jackie Williams, PhD, LAT, ATC***

-The Inclusivity Committee & Ethics Committee are in the initial stages of creating educational opportunities on diversity, ethical behavior, and inclusivity for PATS members and the community. These opportunities will assist to enhance your understanding and practice of cultural competence. Stay tuned for forthcoming information!



## ***PATS Committee News***

### **Governmental Affairs Committee**

***Chair: Tanya Miller, MS, LAT, ATC***

-PATS and the Governmental Affairs Committee are continually trying to look into the future to see what athletic training will be/can be in Pennsylvania. I wanted to clarify a few of our goals in case the information has not been clearly presented. We have two roadblocks in our Practice Acts (the laws which governs the practice of AT in PA) that we have been actively trying to remove for quite some time. These two roadblocks are: 1) “Physically Active Person” and 2) the term “invasive procedure” as it is used in the Acts. “Physically active person” is defined as “An individual who participates in organized, individual or team sports, athletic games or recreational sports activities.” This term stems from the traditional roots of our profession but does not line up with our current level of education, settings, or with the current educational standards that have been introduced for our students. “Invasive procedures” is part of a sentence in our act that states that “Athletic Training Services” (which defines what we can do in PA) “... does not include surgery, **invasive procedures** or prescription of any medication or controlled substance.” Unfortunately, this term is not defined anywhere in either the Medical or Osteopathic Medical Practice Acts that are the home of our Practice Acts. This term in it’s most restrictive definition, does not allow for basic “athletic training services” as it is defined in our Acts, but is also up for interpretation since there is no definition. PATS has two goals: 1) remove “physically active person” and replace it with “individual” allowing our practice to be defined by “athletic training services” and not a patient population (as NO OTHER health care professional has a defined patient population in PA) and 2) remove “invasive procedure” or define it in some manner that would align with our education and established “athletic training services”.

We hope to have something soon that will address these two areas. When we do, I hope that you will be ready to answer our call to help educate our



## ***PATS Committee News***

legislators, other healthcare professionals, and members of our communities as to why athletic trainers should do this. As a side note, ATs have been working without the term “physically active person” since Governor Wolf signed our executive order in May 2020. The extension of that executive order is currently set to expire in Sept 30, 2021.

**\*\*Interested in legislation, our state rules and regulations, and modernization of our state practice act? PATS is looking to add to their “Legislation Champions” network. Click <https://forms.gle/NCYyToDT3aELHoky6> to join the network today and play a critical role in advocating for your profession with our legislators! \*\***

### **Inclusivity Committee**

***Chair: Mercedes Himmons, MS LAT, ATC***

-This is a FREE course at Stanford Medicine to educate healthcare professionals on the healthcare for LGBTQ+ patients. There are 17 lessons and 2 assessments. Another step in providing quality and inclusive care for ALL!!!!

[https://  
mededucation.stanford.edu/  
courses/teaching-lgbtq-  
health/re](https://mededucation.stanford.edu/courses/teaching-lgbtq-health/re)

If there is something you would like to see from the Inclusivity Committee, please contact us at [InclusivityPATS@gmail.com](mailto:InclusivityPATS@gmail.com)



## ***PATS Committee News***

### **Practice Advancement (COPA) Committee**

***Chair: Stephanie Walsh LAT, ATC***

-The COPA committee hosted an Emerging Settings Webinar on "Ergonomics for the Industrial Athlete and Performing Arts" on April 19th with 25 attendees. Stay tuned for future emerging settings webinars!

### **Secondary Schools Committee**

***Chair: Kiernan Melograna, LAT, ATC***

-The Secondary School Committee is proud to announce that we made our Wellness Screening tool available to the SSAT's in May during Mental Health Awareness month. If you didn't receive it or would like to know more, please contact me!

## ***PATS Regional Rep's News***

### **Northeast Region**

***Representative: Matthew Shelton, MS, LAT, ATC***

Summer is in full swing and I hope all my colleagues are spending time with family and friends and decompressing from what I can only say was a challenging 2020-2021 year. I would like to draw attention to our inaugural PATS Lifesaving Award



recipients: Rochelle Gilbert (not pictured), Andrew Neeld, Tyler Countess,



## ***PATS Regional Rep's News***

and Julia Lobasso. On March 10<sup>th</sup>, 2021 they responded to a life threatening cardiac situation involving their assistant wrestling coach. Their quick actions, professional training and well-rehearsed EAP allowed them to save that coach's life. These ATs are not the exception to the rule, they are the blueprints of how to react in an emergency situation. This is the NORM for every one of us in this profession, but drawing attention to their heroic actions puts in the spotlight to help promote our profession. If you want to nominate someone for the PATS Lifesaver Award you can do so by clicking on the following link: <https://forms.gle/je4BphqPz3e4i87V6> or go the PATS website at [www.gopats.org](http://www.gopats.org).

Summer is a time for rest and relaxation not to mention to get ahead with some CEU's. I had the pleasure of getting some CEU's from the Virtual PATS Symposium on June 12<sup>th</sup>, 2021 and got to experience some quality lectures from some of our executive board members as well as very knowledgeable ATs. The On Demand content will be available until Sept. 20<sup>th</sup>, 2021.

That's all from the NE. If you have anything you want posted in the PATS UpdATe Newsletter feel free to email me at [nereppats@gmail.com](mailto:nereppats@gmail.com) or you can do an info dump at the following link: <https://forms.gle/je4BphqPz3e4i87V6>.

### **NorthwestRegion**

***Representative: Hannah Smelscer, LAT, ATC***

Hello! I am the new Northwest Regional Representative. A little bit about myself: I graduated from Clarion and CalU's dual enrollment program with an additional certification in Head Injuries and Concussion management. I am currently working on my Masters of Exercise Science and Sport Studies at CalU. I work for UPMC Sports Medicine as



the athletic trainer for the Pittsburgh Penguins Elite youth hockey program, which covers all athletes in the organization from 8 to 19 years old. I wanted to get involved due to my preceptors and educators at Clarion and CalU. They stressed the importance of becoming involved within the organizations that fight to improve our professional wellbeing in order to continue to improve the field of athletic training for years to come. I also have a passion for improving the care of our youth and recreational athletes. I hope that as a young professional in this position I can bring a new perspective based on my experience and education. Do not be afraid to reach out to me. Everyone can make a difference in this profession. Don't let anyone tell you that you are too young or inexperienced to join in. We all have to start somewhere!

# Thank You

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## Treasurers Report

**Miranda Fisher, MS, LAT, ATC**

	6/11/2021	6/1/2020	Difference
Checking (Main- Wells Fargo)	\$102,090. 44	\$91,417.4 1	<b>\$10,673.03</b>
Scholarship- Wells Fargo	\$223,801. 17	\$201,073. 12	<b>\$22,728.05</b>
Research- Wells Fargo	\$108,587. 97	\$102,833. 87	<b>\$5,754.10</b>
<b>Total</b>	<b>\$434,479. 58</b>	<b>\$395,324. 40</b>	<b>\$39,155.18</b>

Disbursements

	<u>2020-2021</u>	<u>2019-2020</u>	<u>Difference</u>
March- June	7,618.80	5,571.00	\$2,047.80
July – Sept	\$ 7,646.40	\$ 1,291.80	\$6,354.60
Oct-Nov	\$ 64,493.20	\$ 14,653.20	\$49,840.00
Dec	\$ 6,463.20	\$ 46,999.20	<b>(\$40,536.00)</b>
Jan-Feb		\$ 23,927.40	<b>(\$23,927.40)</b>
<b>TOTAL</b>	<b>\$ 86,221.60</b>	<b>\$ 92,442.60</b>	<b>(\$6,221.00)</b>



## Tell us something Good!

-Did you successfully defend your dissertation? Get married or have a kiddo? MacGyver the greatest new AT invention? Just survived a middle school junior varsity track invitational? Well we want to hear about it. Our membership does so many amazing things that we would like you to share your good news. Submissions can be made on the PATS website [www.gopats.org](http://www.gopats.org) and clicking the **'Submit News'** button.

### PA AT Political Action Committee

We support PA legislators that support ATs and all of our patients.



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PLEASE and THANK YOU!

