

May 2015

President's Message



John Moyer, LAT, ATC

It is an honor and a privilege to be the Pennsylvania Athletic Trainers' Society President. It is very inspiring to witness the efforts of our Executive Board as well as our many committees to enhance the health care of the physically active in the Commonwealth. Spring is a very busy time for PATS and as you will see through many of the articles in this Quarterly News our Society is very engaged in upholding our Mission Statement as well as advancing the initiatives of our Strategic Plan. It is very clear to me that PATS is second to none among all of the state athletic training organizations throughout the country!

On March 4, 2015, representatives from the Pennsylvania Athletic Trainers' Society and students in athletic training programs in the state convened for our Annual Hike to Harrisburg. With the recent elections, our goal was to meet with freshman legislators to educate them about the PATS as well as introducing them to our current initiatives. We also made a point to visit legislators who have been PATS supporters with the intention of thanking them and asking for their continued support. All in all, we visited or dropped off information to 28 different legislators. With our visit coinciding with National Athletic Training Month, we were presented with the House and Senate Resolutions proclaiming March as NATM from Representative Tim Briggs and Senator Robert Tomlinson respectively. Through the efforts of the PATS Public Relations Committee, we were able to interview Representative Briggs and Senator Tomlinson regarding NATM to be broadcast on public radio. Many thanks go out to the Winter Group and the PATS Governmental Affairs and Public Relations Committees for making this event a huge success.

Also on a legislative front, I attended the Freshman Legislator Breakfast in Harrisburg in April. This was an excellent opportunity for making new connections and presenting PATS initiatives to newly elected legislators. This visit will result in future one on one visits with freshman legislators to further discuss the health care of the physically active in the Commonwealth. On April 30th, PATS Executive Director Linda Mazzoli and I visited with the Pennsylvania Department of Education (PA DOE). We discussed initiatives that may affect athletic trainers hired directly by secondary schools. Also, our efforts to educate coaches, athletes and parents about Traumatic Brain Injury throughout the Commonwealth. Already having a positive relationship with the Pennsylvania Department of Health (PA DOH), we feel that creating the same positive relationship with the PA DOE is paramount towards achieving many of our future health care initiatives. Once again, thank you to the Winter Group for arranging this opportunity for PATS.

In the last issue of the Quarterly News, I announced the grant we received from the PA DOH to provide Traumatic Brain Injury education to physicians, Parent Teacher Associations and coaches, parents and athletes involved in youth sports throughout the Commonwealth. As part of our first year goals we have launched ConcussionWiseDR

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Contact Us

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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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- Young Professionals Committee Looking for Spotlight
- Hit the Hill in Washington, DC
- Hike to Harrisburg Review
- East Stroudsburg Celebrates 40 years
- NAT Month Activities
- PATS Election Winner Bios

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in conjunction with the Pennsylvania Medical Society and Sports Safety International (SSI) to provide free CME approved online education for physicians. In the near future, PATS will be sending out personal invitations to physicians throughout the Commonwealth whose specialties are pediatrics, neurology, psychiatry, emergency medicine, osteopathic medicine or sports medicine inviting them to complete the ConcussionWiseDR program. Also in conjunction with SSI, we have trained over 60 athletic trainers through the ConcussionWise Instructor program preparing them to provide regional presentations on the proper management and care of concussion to Parent Teacher Associations / Organizations and coaches, parents and athletes involved in youth sports throughout the Commonwealth in the near future. Finally, I recently had the opportunity to travel to Slippery Rock University to work with Li Pu and the SRU Television Studio and Mike Williams of Williams Media to produce a television production regarding proper concussion management and care for consumers to be broadcast on the Pennsylvania Cable Network (PCN) later this year. Thank you to the PATS Technology and Public Relations Committees for their assistance with writing the script and working out the details for the production of this broadcast.

Our recent election was once again a huge success with a record number of PATS members casting a vote. Once again we had a contested election for all three open positions. By having numerous PATS members accepting nominations for open positions on the Executive Board and allowing our members to make a choice through voting, we become stronger as a Society. Congratulations to Jamie Mansell- Treasurer, Shelly Fetchen DiCesaro- Southwest Representative and Mike Horan- Southeast Representative on becoming newly elected members of the PATS Executive Board. Look for their profiles in this Quarterly News. These individuals will take office during the June PATS Business Meeting in Gettysburg.

As always, the PATS Convention Committee is working extremely hard to provide an excellent educational experience for PATS members attending the Annual PATS Symposium June 10th-13th in Gettysburg. The highlight of the weekend will be honoring our 2015 Pennsylvania Athletic Training Hall of Fame Class at the PATS Hall of Fame Banquet on Friday, June 12th. It is my honor to announce that A.J. Duffy and John Norwig are our newest members to the prestigious Pennsylvania Athletic Training HOF. Congratulations gentlemen! Again this year, the PATS Business Meeting will be held over lunch on Friday June 12th with an option for members to purchase a "grab and go" lunch while attending the business meeting. We will kick off the symposium with the annual PATS Golf Outing and a Welcome Reception on Thursday June 11th for those who wish to attend.

One of the main goals of the PATS is to get as many of our members involved in the activities of the Society as possible. As you can see by many of the items I have described in this message, there are various opportunities available to our members to get involved. If you are a member who asks "What is PATS doing for me?" I urge you to get involved in some capacity. You will be truly amazed by the efforts that are presently taking place and the future initiatives that are being planned to strengthen our Society and promote our profession.

I hope to see you at the symposium in Gettysburg!!

John

John L. Moyer Jr., LAT, ATC
President
Pennsylvania Athletic Trainers' Society

Treasurer's Report

Dave Marchetti, PATS Treasurer

	<u>Checking</u>	<u>Scholarship</u>	<u>Research</u>
May 3, 2014	106,513.36	149,148.05	87,906.36
May 3, 2015	93,668.07	175,456.07	91,722.07
Difference	12,845.29	26,308.02	3,815.71
<u>TOTAL</u>			
May 3, 2014:	\$343,567.77		
May 3, 2015:	\$360,846.21		
Difference:	\$17,278.44		

STUDENT SPOTLIGHT: Dylan C. Sarver

Year: Senior

College or University: West Chester University/ Millersville University

Current and Previous Clinical Rotations: Lancaster Catholic High School, Millersville University primarily Baseball, and Women's Basketball

Certifications: Passed BOC February 2015, First Aid/CPR/AED



What made you want to become an athletic training student?

It was my interest in the human body that first drew me to Athletic Training. As I read more about the profession and the schooling, my desire to become an athletic trainer grew.

What do you like most about Athletic Training?

Athletic Training challenges me to be creative and innovative on a daily basis. I enjoy the complexity of the injury and healing processes and like asking clinical questions.

What are your career goals?

I aspire to obtain a biomedical Ph. D. and work in a research lab focused on bettering our understanding of musculoskeletal disease.

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

I hope to solve clinical problems with science. For example, one special interest of mine is tendon growth and remodeling. I wish to better understand tendon biology so athletic trainers can provide the best health care possible to patients with tendinopathies.

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

Leading by example is the leadership style I have grown most accustomed to. I work hard at my clinical rotations because I want others to contribute as much as they can too. I study hard in classes because I want others to learn as much as they can. Additionally, I advocate for our program and Athletic Training because I want others to respect this profession as much as I do.

What are your interests outside of athletic training?

In my spare time I conduct laboratory research, of which I am currently studying the microbial environments of wrestling equipment. My hopes are that with a better understanding of the bacterial and fungal environments wrestlers come into contact with, I can suggest appropriate cleaners to decrease the incidence of skin disease in this population. When I'm not at clinical, in the lab, or at work I enjoy studying martial arts, specifically Judo, Jiu-jitsu, and Isshinryu Karate. These are excellent stress relievers and great ways to practice mental toughness, a trait very near to hard working Athletic Trainers.

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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 SECTION

The Student's Perspective from the PATS Student Symposium

Steve Malvasi (senior), Kaitlyn Mohl (Senior), and Timothy Ngoge (Junior); East Stroudsburg University of Pennsylvania

The PATS student symposium was an incredible learning experience for all students who attended in March. We were excited to have 28 students in attendance from East Stroudsburg University. The opportunity to meet, collaborate, and network with other students and professionals was a wonderful experience and was one of the symposium highlights.

Events from the first night of the conference included lectures from the Pittsburgh Steelers athletic trainer John Norwig and Pittsburgh Penguins athletic trainer Patrick Steidle. Both of their discussions were very inspirational. The students learned a great deal about how important it is to network and always work your hardest. You never know when you will be working with someone who could help advance your career. We enjoyed watching the injury videos that John Norwig showed during in his presentation and learning about how to treat common contact collision injuries. There was no question it was a great start to the symposium.

Additionally, we were able to talk with other students who are studying athletic training at different colleges/universities from across the Commonwealth. At the end of the night, we had the opportunity to collaborate with the students from other schools to compete in some Minute To Win It games. The academic events were fun and challenged our clinical skills at the same time. Ultimately, we really enjoyed interacting and getting to know students from across Pennsylvania.

On Saturday morning, we attended several breakout sessions. Some of us attended the cadaver lab, which was a tremendous experience. Although we study human anatomy extensively, working with a cadaver and going through the layers of fascia, adipose, and muscle tissue really affords a thorough understanding of the human body and its function.

The performing arts lecture was also very interesting; Kathleen Nachazel was very friendly and connected well with the group. During the lecture we were exposed to a variety of injuries in the realm of performing arts. Kathleen demonstrated and provided us with several new and diverse manual therapies that we could use while working with patients. She was also kind enough to give her contact information out to some of the students and invited them to Pittsburgh for observation with her.

Many of the students had great things to say about the other breakout sessions. The one session that had the greatest influence on all of the students was entitled, "What It Means To Be A Young Professional". This lecture was very interactive and focused on how to be successful in a changing healthcare system. Overall, we left feeling very confident in our abilities to be the best athletic trainer in the future.

Overall, we had a great time at the PATS Student Symposium and would encourage more students to attend the conference and get involved next year.

WCU Student Attends NATA iLEAD Conference in Texas

Rebecca Dubas; West Chester University

My name is Rebecca Dubas, and currently I am finishing up my senior year, at West Chester University. Over the past four years at WCU I have been encouraged to get involved in all aspects of athletic training. My professors are truly advocates of the profession and all the



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professional organizations behind it. Their contagious passion and encouragement has led me to a vast amount of opportunities, including applying for the PATS Student Leadership Scholarship. The PATS Executive Board honored me with the opportunity to attend the 2015 NATA iLEAD Conference in Dallas, TX.

Athletic trainers can be described by so many different words, one that always sticks out to me, is flexible. Our weekend started off adapting to the shockingly snow covered state of Texas. The first presentation was worth the delay. Stacy Walker and Kirk Armstrong started off the student iLEAD conference presenting on standardized patients. We were immediately thrown into an interactive activity that allowed us the opportunity to learn from our peers. A standardized patient is an actor that plays different roles to help put the students in a variety of situations. A couple of students were put up to the challenge. We all appreciated their efforts to help us learn. I can easily foresee utilizing this technique in the future, when I am the teacher in the front of the classroom.

Another highlight to this conference was learning about the different types of personalities. Prior to the conference we all took the Myers-Briggs survey to find out our personality types. Judy Pulice took us through each of the 16 personality types. Throughout the segment we tried to guess our personality types and halfway through we were able to see the results of our test. It turns out, most people found a few surprises in their results. I was most interested to find out that I am considered highly extroverted when in fact I always have seen myself as an introvert. Judy was able to relate each of our personality types back to what would make us the most effective leaders. It helped us learn how to conduct ourselves while interacting and understanding those with different personality types.

There was a common theme throughout many of the presentations, which was social media. Almost all of the presenters touched on the positive and negative outcomes of utilizing social media in the athletic training world. It is a very important topic to touch on, especially with the upcoming technologically savvy athletic trainers. There is good and bad to be had with social media, and we learned that it is our job to find the good.

Lastly, outside of the attention grabbing presentations we attended, my favorite part was getting to meet people from all over. I may have never had the opportunity to meet and/or talk with the NATA President-Elect Scott Sailor, if it wasn't for this conference. I also may have never met all the other students that I met from all over the United States. It is easy to get caught up in the PATS, District 2 or EATA bubble, because it's easy and close to home. However, meeting all of the other students from across the country encouraged me to pursue my learning of athletic training outside of my bubble. iLead was truly a unique experience, and it further drove home to me the notion, that, you grow when you force yourself to venture outside of your comfort zone. Thank you PATS for sending me to iLead! It is an experience I will remember forever, and information I have been using every day since.

King's Student Attends Hike to Harrisburg

Sydney Boyce; King's College

On March 4th, 2015, I attended my first "Hike to Harrisburg" with the Pennsylvania Athletic Trainers' Society. As a junior student in the professional phase of the Athletic Training program at King's College, I have learned endless amounts of information this year alone. Our "Hike to Harrisburg," is

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the PATS lobbying day or a day to promote our profession to those who may not be so familiar with what we do as a health care professional. As an evolving profession, I think it is very important that we spread the knowledge and educate those uninformed. Athletic Trainers are health care professionals that focus on prevention, treatment, and rehabilitation of athletes and the physically active.

When I arrived at the Capitol building in Harrisburg, PA, we met with all of the attendees and those from the Winter Group to discuss the itinerary, target goals, and meet our small group members. In my group was David Marchetti, my professor and preceptor from King's College, Tanya Miller from Shippensburg University, and my classmate Sarah Richards. Our itinerary included meeting times we had scheduled to meet with State Senators and State Legislators to discuss, inform and simply greet those we had not reached out to in past years. Unfortunately, with the weather conditions, some Senators and Legislators we intended on meeting with could not make it to the office. We came prepared and brought a packet of information we would have normally presented and some fun giveaways such as magnets, pens and bookmarks.

I personally left with a wonderful, first time experience on my Hike to Harrisburg, and can hardly wait to go back and attend next year. I was standing with my group, figuring out where our first meeting was, and my preceptor Dave Marchetti pointed out my State Senator, Senator Scavello, who I had not realized was standing right in front of me. I introduced myself as one of his constituents and a member of the PATS. Senator Scavello has been a loyal supporter of the profession and has signed on bills passed in order to advance our profession. We had to attend our first meeting for the day, so Senator Scavello informed our group that he would be in his office if we had time to stop by and he invited us on a tour of the Capitol building. As we went through our scheduled meetings and took a break for lunch, we then met back at our PATS stand we had set up so those we did not have a chance to meet with could stop by and see all the AT profession has to offer. We were greeted again by Senator Scavello and it worked out perfectly that we had some down time before our next meeting and Senator Scavello give us a tour around the Capitol. Senator Scavello taught us about the history of when the Capitol building first opened, showed us the ladies waiting room, and showed us the beautiful paintings in various rooms. We then ended up in the State Senate room and Senator Scavello showed us his seat, and allowed me to be "Senator for the Day" as I sat in his chair for a group picture. My group and I really appreciated Senator Scavello's time and hospitality, and we hope to continue to get his much-appreciated support of the profession.



Not only was I grateful of the kindness from those I met on my Hike to Harrisburg, but I was extremely impressed with the knowledge Senator Tomlinson has about the profession and how much he appreciated his own personal experience in his football career. My group and I teamed up with Greg Janik, also a professor of mine at King's College, and his team members to go see if Senator Tomlinson was in his office to thank him for his continued support. Senator Tomlinson was there and made time to sit and talk with us before our next planned meeting. Senator Tomlinson has also been a supporter of AT, and it rooted from a personal experience with an athletic trainer he had in his football career. Senator Tomlinson spoke about his recurrent knee injuries, and used terms such as "anterior cruciate ligament, lateral collateral ligament, and tensor fascia latae." Anatomical terms and body anatomy is like a 2nd language to me, but may be foreign to others. Clearly, Senator Tomlinson is no "rookie" to AT and our teachings.

Athletic Training Students Provide Care for Special Olympics

Kutztown University hosted the Special Olympics of PA Eastern Spring Sectional on Saturday May 2, 2015. Teams and athletes competed in multiple events for the opportunity to advance and compete in the State Championships. Medical care was provided by Millersville University Athletic Training students and Graduate Assistants, West Chester University Athletic Training students, Kings College Athletic Training students and Faculty members, and a Kutztown University Faculty Athletic Trainer.



EXECUTIVE BOARD ANNOUNCEMENTS

YPC to Highlight Young Professional in Quarterly News

Ashlee Miller

Welcome to the new Young Professional's Spotlight! This spotlight is to help us recognize our amazing, young, professional athletic trainers who are going above and beyond! The following information should be considered when nominating one of them:

1. Under 35 years of age
2. Are they involved in their community?
3. Are they involved in the health care profession outside their normal "daily duties?" (teach CPR; involved in a committee in PATS, regional/school AT organization, etc.)
4. Have they helped establish the profession as a medical professional? (use of ATs in the military, industrial, police, etc. settings; used research or participated in research showing the use and importance of AT's across settings).

Please submit your nomination by June 15 to: Ashlee Miller (aeht25@hotmail.com). Once a young professional is selected we will contact them for an interview and help our organization learn who they are in and out of the athletic training profession. Nominations can be done for oneself or by someone else.

PATS Representatives "Hit the Hill" in Washington for NATA Legislative Efforts

Gaetano Sanchioli, MS,LAT,ATC,PES



This February at the annual "Hit the Hill" day, athletic trainers from around the US joined together to present the NATA's latest legislative agenda items to federal legislators.

PATS President John Moyer, Lieah Maxfield LAT, an

Advanced Clinical Practice Grad-student from East Stroudsburg University, and I represented the PATS in Washington DC along with ATs and athletic training students from 26 other states.

Our Pennsylvania contingent was able to sit with the staffs of Senators Casey and Toomey, and Representatives Costello, Doyle, and Murphy. The Federal items that we presented included:

HR 921: Sports Medicine Licensure Clarity Act, has 10 co-sponsors, and the Senate version, S. 689, has one co-sponsor. This legislation would allow athletic trainers who cover athletic teams to provide care in the states that their teams travel to as long as proper protocol is followed. (Pennsylvania's State Practice Act already provides this protection to incoming ATs).

H.R. 829: The SAFE PLAY Act, has 9 co-sponsors. The Senate version has been introduced as S. 436. This piece of legislation would require the CDC to develop and expand youth athlete safety education and awareness measures including illnesses such as cardiac conditions, concussions and heat related illnesses.

H.Res. 112: The Secondary School Student Athletes' Bill of Rights, has 5 co-sponsors, and S.Res 83 has 1 co-sponsor. This piece of legislation encourages sports safety in secondary schools, specifically highlighting the importance of taking proper safety measures, providing a suitable environment and having a knowledgeable athletic health care team in place. It also addresses the role that teachers, parents and coaches play in student athlete safety.

When talking with our Pennsylvania Congressmen we also had the opportunity to discuss and update the happenings here in PA. The Dept. of Health Grant for Concussion Education, Safety in Youth Sports Act, Cardiac Arrest Legislation, High School Saturation Study, Safe Sports School Initiative, and the current status of the heat acclimatization regulations were all topics of discussion.

Much of our discussion was centered on the importance of ALL athletes having access to an athletic trainer and the benefits that ATs provide. All of the legislators and staff that we spoke with were encouraged by the strides Pennsylvania continues to make. We should all be proud of Pennsylvania as we continue to be leaders.

PATS Hike to Harrisburg Review

Greg Janik– PATS PR committee

On Wednesday, March 6, 2015, representatives from the Pennsylvania Athletic Trainers' Society and students in athletic training programs from across the state convened in Harrisburg for a Lobby Day. Our goal for the day was to educate the legislature on who athletic trainers are, what their educational background is, and how they practice. Most of the discussions with legislators and staff was centered on concussion-related injuries. We targeted our meetings to freshmen legislators in order to develop contacts for future legislative goals.

We kicked off our day in the conference room of The Winter Group. PATS President John Moyer offered a welcome to the attendees and Mark Singel, President of The Winter Group, led a discussion on the talking points of the day. After a group discussion and an info session from The Winter Group, the group divided into 4 teams to meet and drop off information to members of the House and Senate.

To the right is a summary of the Legislators we met throughout the day.

It was a busy day for the PATS members who attended. In addition to the scheduled meetings and dropping off packets of information, PATS members manned an exhibit in the East Wing of the Capitol Building—which is a hub of activity on legislative session days. Many Legislators, Staffers, and members of the public saw the PATS display and spoke to the Representatives posted there. We effectively brought our message to a number of Legislators. Also, Senator Robert Tomlinson and Representative Timothy Briggs recorded a radio broadcast and internet podcast raising awareness of athletic trainers, which will air later this month. Overall, days like this are necessary to our cause and we would like to thank all of the attendees.

Please feel free to write a thank you note to anyone with whom you met with on Wednesday. Contact info for all legislators can be found at <http://www.legis.state.pa.us/>



NAME	NOTES
Representative David Parker Representative Jack Rader	Met with Juanita Hoffman about AT education and practice; met with Rep. Rader in elevator later and educated him briefly.
Representative Peter Schweyer Representative Leslie Acosta	Dropped off materials.
Representative Santora	Dropped off materials.
Representative Kristin Hill Representative Kate Klunk	Met with Pamela Davis about AT profession and discussion issues related to concussions.
Representative Michael Peifer	Met with staffer Barbara Dysard (whose nephew is applying to AT schools in Pennsylvania) about AT education requirements.
Representative Jason Ortity Representative Thomas Quigley	Dropped off materials.
Senator Lisa Baker	Met with staffer Maggie Giannelli who discussed her previous positive experiences with ATs when her son had a concussion.
Representative Tina Pickett	Met with Jill Brightbill about AT practices and role in educational institutions.
Representative Paul Schemel Representative Tedd Nesbit	Met with Vicki Trostle about AT profession and issues related to the field, specifically concussion-related injuries
Representative Barry Jozwiak	Dropped off materials.
Representative Jason Dawkins	Met with Nancy Porvaznik and briefly discussed AT profession; requested that President Moyer return in April/May to meet with Rep. Dawkins in person.
Representative Judy Ward	Met with Rep. Ward about AT profession and concussion-related injuries.
Senator Mario Scavello	Met Sen. Scavello in hallway and gave tour of Senate Chamber, room for 'Ladies in Waiting'; he took several pictures with the team and will include in his next newsletter; A student in the team is from Kings College, which has an AT program.
Representative John Maher	Met Rep. Maher and briefly explained AT profession
Representative Brandon Neuman	Met with Rep. Neuman and discussed his experiences playing high school/college football and his knowledge of profession; interested in heat acclimatization issues and double practices.
Acting Adjutant General James Joseph	Met in waiting room of Senator Tomlinson's office; Dave knows his daughter; possible TBI connection and discuss brain injury in veterans.
David John, YMCA Lobbyist	Met Executive Director of PA YMCAs; discussed possible partnership for certification in sexual abuse education and concussion education.
Senator Scott Hutchinson	Dropped off materials.
Senator Arthur Haywood	Dropped off materials.
Senator Patrick Stefano	Dropped off materials.
Representative Harry Lewis	Met with staffer Joni Mitchel briefly to discuss AT profession.
Representative Aaron Kaufer	Met with staffer Lauren Miller briefly to discuss AT profession.
Representative Kerry Benninghoff	Met with Rep. Benninghoff and discussed AT profession and issues related to concussion injuries.

PATS Leadership Attends 6th Annual Youth Sports Safety Summit in Dallas

**Shelly Fetchen DiCesaro- PATS Southwest
Representative**



This past March PATS President John Moyer and I had the opportunity to travel to Dallas, Texas to attend the 6th Annual Youth Sports Safety Summit (YSSS). Hosted by the Youth Sports Safety Alliance (YSSA) and the National Athletic Trainers' Association (NATA), the YSSS aims to provide up to date youth sports safety information from industry leaders as well as keep youth sports safety as a national priority. Each year the YSSS

focuses on a novel topic with this years titled "Navigating the Athletic Health Care System". Speakers from various healthcare professions delivered succinct yet stirring and informative presentations with a range of topics. The morning opened with an interesting session conducted by Dr. Yolanda Brooks pertaining to the challenges of parenting of youth athletes in today's world followed by a combined session exploring myths and controversies in topics such as; equipment safety, sudden cardiac arrest, diet and energy drinks, and the affordability of proper medical care in a high school. I was both amazed and saddened at the data pertaining to energy drink consumption and cardiac concerns during this presentation. The "rapid fire" sessions were followed by Dr. Timothy Neal's presentation related to recognizing emotional issues of student athletes. I found this session to be particularly informative and relevant as I was working with a group of young women going through the grieving process after losing one of our most respected teammates at the time. Dr. Dawn Comstock wrapped up the morning session reviewing the latest injury epidemiology at the secondary school and collegiate levels. If you have never heard her speak...you should! Dr. Comstock is a remarkable presenter making numbers and statistics engrossing and gripping. A working lunch was followed by a highlight for us, the opportunity to hear Dr. James Andrews speak about "Creating Lifetime Athletes". Dr. Andrews is a legend in the sports medicine world, an almost surreal reputation precedes him...yet he appeared as one of the most down to earth genuine people I have encountered. Passionate about youth sports safety, and an advocate for athletic trainers. The afternoon was made up of three separate panel sessions pertaining to either community, urgent care or the secondary school perspective on youth athletic healthcare. Panelists ranged from physicians, EMS directors, athletic trainers, parent advocates, school nurses, and the director of US Youth Soccer. The panel sessions were not only informative, but inspiring by offering a glimpse at how all healthcare

personnel can work together in an effort to protect our young athletes. I would recommend attending the YSSS for anyone who has an interest in youth sports. The day left me both inspired and re-energized for my profession and already looking forward to the 2016 summit. Held yearly, information can be found online at

<http://www.youthsportssafetyalliance.org>.

NEWS AROUND THE COMMONWEALTH

Licensed Athletic Trainers Are Becoming ConcussionWise Instructors

Tonya McKenzie, LAT, ATC

Currently, there are 65 PATS members across the state that have become ConcussionWise Instructors (CWIs) since being offered through Sports Safety International and PATS this year. It is anticipated that more members will become involved as instructors going forward. The Webinar online course is still available and the program will also be offered at the PATS Annual Meeting in June 2015.

One of the programs was presented to college students who are pursuing a minor in coaching. There has been a very positive response to the training programs thus far. We look forward to hearing more about the CWI program in the future. To learn more about the CWI program, visit: www.ConcussionWise.com/PATS.

East Stroudsburg University AT Program Celebrates 40 Years

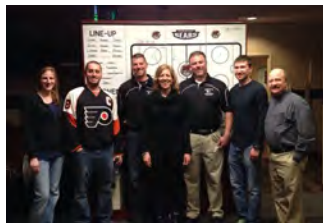
Courtesy of ESU Insider

Celebrating its 40th anniversary this year, the Athletic Training Department, founded by John R. Thatcher '69, Lois E. Wagner '71, along with Mertice Shane, has certainly seasoned with age. Both nationally recognized and accredited, the department is home to more than 200 undergraduate and 40 graduate majors.

Gerard Rozea, Ph.D., '96 M'97, department chairperson and associate professor of athletic training, vows that the department will keep up with student expectations. As a student himself in the 1990s, Dr. Rozea grew up in the athletic training department. He chose ESU because the university shared his vision. "Even then I was impressed with the legacy and integrity of the program," he said. "Over the years, I've watched it evolve and stay ahead of the curve in education."

Most recently, the department's Professional Practice graduate program received the maximum five-year accreditation, under the direction of Associate Professor of Athletic Training Keith Vanic, Ph.D., '94. The whole story can be read [here](#).

National Athletic Training Month celebrated by Central Pennsylvania Athletic Trainers' Association and the Lancaster-Lebanon Athletic Trainers' Association



On March 1st, in recognition of National Athletic Training Month, the Central Pennsylvania Athletic Trainers' Association and the Lancaster-Lebanon Athletic Trainers' Association hosted a CEU event at the Hershey Bears

game. Members were treated to the hockey game, food, beverages, a tour of the medical facilities and raffle prizes. Prizes included clothing, Under Armour gift certificates, and Hershey Bears autographed souvenirs. Dr. Scott King, from OSS, provided the presentation on shoulder and elbow injuries in the overhead athlete. All in attendance enjoyed discussing current issues affecting the local athletic trainer as well as catching up with old friends and socializing.



NATM 2015 at Cumberland Valley High School, Mechanicsburg.

Brandi Lockerman, LAT, ATC

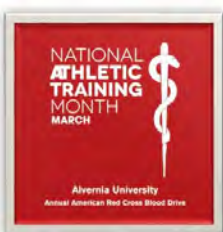
As an Athletic Trainer with Sheila Mueller at Cumberland Valley School District we are blessed with 18 student aides and approximately 1400 student athletes. Each year we give our students an opportunity to brainstorm how they would like to promote the profession of athletic training during National Athletic Training Month. We take March as an opportunity to educate our athletes and students more by showing them exactly how much it means to us. Also by the influx of support from all of the other schools, I believe they get a true understanding just how large and dedicated our profession really is. When we showed the student aides this year's poster and motto, a very talented student aid of two years immediately came up with a great idea. She organized and carried out her idea to portray how we at CV prepare our athletes to perform on our very own poster.

For the poster we picked three talented athletes that had been consistently doing rehab with us. A Junior hurdler for our track team who is not shy of taking ice baths, and will often go full body. A Senior boys' basketball player who struggled with a low back injury throughout the whole season and was always working on his core strengthening exercises. Lastly a Senior Flyer on the Cheerleading squad who struggled with shin splints during the season and just brought home their third consecutive Large Division State Title for 2014-2015.

Alvernia University Hosts Blood Drive for NAT Month

Dr. Kim Stoudt, Program Director

Faculty, staff and students (those enrolled in Athletic Training and in other majors) helped to organize a successful blood drive at Alvernia University in March. Many individuals participated in helping to save lives by donating blood. Blood donors received a great t-shirt that highlighted the theme "Athletic Trainers and the American Red Cross: Saving Lives Together". The Athletic Training Student Association (President -Alissa Yenser and Faculty Advisor Dr. Kimberly Stoudt) organized the drive.



But we did not stop there. March is also State playoff month for winter sports. That is not a new concept for our Girls Basketball team. As reigning State Champions from 2013-2014 and State runners-up in 2012-2013, we were prepared for a third



straight journey to the state final. When preparing for the game that week, we decided we would get a picture with the team no matter win or lose for the poster contest. Two of our student aides are on the team as well and were excited to be a part of it. They held the posters for us as our Assistant AD snapped a quick picture to capture one of the most important moments of the season. Each team has their own battles that they must overcome, and we as athletic trainers are with them every step of the way, win or lose, healthy or sick, strong or weak. Sheila and I are proud and privileged to be a part of this moment and be recognized with the 2014-2015 PIAA Girls Basketball AAAA State Champions.

This year's motto "We Prepare, You Perform" really spoke to us. How many times have we gotten up early to treat teams before leaving for away games, or stayed at the school late to make sure everyone had ice after a hard practice? Everything we do for our athletes is done with a purpose. We truly prepare our athletes to perform, and without us some may not be able to perform at all.

(continued on page 11)

Our version of the NATM poster was entered in the PATS Facebook contest and the basketball team picture was in the NATM Poster Contest. Those are fun opportunities to see what everyone else is doing too and to see that we are not alone in the love of our profession. We are elated to be winners, but what stands out to us more is promoting our profession and getting more people to learn what we do and how we do it. Our students and our athletes enjoy their investment in it and are already planning for next year.

Thank you to everyone for being a part of this exciting opportunity and for all of the promoting and PR that everyone did at their own schools. It never goes unnoticed and it all plays a role in the bigger picture.

PA Athletic Trainers Host State Wide Car Magnet Campaign for Athletic Training Month

With March being National Athletic Training Month (NATM) the Pennsylvania Athletic Trainers' Society (PATS) decided to do a state wide campaign to recognize athletic trainers. The entire PATS executive board along with the public relations committee distributed large car magnets marketing March as NATM. Their goal was to make an impact throughout the Commonwealth and have the magnets displayed through the entire month in as many unique places as possible. The below pictures are a fragment of the picture that help demonstrate the great success of the campaign.



Wes Mallicone, PATS Southcentral Representative



Mike Ludwikowski, PATS Nomination / Election Chair



Rennie Sacco, PATS Northeast Representative



Kathy Wright, PATS Southeast Representative and Ursinus College AT Students



Yvette Ingram, PATS Past-President and Lock Haven AT Students

HONORS AND AWARDS

PATS Election Winners

Congratulations to the following individuals for their recent win in the PATS elections:

Jamie Mansell PhD, LAT, ATC (Treasurer)
Temple University



Through my wonderful experiences with PATS, I understand that the members of the executive board are dedicated and passionate about the profession and the advancement of the organization. I believe that my educational background, work, and volunteer experiences have prepared me for this position and I look forward to employing my skills and knowledge to advance the mission of PATS. The position of Treasurer requires excellent

organizational, time management, and networking skills to ensure that PATS functions smoothly and efficiently. In my current position at Temple University, I have demonstrated the ability to balance multiple tasks and succeed while helping to operate, expand, and modernize a cutting-edge athletic training program.

Currently, I serve as Assistant Professor and Director of the Post Professional Athletic Training Program at Temple University. I formerly served as Clinical Education Coordinator at Temple and Assistant Professor and Assistant Athletic Trainer at The Lincoln University of Pennsylvania. Within these positions, I have had the privilege of meeting many PATS members and seeing their passion and commitment to the profession of athletic training.

A proud member of PATS since 2002, I am proud of my service to PATS, including serving as the Philadelphia County delegate and maintaining active membership on the Corporate Sponsorship, Free Communications, and Diversity committees. Presently, I am training to become a ConcussionWise Instructor for Philadelphia County and have represented PATS at various career days in the city of Philadelphia to encourage a new generation of athletic trainers. At the national level, I volunteer for the Board of Certification and serve as a Commission on the Accreditation of Athletic Training (CAATE) site visitor, and review grants for the NATA Research and Education Foundation. At Temple, I mentor graduate student research and serve on numerous committees to promote the advancement and visibility of the programs and the profession. I have published several articles, received grants and have presented at the local, state, regional and national levels in the area of sport concussion.



**Michael J. Horan, MS, LAT,
ATC (Southeast
Representative)
Council Rock School District
Council Rock High School
North**

I have always felt that it is the responsibility of every member to seek a way to improve their organization. The regional representatives are the avenues through which the ideas and concerns of the members of PATS travel to the general

leadership, and information flows from the state to the local level. These are the colleagues we see on the sidelines and recognize their names as local athletic trainers. These colleagues are the ones we feel most comfortable going to with a question or concern. I chose to run for this position because after working in the Southeastern Region for 16 years, and serving as the Bucks County Delegate to PATS for the last 9 months, I feel that I have a good sense for the issues that are important and the problems faced by the members in this geographical area.

I am fortunate to be employed as an Athletic Trainer for Council Rock School District, my Alma Mater, since 1997. I obtained my Bachelors of Science in Behavioral Science at York College of Pennsylvania in 1996, and my Master's Degree from California University of Pennsylvania in Exercise Science and Health Promotion, Sports Psychology Track in December of 2011. My research at California University of PA focused on non-somatic symptomology of adolescent concussions.

I plan to bring with me an unwavering passion for the profession of athletic training, and an appreciation for the measures needed to continue to improve the layperson's recognition of athletic trainers as highly qualified allied healthcare professionals. We have made great strides as an organization over the last years including achieving the long due distinction of licensure, and being a major driving force behind the Safety in Youth Sports Act. Things that indicate we, as an organization, are hitting our stride. When I think of what I can do to improve PATS future I realize that I (Mike Horan) can do nothing by myself to improve PATS, and that is why the position of Southeastern Representative is so appealing to me. I can be a conduit for all the wonderful ideas held in the minds of each member in the region to reach the leadership of PATS.

**Shelly Fetchen DiCesaro (Southwest Representative)
California University of Pennsylvania**

My athletic training world came "full circle" when I returned to Cal U in 2008 as an Assistant Professor and Athletic Trainer. I have worked clinically with our women's basketball team since my arrival and also teach in the graduate and undergraduate education program. I

recently assumed the role of Post Professional Athletic Training Program Coordinator and also serve as the undergraduate Clinical Coordinator. I became involved with the PATS when I began volunteering on the Ethics Committee in 2006 and later became a member of the Public Relations Committee. Currently, I continue to serve on the Ethics Committee as the



Chair Person and have been a member of the Convention Committee as the PATS Symposium Programming Co-chair for the past three years. Regionally I am a member of the District 2 Ethics Committee and at the national level, I volunteer as a Session Moderator and Proposal Reviewer for the annual meeting.

The past nine months serving as the Southwestern Representative have been both exciting and inspiring. The PATS continues to be a trailblazer for State Athletic Training Associations often setting the bar that other associations strive to achieve. This is a testament to the board's forward thinking and vision which I find inspiring and have had the fortunate opportunity to be involved with. I view the Regional Representative position as one that provides a link for our membership to the PATS board and serves as a voice for the issues, concerns and ideas of athletic trainers in the Southwest.

As a Representative of our region to the board, it is imperative that there be equal effort for all athletic trainers and their particular needs including continuing education, workplace concerns and fair practices. I have strived in the past nine months for transparency between the board and our members as well as supporting our regions needs and concerns as they arise. I welcome an opportunity to continue to serve the membership and am excited to enhance our regional meetings, increase athletic training participation and ultimately be your voice to the board so that all athletic trainer's in the Southwest may achieve their professional goals.

PATS President Recognized in Commonwealth County Halls of Fame Times Two

John "Doc" Moyer, Pennsylvania Athletic Trainers' Society (PATS) President, has been honored by his community by being inducted to two separate Hall of Fame classes within his state county. First, Moyer was recognized into

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Joe Iezzi and John "Doc" Moyer

the Berks County Chapter of the Pennsylvania Sports Hall of Fame on April 26, 2015 in Wyomissing. Moyer will also be inducted into the Berks County Football Coaches Hall of Fame on May 30th in Reading. Additionally he will be recognized at the Berks Senior Class All-Star Football classic the next day on Sunday, May 31st.

John "Doc" Moyer began his career at Wilson High School in 1979 as the first full time

Certified Athletic Trainer in Berks County. He quickly established a tireless work ethic and an undying dedication to Wilson athletes and coaches becoming a pioneer and role model for other Berks County schools for implementing an athletic training program in the high school setting.

Since 1979, John has proudly directed a Student Athletic Trainer's program at Wilson that has influenced numerous students to pursue Athletic Training as a career. He was inducted into the Wilson Football Century Club in 1991 and was an Athletic Trainer for the 1994 'Big 33' Football Classic. In 2001, he was presented with the Berks County Basketball Officials Association Community Service Award and named the Sportsperson of the Year by the Berks County Chapter of the PA Sports Hall of Fame in 2006. John has served as the President of the Wilson Football Century Club for the past 10 years.

On the state level, John has served as the Pennsylvania Athletic Trainers' Society (PATS) Liaison to the PIAA Sports Medicine Advisory Committee for the past 15 years and was presented with the PATS Service Award in 2007 and the PATS Distinguished Merit Award for outstanding service towards the profession in 2013.

In June of 2014, John became president of the PATS, a position he will hold through June of 2016.

Nationally, John received a National Athletic Trainers' Association Service Award in 2013.

PATS Executive Director Receives 2015 Ted Quedenfeld Award

On June 19th, Linda Fabrizio Mazzoli, Pennsylvania Athletic Trainers' Society (PATS) Executive Director, will be the recipient of the 2015 Ted Quedenfeld Award. The award is provided by the Philadelphia Sports Medicine Congress and recognizes honorees for their outstanding contributions to the field of Sports Medicine in the Philadelphia area. Ted Quedenfeld was responsible for

teaching many of the local Philadelphia athletic trainers during his time and was recognized as a role model for athletic trainers. Mazzoli is being recognized as also meeting these standards and is held in the highest regard by her peers.

Mazzoli is a graduate of West Chester University's undergraduate athletic training program and California University of Pennsylvania's Masters Program in injury prevention. During her 25+ years of practice, Linda has held various roles in the Philadelphia area. Through these roles she has mentored countless athletic trainers and developed many clinical programs that are still in practice today. Linda has served in numerous roles for the National Athletic Trainers Association (NATA), Pennsylvania Athletic Trainers Society (PATS), and the Athletic Trainers Society of New Jersey (ATSNJ). Currently, she is the Director of the Jefferson Comprehensive Concussion Clinic through the Rothman Institute. She is also the current Executive Director of the Pennsylvania Athletic Trainers Society.

George Roberts Finishes Term as First Athletic Trainer to Serve the Pennsylvania State Board of Medicine

In the fall of 2010, Mr. George Roberts was approved unanimously to the State Board of Medicine (BOM) by the PA Senate as the first athletic trainer to serve on the BOM. Mr. Roberts was recommended by the Governor to fill the open position on the Board of Medicine as the Allied Health position and ended his term in 2015 as Vice Chairman of the Board of Medicine. He helped solidify athletic trainers as recognized medical professionals. George Roberts initiative benefitted the entire profession of Athletic Training with his vision, commitment, and service on behalf of the athletic training profession.



Chair of the Board Dr. Andrew Behnke and George Roberts

ATHLETIC TRAINERS IN THE NEWS

Ohio & Pennsylvania Schools Focus on Providing Athletic Trainers to Students

Pennsylvania and Ohio are outshining other states across the nation. In both states, more than 90% of the schools have an athletic trainer. The American Academy of Pediatrics notes that kids are safer when athletic trainers are around. They also mention that overall injury rates are lower. Dr. Christopher Liebig of Akron Children's Hospital states, "I think they are valuable, worth their weight in gold type of person." For the full article, read [here](#).

Runners Welcome to Take Part in Annual Athletic Trainer River Run 5K for Charity

The 12th annual Athletic Trainer River Run 5K and One Mile Challenge took place on March 22nd this year. The event raises money to benefit a scholarship for the South-west Region of PATS. Additional funds will be donated to the Children's Organ Transplant Association. Race Coordinator and Athletic Trainer with UPMC, Julie Dlugos, says this year's auction and raffle items were the most unique pieces ever offered. The scholarship will be awarded to two students from one or two of the region's accredited athletic training programs. To read the complete article, click [here](#).

Students Save Man's Life After Apparent Heart Attack at Midstate High School

Fifteen high school students who took an EMT course and certification test were prepared to save a man's life at Eastern Lebanon High School. The man suffered a heart attack in the restroom following a Rotary Club meeting. Those students were able to perform 10 minutes of chest compressions and supply oxygen. Adam Zurick is an EMT-Certified Instructor and Athletic Trainer. The certification course includes ambulance ride-along hours. For the complete story, click [here](#).

REGIONAL RECAP

Southeast Region: Kathy Wright

2015 PATS SOUTHEAST REGION SPORT MEDICINE SEMINAR REPORT

On March 8, 2015, 36 members of the PATS Southeast region gathered to recognize National Athletic Trainers' Month by attending the Southeast Region Sports Medicine

Seminar. Held at Ursinus College, the group had the opportunity to earn 4 CEUs through the presentations of some dynamic speakers. The program included JoAnna Iacono McClelland, LAT, ATC on the topic of *Aerobic Fitness and Its Effects on Core Temperature in Football Players*; Dr. Sandra Fowkes Godek, PhD, LAT, ATC on the topic of *Exercise-Associated Hyponatremia*; Dr. Cory Keller, DO on the topic of *Evaluation and Management of Pelvic Injury*; and Dr. Gary Canner, MD on the topic of *Osteoarthritis: Sports to Joint Replacement—The Athletic Trainer's Role*. The event served to further connect and educate area Athletic Trainers as they pursue high standards of healthcare for our patients.

CAMMAROTA CELEBRATES NAT MONTH

PATS Southeast region member Brian Cammarota, MEd, LAT, ATC, CSCS, CES was busy celebrating NAT month. He wrote an article on Philly.com where he interviewed Mark Shires, a West Chester University graduate, who is currently an Athletic Trainer for the Norfolk Tide on what it's like to be an AT.

Brian also presented at a PATS regional AT symposium on March 29 in the Lehigh Valley (organized by Dave Maxted, LAT, ATC). The presentation was an introduction and demonstration of Postural Restoration Institute (PRI) techniques and movement dysfunction. PRI is a neuromuscular technique using breathing and other exercises to address posture and asymmetries that often lead to injuries. It was developed by Ron Hruska, PT. For more information see www.posturalrestoration.com

Northeast Region: Rennie Sacco, Med, LAT, ROT

Hello to all in the Northeast region! I hope you've 'Finally' got rid of your snow! Now bring on the warmth!

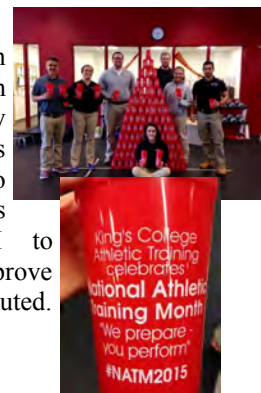


CONGRATULATIONS!

Congratulations to Alvernia University's Alissa Yenser who receive the award for the Highest GPA to an Alvernia senior in the major and the Paul J. Marr, MD Athletic Training Scholarship Award (funded by Dr Marr) at the Alvernia Honors Convocation.

King's College took second place in the PATS Facebook contest. Both King's and Alvernia University participated in NATM. King's College prepared their athletes to perform by providing cups recognizing March as NATM to promote hydration and improve performance. 250 cups were distributed.

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PATS REGION ACTIVITIES

PATS partnered with several organizations to put on regional CEU events. The first was an IASTM course by Hawk Grips hosted at Alvernia University on March 15th and the second was partnered with the Lehigh Valley Health Network to put on a one day Regional Conference at the LVHN Cedar Crest Auditorium on March 29th. Both were well attended.

Athletic Trainers from the Lehigh Valley also got together March 22nd at Revolutions for some good ole fashion friendship and bowling. Light Hors d'oeuvre provided the strike as the bowling was more of a split.

UPCOMING EVENTS

East Stroudsburg is celebrating 40 years of Athletic Training this Summer. Please click on the following link to view event dates. [ESU 40th Anniversary Postcard](#)

CALL FOR VOLUNTEERS

Every year on the first Sunday in June, Lafayette University is host to the nation's largest one day football camp. The camp was created over a decade ago by our former Defensive Coordinator, John Loose (now at Army), to help fund research for pediatric brain tumors. His daughter, Lauren, has been an inspiration for many.

Annually, we have over 2,000 campers and their families descend upon our Metzgar complex. There's usually well over 300 college and pro coaches volunteering to coach the kids and scout. The camp has gotten so big that there is a PA camp and an Ohio camp.

Here's the link: <http://www.laurensfirstandgoal.org/>

Every year there is always a big-time guest speaker. Urban Meyer, Phil Simms, Bill O'Brien, Bobby Ross, John Harbaugh have done it in the past. This year's speaker is new Michigan Wolverines Head Coach Jim Harbaugh.

Any medical professional is welcome as we place AT's on the fields with a couple EMS trucks and place MD's, PA's, and nurses in our athletic training facility to triage and care for athletes we send. Volunteers get a t-shirt, lunch catered by Outback, dinner is a catered smorgasbord from a BBQ joint and get a chance to see Harbaugh speak at lunch.

Medical volunteers can email Matt, baylym@lafayette.edu
All other volunteers can email Dawn, compd@lafayette.edu

In closing, 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 north-east@gopats.org or 610-698-6237. I hope to see many of you at the June PATS Symposium. Have a great Summer!

North Central Region: Jason Erlandson, MS, LAT, ATC

MARCH 2015 NORTH CENTRAL REGIONAL MEETING

The Spring North Central Meeting/NATA Month Luncheon was held on Tuesday March 24 at the Williamsport Regional Medical Center. The thirty-one ATs in attendance got 4 CE's from the educational presentations, including a lecture from PATS members Cheri Orndorf and Kaitlin Kelly entitled, "Low Back Muscle Energy Techniques" which included a hands-on segment. Mike Ludwikowski took advantage of being one of the models for the demonstration and commented on how much better he felt afterwards. After the presentations, a luncheon was held. Anybody interested in speaking at either the fall or spring regional meeting should contact Jason Erlandson at north-central@gopats.org.

LOCK HAVEN UNIVERSITY CELEBRATES NATIONAL ATHLETIC TRAINING MONTH

Members of the AT Club at Lock Haven traveled to New York City to promote NATA Month on The Today Show, along with other AT programs in the District. Lock Haven also had a photo contest on Facebook for their alumni since the theme of NATA Month was fitting. Alumni posted a picture of themselves working in the profession wearing LHU gear onto the LHU AT Facebook page and at the end of the month, the current students voted on the top 3 pictures. The 3 winners each received a LHU hat.

GEORGE SALVATERRA HONORED BY FOOTBALL FOUNDATION

George Salvaterra, PhD was honored as the Athletic Trainer of the Year by the Central PA Chapter of the National Football Foundation and College Hall of Fame. The National Football Foundation and College Hall of Fame was



founded in 1947 and is dedicated to promoting the constructive qualities of football at all levels for the benefit of society. The Central PA Chapter is one of 5 chapters in PA and annually honors over 50 student athletes from its high school and collegiate schools. Lifetime Achievement Awards were also presented in coaching, officiating, and sports journalism.

During his acceptance speech, Dr. Salvaterra humbly expressed his appreciation for being able to do a job that he loves. He also noted that it was a pleasure to work at institutions where things were done the right way and people treated each other as family.

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Dr. Salvaterra currently serves as a Faculty Athletic Trainer at Bloomsburg University, having been hired in July of 2014. He provides athletic training services to all student-athletes at the university, with his main sport responsibilities being football, women's basketball, and women's lacrosse. Prior to Bloomsburg, he was previously employed at Penn State University from 1985 to 2012 where he served as the Head Athletic Trainer for the Football program. He also served as the Supervisor for Athletic Training Services for the Penn State Athletic Department. During his time at Penn State, George co-authored several nationally published research articles on the topics of nutrition and injuries of Division I football players.

Prior to his time at Penn State, Dr. Salvaterra also served as an athletic trainer at Lafayette College and Princeton University, as well as Parkland High School. He received his BS degree from West

Chester University, an MS degree from Michigan State University and a PhD from Penn State University. Dr. Salvaterra and his wife Barbara are the parents of three children; Charlie and Travis (students at Penn State) and Catherine.



Northwest Region: Becky Mokris, D.Ed., LAT, ATC

NAT MONTH CELEBRATED!

This year, the PATS Northwest regional combined with Allegheny Mt. Sports Medicine Foundation to host their 4th Annual Spring Conference in Clarion, PA. It was a very well attended conference with approximately 30 allied health professionals from around the region. 1.5 CE's were awarded and 3 EBP CE's were available to all attendees. Topics in the morning session centered on Concussion Issues by Dr. Thomas Freenack, Jr. (MD) and "Subsystem Threshold Exercises for Post-Concussion Syndrome" by Pat Dennison, DPT (EBP presentation). The afternoon consisted of the Core

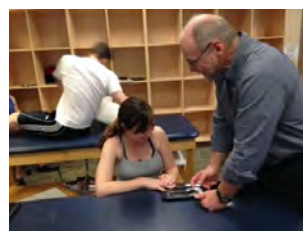
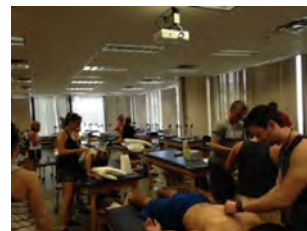
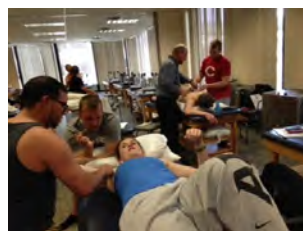


Jim Strick, LAT, ATC; PATS Parliamentarian
Becky Mokris, D.Ed., LAT, ATC; PATS Northwest Representative

and Trunk presentations with an anatomical review of the core by Ashley Mulcahy, MS, LAT, ATC and "Understanding and Activating the Core and Trunk in Rehabilitation Programs" by Becky Mokris, D.Ed., LAT, ATC and Gary Hanna, MS, LAT, ATC (EBP presentation). Lunch was provided by PATS during the event and the PATS magnet was on display!

GANNON UNIVERSITY ATHLETIC TRAINING PROGRAM HOSTS INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION (IASTM) CLASS

On April 19, 2015, athletic training students from two different regions in addition to allied health professionals to enhance their skills in Tecnica Gavilan IASTM. Students from the Gannon University's Professional Master's in Athletic Training Program and students in the Post-Professional East Stroudsburg University Athletic Training Program attended this 6 hour course to become proficient in and to learn the theories behind using the instruments for patient care. The event allowed for student collaboration from around the commonwealth to talk about different ways to use the instruments within a variety of patient populations. Also attending the event were allied health professionals from around the Northwest Region.



UPCOMING REGIONAL CE's:

The Allegheny Mt. Sports Medicine Foundation will be hosting their regular meeting on 5/7/15 in Kane Middle School, Kane PA. It will be held at 9:15am and we will be getting lunch at the Texas Hot Dog stand afterwards. The meeting will be worth 2 CE's, the topic will be "The ADHD Athlete" and the presenter will be Krystal Nuhfer, MS, ATC. It is the last meeting of the Foundation of this school year.

DISEPIO SYMPOSIUM SERIES TO OFFER CE CREDITS FOR HEALTHCARE PROFESSIONALS

The DiSepio Institute for Rural Health and Wellness at Saint Francis University is holding its annual DiSepio Symposium Series on May 22-23. The two-day event is part of an ongoing series of seminars dedicated to current trends in research, innovative therapeutic strategies, and cutting-edge programming in the areas of health and wellness. This event offers education and continuing education credits to a variety of disciplines, including Physical Therapists, Physical Therapist Assistants, and Athletic Trainers.

(continued on page 17)

On May 22, *Current Concepts in the Evaluation and Management of the Lumbar Spine*: This session is designed to familiarize attendees with performing an evidence-based examination, assess patient important outcomes, and devise a tailored intervention for patients with acute and chronic lumbar spine pain. Day 1 will target Physical Therapists only, and will include both lecture and lab-based content to provide the attendee with knowledge and hands-on skills that can immediately be utilized in clinical practice.

On May 23, *the Sixth Annual Athletic and Orthopaedic Health and Wellness Symposium*: This event is designed to familiarize attendees with current trends in the management of ankle/foot and wrist/hand injuries with focus on medical evaluation and treatment, surgical management, and rehabilitation. It will feature morning presentations by Sports Medicine Physicians followed by breakout sessions, which will allow the participant to select sessions pertaining to topics relevant to their area of clinical practice. Day 2 will target Physical Therapists, Physical Therapist Assistants, and Athletic Trainers.

Register to attend one or both days of the conference. The fee for the May 22 session is \$195; the fee for the May 23 session is \$95. A discounted rate of \$250 includes both the May 22 and 23 sessions for Physical Therapists only. **REGISTER BY MAY 15TH**.

Please call 814-472-3923 or visit the conference website at www.cermusa.francis.edu/diseptosymposium/ to register online and for more information about the agenda, speakers, sessions, and CEUs.

Southwest Region: Shelly DiCesaro, PhD, LAT, ATC

Greetings to all in the Southwest Region where I *THINK* we may have finally left cold winters behind and ran right into Summer! First and foremost, I would like to thank everyone who took the time to vote in this last election as this is YOUR society and we all need to exercise our voting right. The PATS Symposium in Gettysburg is right around the corner with some exciting and informative sessions planned. Be sure to check out the agenda online and register soon! While Summer is just starting we all know how short it can seem so mark your calendars today for Thursday, September 10th and come out to the Pirates game for the first Athletic Trainers Night at PNC Park. Attendees will have the opportunity to attend a pre-game Q&A program led by the Pirates Medical/Training Staff and then enjoy the game. Tickets can be ordered online at http://pittsburgh.pirates.mlb.com/pit/ticketing/athletic_trainers.jsp. Be advised that in order to sit with or as your group, the tickets should be placed as 1 order.

In closing, I look forward to serving you over the next three years as the SW Representative. As always, please feel free to reach out with any questions, concerns or ideas you have regarding PATS or the region. I can be reached at 724-938-5831 or by email at southwest@gopats.org. See you in Gettysburg!

South Central Region: Wes Mallicone, MS, LAT, ATC

Greetings, I hope this message finds everyone healthy and well. As the spring sport seasons come to end, please take time to reflect on the positive impact you have had on those that you provide care and services. Think of the positive impact that those individuals have had on you. Those are just two reasons why we are in one of the greatest professions. Please make sure you take time for yourself, relax with family and friends, August is just a few months away.

On March 1, to kick off National Athletic Training Month, the Central Pennsylvania Athletic Trainers Association (CPATA) hosted a fun and educational event during the Hershey Bears vs. Lehigh Valley Phantoms game at The GIANT Center in Hershey, PA. The event allowed attendees to tour The GIANT Center, Locker Room and Athletic Training Room. Dr. Scott King, DO from OSS spoke on Glenohumeral and Elbow Injuries in the Overhead Athlete. You can read more about the event in this newsletter

Congratulations also to the Cumberland Valley Athletic Training Staff for being recognized by both NATA and PATS for their efforts during National Athletic Training Month.

UPCOMING EVENT

Chris Seldomridge, LAT, ATC, PES, CEAS, ASSDN-NS/NSI will be conducting a nutrition course on July 14-15, 2015 from 8:00 am - 5:30 pm at the Spooky Nook Sports Complex in Lancaster, PA for the American Academy of Sports Dietitian and Nutritionist (AASDN). Learn how to implement a nutrition program while adhering to state licensure laws and regulations. Learn how to coach your clients, students, or patients through healthy lifestyle changes. Attendees will receive a FREE textbook with registration; **earn 18 BOC CEU's** and be eligible to sit for the AASDN Nutrition Specialist exam. For more information contact Chris at 717-673-5535.

I look forward to seeing all of you in June at the PATS Annual Meeting & Clinical Symposium in Gettysburg, PA. If you have any exciting news or any questions please contact me at southcentral@gopats.org.

COMMITTEE REPORTS

Technology Committee

The Technology Committee has been working with the PATS Public Relations Committee and Slippery Rock University to develop a 30 minute video educating the general public about concussions. The video will be aired on PCN this summer. We also held our first Facebook contest for National Athletic Training Month. This was a big success and brought many more likes and visits to our Facebook page.

Webmaster

PATS gets all of its email addresses for the Presidential Alerts, Quarterly News, and all other electronic correspondence from the NATA database. Please be sure to keep the NATA database updated in the event of your email address changing so you can continue to receive updates from PATS.

Ethics Committee

The Ethics Committee would like to remind everyone that it is our job, as licensed healthcare providers to hold each other accountable in our practice both ethically and legally. Traditionally, we are a very solid and professional group, however if you feel that the NATA Code of Ethics are being violated feel free to reach out to us for guidance. It is critical that all athletic trainers hold themselves to the highest standards and represent our profession with honesty and integrity.

PTA Committee

The PTA Committee continues to build bridges between the Pennsylvania State Parent Teacher Association. In late April we were present at the PTA annual convention where we met with members of the board and began discussing how we may mutually benefit one-another going forward. We will be presenting at their Summer Leadership Training in State College on July 18th and will


be providing a ConcussionWise presentation during one of their Keynote sessions. Additionally we continue to write for the bi-monthly newsletter that the PA PTA publishes and sends to its members, extending our reach beyond the state organization and into the homes of families across the state. We continue to look for new ways that we can grow our relationship with the PTA at the state and local levels.

Public Relations Committee

The PATS Public Relations (PR) committee was tireless in March for National Athletic Training Month. The PR committee did 5 events including: 1) the annual Hike to Harrisburg for Legislative Day 2) A state wide care magnet campaign 3) PATS Facebook Contest 4) a new AT Poster and 5) an Athletic Training Program initiative for our accredited schools in the Commonwealth. Our activities were submitted to the NATA on behalf of PATS for the NATM contest. See attached for more specifics. I want to thank the services of my committee including Amy Brzoska, Robert Burton, Ashley Care, Melissa Ciocco, Rick Guinan, Paul LaDuke, Matt Meredick, Stephen "Chip" Sheer, Jeff Shields, Kyle Shirelmen, Colleen Shotwell, and Ryanne Ziobro. Additionally, I want to thank the technology committee (Jesse Townsend and Lindsey McGuire) for working with us and doing the heavy lifting with the PATS Facebook contest. A sincere thank you to each of you!

CALENDAR OF EVENTS

Event	Date/Time	Location	Contact
Instrumented Soft Tissue Mobilization (ISTM)	Saturday May 16, 2015 9:00 - 3:00pm.	Geisinger Medical Center 100 North Academy Danville, PA	RSVP: https://www.eventbrite.com/e/tecnica-gavilan-geisinger-orthopedicinstitute-tickets-16552611306
CPRS Free CEU Event Adhesive Capsulitis & Lateral Ankle Pain Orthopedic Issues in the Female Athlete	Monday May 18 th . Begins at 6:30pm & Wednesday May 20 th . Begins at 6:30pm.	102 N. Baltimore St, Dillsburg 1500 Highlands Drive, Lititz PA	RSVP to ATCEducation@cprswb.com Flyers to events are available at www.gopats.org
7 th Annual Geisinger Sports Medicine Symposium	Saturday May 30 th . Registration begins at 8am. Event 8:30am-12:15	Geisinger Wyoming Valley Medical Center – Kistler Learning Center 1000 East Mountain Drive, Wilkes-Barre PA 18702	Contact: Kelly Clark, LAT, ATC keclark@geisinger.edu 570-808-8311
2015 PATS Annual Meeting and Clinical Symposium	June 10-13, 2015	Wyndham Hotel and Resorts Gettysburg, PA	Registration is open and available on the PATS Website
66 th Clinical Symposium and AT Expo (NATA)	June 23-26, 2015	St. Louis, Missouri	Registration is available on the NATA website



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