

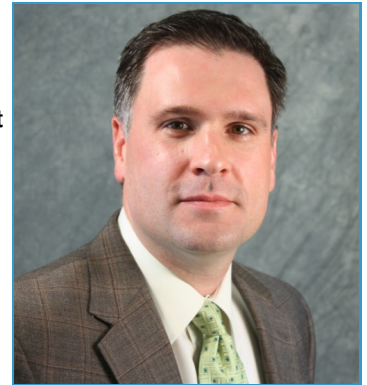
# The Arizona Athletic Training Times

## President's Message

### Inside this issue:

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I must begin this issue's column with a reminder that AzATA officer elections are open until the end of September. You should have received several emails by Vice President Scott Horton, who is leading the election committee, with instructions about how to access and submit your vote. Voting will be open through September 30th, and winners will be announced in early October. Several positions, including both the president and vice-president positions, are competitive. If you have additional questions, please contact Scott Horton through the AzATA website ([azata.net](http://azata.net))



In July, the Board held its semi-annual meeting in conjunction with the AzATA summer meeting in Flagstaff. Work continues on a strategic plan that will assist with long-term plans for association fundraising. In addition, progress reports were received about the 2013 winter meeting, scheduled for February 16<sup>th</sup> & 17<sup>th</sup> at the East Valley Institute of Technology in Mesa. The Board also approved the creation of a new *communication committee*, which will replace the existing *publicity & promotion committee* and will have a broader portfolio of responsibilities including both internal and external communication as well as website maintenance and newsletter creation. Dr. Kenny Lam of A.T. Still University will chair the communication committee and is actively looking for volunteers to assist with committee functions. Finally, the board began discussions about several likely bylaws amendments that will be publicly posted by the end of the calendar year and acted upon at the 2013 winter meeting.

As always, if you have any comments, questions, or concerns, please don't hesitate to contact me, or any member of the Board.

*John*

John Parsons, PhD, ATC, AT  
President, AzATA

### Special Points of Interest:

- AzATA Board Election Reminder
- NATA REF BU-SHU Challenge
- AzATA Apparel

## Professional Education Committee Update

The Annual AzATA Summer Meeting was held on July 14-15 in Flagstaff. The meeting took place in the Health Professions building on the NAU campus, and provided a great educational opportunity and an escape from the July heat for almost 40 AzATA members. The hands-on topics of Functional and Fundamental Movement Screening and Corrective Exercise Strategies received excellent attendee feedback. Thanks to the Meeting and Events Committee members and the AzATA Board who all pitched in to make the Summer meeting another successful educational opportunity for our members.

September is upon us, and the PEC is now seeking proposals for the 36th Annual AzATA Winter Meeting. The Meeting will be held at the East Valley Institute of Technology in Mesa, and will take place on Saturday February 16th and Sunday February 17th, 2013. If you are interested in presenting at the meeting, or know of someone who is, please see the call for proposals announcement below. More information on educational programming and topics will be available in the coming months.

If you have suggestions for future meeting topics, please contact me through the AzATA website contact form.

Best of luck with your fall!

## Call for Proposals - AzATA Winter Meeting

The Professional Education Committee is now seeking proposals for presentations for the Annual Winter Meeting. If you are interested in presenting at the winter meeting, please email the following to Barton Anderson, Chair, PEC at [banderson@atsu.edu](mailto:banderson@atsu.edu)

- Working title of your presentation
- Brief outline of your topic
- 3-5 specific learning objectives
- Estimate of presentation time - 30, 45, 60, 75, or 90 minutes

The PEC will meet in early October to review proposals and begin identifying the educational programming for the meeting. Questions can be emailed to [banderson@atsu.edu](mailto:banderson@atsu.edu)

**Bart Anderson**  
**Chair, Professional Education Committee**

## Mark Your Calendars

- February 16-17

### **36th Annual AzATA Winter Meeting**

East Valley Institute of Technology, Mesa, AZ



## NATA Foundation



### *Student Associations Encouraged to Join the BU-SHU Challenge*

#### **Actively Supporting The NATA Research & Education Foundation**

#### **PURPOSE**

Boston University and Sacred Heart University challenge all athletic training student groups to compete in raising money for the NATA Research & Education Foundation. The purposes of this challenge are to generate funds supporting research that lead to the best practice of athletic training, and to expose athletic training students to the world of research and the value of supporting research.

#### **WHAT**

All athletic training student groups at individual institutions are invited to compete. Initial contact will be made with program directors, who will issue the challenge to their respective student leaders. Student groups will then organize and implement fund-raising campaigns during the academic year. The money raised from this initiative will go to the unrestricted accounts of the NATA Foundation.

[www.natafoundation.org](http://www.natafoundation.org)

## AzATA Board Election Reminder

We are currently in the election process. If you have not yet voted on the AzATA website, please login and navigate to the 2012 AzATA Elections page. There you will find each candidate along with a brief bio. After reading through the Bio's, you will be prompted to vote. Please vote for each Board position. Remember, voting is only open to certified members of the association, and each member can only vote once. The election will run through September 30<sup>th</sup>. Please take the time to participate in the election as your vote is your voice.

Thanks!

**Scott Horton**  
**AzATA Vice President**



A special "Thank You" to Centennial Sales for their continued financial support of the AzATA!

Please visit their website for all of your Athletic Training Supply Needs:

**[www.centennialsales.com](http://www.centennialsales.com)**

## Governmental Affairs Committee Update

Greetings from the Governmental Affairs Committee,

This is an election year. We all need to remember to register to vote, get informed and get involved. If you aren't certain if you are registered to vote, it really is an easy process to update your registration. If you have access to the Internet and have a driver's license or an Arizona non-operating Identification Card issued by the Motor Vehicle Division on or after October 1, 1996, you can register to vote using <http://servicearizona.com>. You can obtain a printable voter registration form from the Arizona Secretary of State's website at [www.azsos.gov](http://www.azsos.gov). The other option is to check with your local County Elections department. You need to re-register if you've changed your name, address or wish to change your party affiliation. There are deadlines to the process so don't put it off. To vote in the General Election on November 6th you need to be registered to vote by October 9th.

Why is all of this important? You as a voter get to decide who'll represent you at the State Legislature and in the US Congress. This is also a Presidential election year so you can vote for President. We, as Arizona voters, will also be faced with various ballot measures to consider. This is an essential civic duty. Your vote is your voice!!

**John Neel AT**  
**Chair, Governmental Affairs Committee**

## Meeting and Events Committee Update

The AZATA Meetings and Events Committee would like to thank all of those who attended and volunteered to make our annual Summer meeting in Flagstaff a success.

The 2013 Winter meeting will again take place on the campus of the East Valley Institute of Technology in Mesa. The dates for the meeting have already been set for February 16th and 17th, 2013. The committee is exploring location options for the social on Saturday night. Any recommendations may be submitted to the meetings and events committee chair, Natasha Anderson at [nanderson@susd.org](mailto:nanderson@susd.org). As more detailed information becomes available regarding social location and discounted hotel opportunities, it will be posted on the AZATA website.

**Natasha Anderson**  
**Chair, Meeting and Events Committee**

## ATs Receive Education on Sudden Death in Sports

By Suzie Aparicio, ATSU Graduate Student

In August, A.T. Still University hosted a free CEU event for over 100 Arizona ATs, Athletic Directors, and health care professionals, featuring Dr. Douglas Casa, Chief Operating Officer of the Korey Stringer Institute (KSI). Curtailing the recent publication of his book, *Preventing Sudden Death in Sport and Physical Activity*, Dr. Casa outlined his “Top 10” ways to prevent sudden death in sports, particularly, in relation to heat illness.

From a legislative standpoint, Dr. Casa stressed the need for heat acclimatization guidelines both on the state and national level. Arizona is currently only one of seven states that have heat acclimatization guidelines in place that meet the KSI standard.

From a treatment standpoint, Dr. Casa first pressed the importance of accurate body temperature assessment via rectal thermometer. A portion of his research looks into temperature assessment and validates the use of rectal thermometers for the assessment of core body temperature while disproving the use other measures such as tympanic and oral.



Dr. Casa also outlined the need to cool first, via cold-water immersion or ice towel rotation, and transport second in cases of exertional heat stroke. Dr. Casa stated that immediate cooling has a significant effect on outcome. Aggressively cooling within the “Golden ½ hour” after onset will reduce the amount of time the body spends over the dangerous temperature threshold. The longer the core body temperature is above the threshold, the likelihood of death increases.

Dr. Casa brought the event to a close by advocating the need for AED access within 1 minute of any incident, great policies and EAPs at venues, and an athletic trainer at every high school. Dr. Casa’s final take home message outlined that death from heat illness is 100% preventable, and that education and having great policies is what will help save lives.

Dr. Casa continues to research heat illness through the University of Connecticut and through the Korey Stinger Institute. For more information on Dr. Casa’s research efforts, please visit the website for the Korey Stinger Institute at <http://ksi.uconn.edu/>. You can also “like” the Korey Stinger Institute page on Facebook for current updates.

## AzATA Clothing Sales

The AZATA has teamed up with Desert Sun Embroidery to offer our membership AZATA polos and fleeces with the profits going towards the general fund. Ron Kordonowy is the contact and you can e-mail him for more information. To check out the different clothing that is available, visit:

[www.desertsunembroidery.com](http://www.desertsunembroidery.com)

Search the following item # to view colors and sizing options - all of the polos are Dri-fit material

- \* T475 - Men's Sport Tek Polo
- \* L475 - Women's Sport Tek Polo
- \* T469 - Men's Sport Tek
- \* L469 - women's
- \* T467 - Men's Lined Fleece Jacket
- \* L467 Women's Lined Fleece Jacket
- \* F243 men's sizes only xs-4xl

Prices for polos are \$28.97 which includes tax  
Jackets are: \$34.34 which includes tax

If there are any other items on the website you would like to add the AZATA logo on, please contact Ron for additional information and pricing at [RSKatc@cox.net](mailto:RSKatc@cox.net)



**Ron Kordonowy, ATC/L**



## AT Education Corner

# Northern Arizona University ATEP News

So many new things are happening up in Flagstaff! First we'd like to welcome our newest incoming class of the following talented students!

**Chelsea Baca, Danielle Carpenter, Xavier Gonzalez, Caroline Herrera, Hailey Kaus, Ben Kmetz, Derick Lehman, Megan Marbach, Libby Morcom, Kayla Pearce, Robby Peterson, Cecilie Pirronello, Tessa Powell, Laura Sanchez, and Stephanie Vermillion.**

Second, we are extremely proud to announce that our graduating senior class of 2012 had a **100% first time passing rate on the national BOC exam!!!** This is a first for our program and our students, though we've come very close to this before! So, please join me in congratulating the following new ATCs!

**Senecca Allred, Steven Upham, Brandi Phillips, Ann Stevens, Leah Orth, Marty Parel, Emily Whitney, Samantha Gordon, Samantha Birchall, Daniel Harting, Ashley Schultejan, Brittany Koehler, Amy Shipp, Shane Buckler, and Nicole Albright.**

Third, we will be putting on an **Anatomy Symposium for certified athletic trainers** this fall! We will be using our **cadaver lab** to review pertinent anatomy as it relates to injuries and rehabilitation of injuries. Please go to our ATEP website and click on "Anatomy Symposium for ATCs" to download the registration form for the 1 day event. Due to the size of the cadaver lab, there are only 30 spots available! Proceeds go toward our ATEP student education fund.

Date: Sunday, October 28<sup>th</sup>, 9am-5pm

Where: Northern Arizona University, Health Professions bldg., room 132

CEUs: 8 total

Reg fee: \$80, includes lunch

Fourth, our **NAU ATEP Fall Recruiting Day for high school students** across the state will be held on Saturday, September 29<sup>th</sup>. All interested high school students are welcome to attend! We will begin around 10am with a tour of our facilities, followed by an informal talk about our ATEP with plenty of time for questions at the end. After that, we will head over to the Skydome for a tailgate BBQ, followed by the NAU football game versus Portland State! Whole families are welcome to attend. The BBQ is free and we will provide football game tickets for free to the first 25 people to register! To register, please email Katie Stana at: [KLS454@nau.edu](mailto:KLS454@nau.edu)! Please include the name of the potential student, the number and names of people attending in your party, and a return email address and phone number.

Fifth, we will be hosting our **NAU ATEP Alumni Homecoming Tailgate party** with Mr. Mike Nesbitt and the Blue and Gold Society, on Saturday, October 20<sup>th</sup>! Come on back and catch up with your fellow alumni!!

The last bit of news is that our ATEP is initiating the move toward becoming an **Entry-Level Master's degree**. The profession as a whole is moving this direction nationally and we are preparing for this now, as it's quite a process to transition from a Bachelor's degree to a Master's degree. The first class of Master's students will apply in February of 2014, to begin in the new program July of 2014. The ripple affects of this move across the state are many. We are early in the process of proposing this new program to our university and to ABOR. Thus, more information will be shared with you all NEXT fall, when we have the green light from the institution and ABOR to implement the program. **We WILL be accepting our last applicants for the Bachelor's degree ATEP this February of 2013, and will take them completely through the undergrad degree.** Please don't hesitate to email me with any questions regarding this transition!

Have a great fall everyone!

**Debbie Craig**

**ATEP Director, Northern Arizona University**



## AT Education Corner

### AT Still University - AT Program News

Congratulations to Steve St. Thomas, winner of the NATA Masters Student Poster Competition. Steve presented along with 12 other ATSU students and alumni at the 2012 NATA Meeting in St. Louis.

This year, the Arizona School of Health Sciences, at A.T. Still University (ATSU), welcomed 11 new students to its Athletic Training M.S. program. As all students matriculated, nominations for the Athletic Training Student Association (ATSA) were encouraged. Elections for the ATSA have since taken place, and new board positions are as follows:

**President: Stephanie Kulow, Vice-President: Kelsey Picha, Secretary: Michelle Weber, Treasurer: Richelle Mayfield, Historian: Suzie Aparicio.**



This September, the ATSA will be involved with a fundraiser called "Bowl for Brain Injury", which is put on by the Brain Injury Alliance of Arizona. This fundraiser raises a large amount of money to help traumatic brain injury survivors. In years past, the Athletic Training program has been apart of the fundraising process by, most notably, creating one or two bowling teams to raise funds. This year, they have been involved in fundraising by selling baked goods, raffle tickets, and by creating four bowling teams. The ATSA has also gathered other ATSU programs to join the fundraiser event. Please visit [www.bowlforbrain.org](http://www.bowlforbrain.org) for more information.

Also this September, the ATSA will be involved with one of its five annual blood drives through the American Red Cross. The ATSA board members will be meeting this September to discuss ATSA goals for the 2012-2013 academic year.

### Grand Canyon University ATEP News

Grand Canyon University's Athletic Training Education Program (ATEP) has grown to its largest size to date, with 45 students enrolling in clinical rotations for the 2012-2013 academic year. The new academic year also brings fresh faces to the program, with Mike McKenney taking the position of Clinical Coordinator, and Donna Gerakos taking the position of Program Director.

Recently, the ATEP met for their annual clinical orientation. Students and faculty discussed practice-related topics, including policies, blood-borne pathogens, and spine boarding. Students mingled and sparked excitement by participating in a scavenger hunt and an ankle "tape off" competition. High marks went to junior AT student, Hiroki Sato, who completed an error-free ankle tape in just 52 seconds!

Additional changes took place within the ATEP for the board of the Athletic Training Student Association (ATSA). Summer elections introduced new board members for the 2012-2013 academic year: President - Rebecca Lalley, Vice-President - Vanessa Jimenez, Secretary - Alyssa Sleight, Treasurer - Jenn Vlasak, and Historian - Joelle Grande.

The ATSA plans to continue to bring its athletic training students together through fun activities, fundraisers, community service, and professional development. The ATSA has been challenged by the new ATEP leaders, Mike and Donna, to 1) become more involved in athletic training professional organizations 2) serve others, by means of service opportunities through GCU and the community.

## ARIZONA ATHLETIC TRAINERS' ASSOCIATION

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Printed copies of the Athletic Training Times are available by request. Please contact the newsletter editor.

### AzATA Leadership Directory

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## Editor's Notes

The Newsletter welcomes Suzie Aparicio, an ATSU Graduate student and newest member of the Publisher committee. Suzie will be heading up the AT Education corner, as well as contributing to other aspects of the newsletter over the next 2 years.

Please send any stories and pictures for inclusion in the quarterly publication to [banderson@atsu.edu](mailto:banderson@atsu.edu) or [saparicio@atsu.edu](mailto:saparicio@atsu.edu)

As always, I welcome your comments, suggestions, and submissions. Together, we can keep each other informed.

Until Next Time,

*Bart*

Barton Anderson, MS, ATC, AT  
AzATA Association Publisher

The newsletter is published 4 times throughout the year (March, June, September, and December) with the deadlines for submission for each issue listed below.

<u>Issue</u>	<u>Submission Deadline</u>
March	February 20
June	May 20
September	August 20
December	November 20