

The Arizona Athletic Training Times

President's Message

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As the summertime heats up, literally, I hope many of you are enjoying some time off with your friends and loved-ones.

Please remember that if you want to enjoy some time up in the pines near the San Francisco Peaks, please join us July 13-14, on the NAU campus for the AzATA Summer Symposium. The hands-on format will cover "Manual Therapy Techniques for Postural Distortion." Come and enjoy the cooler temps and earn up to 8 CEUs at a thrifty registration fee.

I would like to acknowledge Scott Horton, former AzATA Vice-President, who received the Educator Recognition Award at this year's RMATA Annual Meeting in Denver. In addition, Tucson High School student aide, Emilee McCall was the District 7's Jack Cramer Scholarship Nominee. There are many opportunities for us to acknowledge our peers at the state, district and national levels. Unfortunately, we sometimes forget or get caught up in our own obligations to celebrate the good things our peers are doing. Please take a few minutes to nominate someone you know who has contributed to the athletic training profession. Criteria for various service awards can be found on their respective websites.



I wish to share with you some updates regarding the AzATA. Our young Board of Directors met in April to share our vision for the future. Our first order of business is to increase utilization of our website: www.azata.net. The Communications Committee is in the process of updating the website to make it easier to access information. The goal of the Board is to make more information available to you. We also are discussing ways in which we can enhance membership benefits. I hope to share some of those ideas with you in the near future. Finally, we are in the process of working with Arizona HOSA to combine our Annual High School Student Symposium with a HOSA-sanctioned regional event. This would provide another participation opportunity to those high school HOSA members and hopefully make it easier for the supervising HOSA Advisors/ATs to attend. This is a work in-progress; so look for an update soon.

On behalf of the Board of Directors, I thank you for allowing us to serve you.

Sincerely,

Michelle

Michelle Gonzalez, MS, ATC, AT
President, AzATA

Special Points of Interest:

- Athletic Trainer in AP Stylebook
- NATA REF BU-SHU Challenge
- AzATA Apparel

Professional Education Committee Update

The AzATA Summer Symposium is scheduled for July 13-14 in Flagstaff. The meeting will be held in the Health Professions building on the NAU campus, and will provide a great educational opportunity and an escape from the July heat. This years topic is again hands on, lab focused—Manual Therapy Techniques for Correcting Postural Distortion. Through a combination of lecture and lab sessions, clinical techniques for assessing postural distortion and muscle imbalances, assessment and treatment of myofascial trigger points, functional stretching and joint mobilization techniques will be presented. More information regarding the summer meeting is available on the following pages—Regular registration is open through June 30th, so be sure to register soon to avoid late registration fees. The AzATA has secured special pricing for hotels, and we have planned a late start on Saturday and early finish on Sunday to allow time for exploring Flagstaff and to accommodate out of town travelers. The Summer Symposium is a great opportunity for one last weekend get-away before returning to work and the start of football season.

The PEC is now actively seeking topics and speakers for the 37th Annual Winter Symposium. If you have recommendations for topics or speakers, or would like to submit a presentation proposal, please email banderson@atsu.edu, or contact any member of the PEC.

Have a great summer, and we will see you in Flagstaff in July!

Barton Anderson
Chair, Professional Education Committee



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

Athletic Trainer in AP Stylebook

After more than a decade of perseverance, the National Athletic Trainers' Association is celebrating the inclusion of a specific definition of Athletic Trainers (ATs) in the Associated Press Stylebook – the definitive resource and gold standard for media when it comes to proper punctuation and general grammatical style and reference.

The entry will appear in the online version/sports guidelines section in the next few weeks and in the hard copy book in May. The definition has been approved by the AP Stylebook editors and will read as follows:

athletic trainers

Health care professionals who are licensed or otherwise regulated to work with athletes and physically active people to prevent, diagnose and treat injuries and other emergency, acute and chronic medical conditions including cardiac abnormalities and heat stroke. Specify where necessary to distinguish from personal trainers, who focus primarily on fitness.

Why is this a big deal? The AP Stylebook is the go-to reference for members of the media when they need to understand certain terminology. Giving ATs an official definition in the stylebook heightens the profession's credibility while expanding awareness of ATs as health care professionals.

Further, the NATA 2013 Board of Directors earlier this year revised and approved its own definition of ATs. Based upon the work of the NATA's Nomenclature Work Group 2012, the definition is as follows:

Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

These milestones serve to publicly recognize the hard work and professionalism of ATs. Those in the field are confident that these new definitions will change the landscape of the profession and how it is referenced.

Board of Certification, Inc.
www.bocatc.org

Mark Your Calendars

- **June 24—27**
NATA Annual Meeting and Clinical Symposium
Las Vegas, NV
- **July 13—14**
AzATA Annual Summer Clinical Symposium
NAU Campus, Flagstaff, 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



Arizona Athletic Trainers' Association
2013 Annual Summer Clinical Symposium
***“Manual Therapy Techniques
for Correcting Postural Distortion”***

July 13th and 14th
Flagstaff, Az. – Northern Arizona University
Health Professions Building

Saturday, July 13th (4.0 CEUs)

11:00am	Registration Opens
11:50 – 12:00	Welcome / Program Overview
12:00 – 1:00	Postural Distortion and Muscle Imbalance <i>~ Ian McLeod, PA-C, ATC</i>
1:00 – 2:00	Assessment and Treatment of Myofascial Trigger Points <i>~ Ian McLeod, PA-C, ATC</i>
2:00 – 2:30	Break
2:30 – 3:30	Functional Stretching Techniques for Postural Distortion <i>~Rick Wade, MS, ATC</i>
3:30 – 4:30	Joint Mobilization Techniques for Postural Distortion <i>~Barton Anderson, MS, ATC</i>
5:00pm	AzATA Social – Chilis – 1500 South Milton Rd.

Sunday, July 14th (4.0 CEUs)

7:30am	Registration Opens
8:00 – 9:20	Lab Session 1 <i>~Group 1 – Myofascial Release</i> <i>~Group 2 – Functional Stretching</i> <i>~Group 3 – Joint Mobilizations</i>
9:20 – 9:30	Rotation Break
9:30 – 10:40	Lab Session 2 <i>~Group 1 – Functional Stretching</i> <i>~Group 2 – Joint Mobilizations</i> <i>~Group 3 – Myofascial Release</i>
10:40 – 10:50	Rotation Break
10:50 – 12:15	Lab Session 3 <i>~Group 1 – Joint Mobilizations</i> <i>~ Group 2 – Myofascial Release</i> <i>~ Group 3 – Functional Stretching</i>

Course Objectives:

- Identify common components of postural distortion
- Discuss the pathophysiology of myofascial trigger points
- Discuss the physiological effects of soft tissue stretching
- Discuss the effects of oscillatory and sustained joint mobilization
- Demonstrate various myofascial release, functional stretching, and joint mobilization techniques



The AzATA is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. A total of 8.0 CEU's will be provided for those attending the entire duration of the meeting. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

2013 AzATA Summer Meeting Registration Form

(Online Registration available at www.azata.net)

Registration Category	Early Registration Apr 1 – Apr 30	Regular Registration May 1 – Jun 30	Late Registration July 1 - Meeting	
Member Saturday Only	\$35.00	\$45.00	\$70.00	Name / Credentials
Member Sunday Only	\$35.00	\$45.00	\$70.00	
Member Saturday/Sunday	\$60.00	\$80.00	\$105.00	Place of Employment
Non-Member Saturday Only	\$60.00	\$80.00	\$105.00	
Non-Member Sunday Only	\$60.00	\$80.00	\$105.00	Address
Non-Member Saturday/Sunday	\$115.00	\$150.00	\$175.00	
Graduate Student Saturday Only	\$25.00	\$35.00	\$60.00	City
Graduate Student Sunday Only	\$25.00	\$35.00	\$60.00	
Graduate Student Saturday/Sunday	\$45.00	\$60.00	\$85.00	
Undergrad Student Saturday Only	\$20.00	\$30.00	\$55.00	Zip
Undergrad Student Sunday Only	\$20.00	\$30.00	\$55.00	
Undergrad Saturday/Sunday	\$35.00	\$50.00	\$75.00	NATABOC Certification #
Associate Member Saturday Only	\$35.00	\$45.00	\$70.00	Registration Category
Associate Member Sunday Only	\$35.00	\$45.00	\$70.00	
Associate Member Saturday/Sunday	\$60.00	\$80.00	\$105.00	Amount Enclosed
Retired Member	\$20.00	\$20.00	\$45.00	
Exhibitor	\$80.00	\$100.00	\$140.00	Email Address

- Please circle the category for which you are registering.
- Early registrations must be postmarked on or before 4/30/13 to avoid regular registration fees.
- If registering after April 1st, registration must be postmarked on or before June 30th to avoid late registration fees.
- Refunds will be issued before June 30th with a written request to Natasha Anderson. (treasurer@azata.net)
- FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM.
- Registration will not be processed until all fees are paid-in-full.
- **Membership will be verified using the latest NATA/AzATA records. Individuals whose membership lapses prior to the start of the Winter Meeting will receive an invoice at the time of check-in in the amount of the difference between member and non-member registration for the category and day/days for which he/she registered.**
- A fee of \$10.00 will be assessed for any returned check.
- Recommended meeting attire is professional dress suitable for lab activities.
- If you have a special need, please notify the Meeting and Events Chair at least 2 weeks prior to the meeting so that appropriate accommodations can be made.
- Registration questions can be directed to AzATA Treasurer, Natasha Anderson – treasurer@azata.net

<p>The AzATA no longer provides printed handouts. Presentation handouts that are submitted prior to the meeting will be available to download at www.azata.net approximately one week before the meeting.</p>		<p>Please make checks/PO's payable to: AzATA <u>Mail completed form and payment to:</u> Natasha Anderson 3724 N. 104th Ave Avondale AZ, 85392</p>	
<p>Meeting Location: Northern Arizona University Health Professions Building #66 Flagstaff, AZ</p>		<p>Questions regarding programming can be directed to the PEC Chair: Barton Anderson banderson@atsu.edu</p>	<p>Questions regarding vendors can be directed to the M/E Chair: Kara Cummins kara.cummins@mesacc.edu</p>

NAU Campus Map



AzATA Hotel Information

Courtyard Flagstaff

2650 S. Beulah Blvd

Flagstaff, AZ 86001

Rate: King Guest Room \$125/ Two Queens \$129

Reference "AzATA" for discount

Reservation must be made by June 21st

Ramada West

2755 Woodlands Village Blvd.

Flagstaff, AZ 86001

Rate: \$110/night

Reference "AzATA" for discount

Reservations must be made by June 21st

AT Education Corner

ATSU Student Presentations at NATA

Once again, current ATSU Athletic Training Program students are well represented at this years NATA Annual Meeting and Clinical Symposium. Included in student presentations are two Masters Award Finalists, Ms. Stephanie Kulow (Masters Poster) and Mr. Nick Kostishak (Masters Oral). Congratulations to all of those presenting in Las Vegas.

Oral Abstract Presentations

Nick Kostishak—Masters Oral Finalist

- Patient, Injury, and Assessment Characteristics of Sport-Related Concussions at Initial Evaluation: A Report from the Athletic Training Practice-Based Research Network.

Travis Williams and Stephanie Kulow

- Effect of injury history on postural stability: a clinical evaluation

Richelle Mayfield

- Secondary School Athletic Trainers' Knowledge and Perceptions of Academic Accommodations Following Sport-Related Concussion

Michelle Weber

- Secondary School Athletic Trainers' Knowledge and Perceptions of Academic Accommodations Following Sport-Related Concussion

Poster Abstract Presentations

Stephanie Kulow—Masters Poster Finalist

- LESS: the influence of sport on jump-landing patterns.

Regina Baker

- A Descriptive Analysis of Clinical Findings at Discharge Following Sport-Related Concussion: A Report from the Athletic Training Practice-Based Research Network.

Lindsay Shepherd

- The Relationship Between Self-Reported Learning Disability and Attention Deficit Hyperactivity Disorder and Prior Concussion History and Newly Diagnosed Concussions.

Trevor Rice

- Cross sectional investigation of postural stability.

Jessica Rodriguez

- Responsiveness of HRQOL measures following concussion.

AT Education Corner

NAU ATEP Approved to Transition to a Professional Master's Degree

ABOR approval for the NAU Athletic Training Education Program to transition from an undergraduate program to a graduate program was granted May 16, 2013.

We have made this transition to keep pace with what is happening nationally within our profession and to keep our graduates competitive in the marketplace!

For further information on the admissions requirement and how to apply to the entry-level Master of Science in Athletic Training program, please visit our website at:

www.nau.edu/athletictraining



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

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



Ron Kordonowy, ATC/L



ARIZONA ATHLETIC TRAINERS' ASSOCIATION

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Visit us on the web
www.azata.net

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

AzATA Leadership Directory

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Greg Keuter

College / University Representative

Brandon Warner

High School Representative

Kristin Miller, AT/L

Editor's Notes

Please send any stories and pictures for inclusion in the quarterly publication to banderson@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, AT
AzATA Association Publisher

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

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