

# THE ARIZONA ATHLETIC TRAINING TIMES

## Athletic Trainer Initiative

*By David Mesman and Michelle Gonzalez*

As presented in the June AzATA Newsletter, we shared news of a Stakeholder's Committee being formed and exploring how to improve athlete health care in the rural areas of Arizona. With a combination of funds from both the NFL and the Arizona Cardinals, the Committee was formed based on those stakeholders who can influence the inception of this plan. Dr. Javier Cardenas with Tom Reed from the Cardinals Organization invited the AzATA, AzBAT, Arizona School Boards' Association, and the AIA as well as Mike Nesbitt, and Dr. Tamara McLeod to sit down and discuss how Arizona could benefit from this funding.

The first meeting pulled all the background information out for discussion. The current state of the athletic training profession was discussed; followed up by what we foresee was an ideal, perfect situation. Barriers were also considered. Our goal at that time was to figure out how we, as a unified committee, could move forward to make athletic health care a possibility in communities where it is non-existent. Committee members/groups were tasked with some jobs at that time to gather more information. The AzATA was tasked with establishing some entry-level basic requirements for all schools in the state to adhere to.

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## Are Your Athletes Heat Safe?

*Repost from the NATA Update*

MISSION Athletecare is partnering up with the University of Connecticut's Korey Stringer Institute to attack the issue of heat stroke in student athletes. They will be donating \$1 million in EnduraCool instant cooling products over the next three years to the schools that implement and follow KSI's Exertional Heat Stroke Prevention Guidelines. Please visit <http://ksi.uconn.edu/emergency-conditions/heat-illnesses/exertional-heat-stroke/> to review and implement their guidelines for heat related emergencies.

We want to invite you to join the movement by filling out the application form in [MISSION Athletecare's website](#).

For more information visit the [NATA blog](#).

## Proposed Changes to AzATA Constitution and By-Law to be Voted on at Winter Meeting

*By Michelle Gonzalez*

The Board of Directors has examined many of our Association Documents, including our Constitution, By-Laws and Policies and Procedures Manual- in hopes of updating information and bringing us in alignment with changes that have occurred at both the national organizational level as well as with changes at the District 7 level.

What we found, in some aspects, was antiquated. For example, the AzATA has not yet included Retired- Certified Members as being recognized as members in any of our documents. Another example included recognizing AzATA-only members of our association. Based upon our Licensure Statute, all ATs must have passed a BOC certification exam, but do not have to be active members of any association. Our goal is to allow those licensed in Arizona to be registered as AzATA members.

Most of the small changes involve language edits; to make the documents read easier and represent contemporary nomenclature. There are, however, three larger changes that we feel are important in moving our organization forward.

The first represents an evolution that is already occurring at the District 7 level. We would like to change the Treasurer's position from an elected position to an appointed position. Our association has grown by leaps and bounds over the past 38 years. An annual Association budget that used to be in the thousands of dollars is now well into the tens of thousands range. The Treasurer not only controls our checking and credit accounts, but also handles savings and investment accounts for scholarships, and legislative action, monitors our online PayPal accounts, and oversees the budgets of all committees within the association. What used to be as easy as handing a checkbook and a three-ring binder from one person to another has grown exponentially into a position in which a member must be adept at tax paperwork filing, familiar with business accounting software, and on top of constant financial

transactions occurring within our organization.

Finding a qualified individual to fill this role is difficult; especially with the constant demands being placed upon him/her. And with elected officer term limits, we may have difficulty keeping a qualified individual consistently in this position. By moving towards an appointed Treasurer, we would have a better opportunity for stability and allow for a better transition process when the time comes. The Treasurer would be appointed by the Board of Directors, and would be re-appointed on an annual basis with no term limit. As an appointed position, the Treasurer would attend Board Meetings and be a part of Board discussions, however, like the RMATA, would not have voting power.

The second revision involves changing our At-Large Representatives from being mandated to be employed in the three specific employment areas: clinic/professional, college/university and secondary school settings. Many years ago, these representatives came from various regions of the state. As the number of athletic trainers grew, the Board transitioned to represent the current employment groups that, at the time, were equally represented in our membership population.

As the AzATA has grown over the past two decades, we find that the secondary school members are disproportionately represented as compared with the college/university and clinic/professional ranks. In addition, there is the question as to which category the clinic/high school outreach member would fall in, or where a non-traditionally employed athletic trainer would fall as well.

We, as an Association, represent all employment settings and issues that affect each one of us, but for the past decade, we have struggled to fill At-Large Representatives from both the college/university and clinic/professional settings on the Board. On many instances, the Board of Directors has had to appoint

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## President's Message



Fellow Members,

This is a busy time of year in all of our lives and the AzATA has been productive as well. The Board and Committees work hard to provide the membership with current information and the best programming and activities possible to make your AzATA experience worthwhile.

We have continued work with what was initially called the Stakeholder's Committee to utilize funding through the NFL and Cardinals Organization to move towards placing athletic trainers in all high schools. You can read more about how this committee has evolved in the six months since its inception within this newsletter.

The Board of Directors revisited our Association's Constitution and By-Laws when we found discrepancies between the NATA's policies and our documents; and discrepancies between our current versions of the two documents. We looked at modernizing our Board structure based upon what is currently in place at the RMATA and NATA levels. More details are provided in a statement of proposed changes in this newsletter. Copies of the Constitution and By-Laws will be available on the [www.azata.net](http://www.azata.net) website within the next week for viewing. As a voting member, we encourage you to be present at the Annual Business Meeting Sunday afternoon, January 25<sup>th</sup>, to cast your vote.

The 38<sup>th</sup> Annual Clinical Winter Symposia will be held January 24-25 at the ASU Memorial Union. Pending approval of all submissions, we hope to offer 3 Evidence-Based Practice CEUs. Please remember in December 2015, each NATABOC member must submit 10 EBP CEUs. Our Professional Education Committee is working hard to keep your EBP CEUs inexpensive and close to home, so please take advantage of them.

In addition, our Fundraising Committee is holding an inaugural Casino Night at the Four Points Sheraton in Tempe (close to the Memorial Union and ASU campus) on Saturday evening, January 24<sup>th</sup>. Members eighteen or older attend for only \$20 and receive \$100 worth of playing chips. Guests are \$30. Complementary hors d'oeuvres will be available as will a cash bar. All money raised will go towards future legislative efforts for the athletic training profession. At the end of the evening, chips will be cashed out for a variety of prizes. Due to the overlap of the Pro Bowl and pre-Super Bowl festivities, we hope to have several celebrities join us. Please feel free to invite friends or your peers from your sports medicine team to attend.

On behalf of the Board of Directors, I thank you for your membership and the pleasure to serve you. Have a safe and happy winter season.

Sincerely,

**Michelle**

Michelle Gonzalez, MS AT  
President, AzATA

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people to represent these employment settings because members did not run for the position(s). With the proposed changes, we are looking for At-Large Representatives to be just that; members who are willing to represent the AzATA as a whole. If the representatives all come from a similar background that does not mean that the other groups do not have a voice. The At-Large Representatives will still have responsibilities in representing the various employment settings of athletic trainers and each member will have the same opportunity to be represented at the table.

This brings up the final major revision; adding another member At-Large Representative to our existing three. By moving the Treasurer to an appointed position, this opens the door for the addition of another At-Large Representative. This seventh vote will help avoid any ties in Board votes. It also opens the door for more membership involvement with the Board of Directors. There are a lot of great members out there who want to get involved, but have had to wait in line for one specific Board seat, or didn't see where they would fit within our current model. Those four At-Large positions again would be open to all members who meet election criteria. During elections, the top four vote-getters would earn those seats.

Several changes have been discussed, with the major issues being outlined in this document. Some changes we are looking at are minor; some major. But all changes are being considered in order to move the AzATA from the past and into the future.

During the AzATA Annual Business meeting on Sunday January 25<sup>th</sup>, 2015, we wish to hold a vote on these changes. Your presence as a voting member is needed. These documents represent your association. Please plan on attending.

We welcome discussion for the proposed changes at the meeting as well as leading up to the meeting. If you have a question or concern, please contact us at [Communications@azata.net](mailto:Communications@azata.net). We, hopefully, will be able to share these comments on our website for the entire membership, but can respond individually, as needed. •

**DATES TO MARK  
ON YOUR  
CALENDAR****January 24-25:**

AzATA Winter symposium will be held at the ASU Memorial Union. Please visit [azata.net](http://azata.net) to register and for more information.

**Free CEU's:**

Make sure you are taking advantage of Free CEU's from the NATA Quiz Center, Gatorade, and Mueller by visiting their prospective websites.

Having trouble keeping track of your CEU's?

If so check out this new professional continuing education app by visiting [www.thejoyceapp.com](http://www.thejoyceapp.com) for more information



## 38<sup>th</sup> Annual AzATA Winter Symposia

### January 24-25, 2015

Arizona State University Memorial Union, Tempe, AZ.

**Saturday, January 24<sup>th</sup> – 5.5 CEU's + (1.0 EBP CEU) \*Pending EBP CEU approval**

<b>8:00 a.m.</b>	<b>Registration and Exhibits Open</b>
8:50 – 9:00	<b>Welcome / Meeting Overview</b>
9:00 – 10:00	<b>EBP Topic “Speeding Up the EBP Process: Using Evidence that is Appraised, Available, and Ready To Go” *Pending EBP CEU approval</b> <i>Cailee Welch PhD, AT</i>
10:00- 10:15	<b>New Product Campaign</b>
10:15 – 11:00	<b>Evaluation and the Clinical Decision Process for the Shoulder; What not to miss and when to refer.</b> <i>Dr. William Paterson, M.D.</i>
11:00 – 12:00	<b>Progressive Strategies for Shoulder Rehabilitation</b> <i>B.J. Ford PT, OCS and Jon Hague PT, DPT</i>
12:00 – 1:00	<b>Lunch (on own) / Exhibitor Break</b>
1:00 – 2:00	<b>Overhead arm biomechanics and tissue failure</b> <i>Dr. Matthew Hansen, M.D.</i>
2:00 – 3:00	<b>A collaborative approach towards assessment and prevention</b> <i>Geoff Head, MS, CSCS</i>
3:00 – 3:30	<b>Break</b>
3:30 – 4:15	<b>Percutaneous Tenotomy and Fasciotomy using high frequency ultrasound</b> <i>Dr. Charles Peterson, MD</i>
4:15 – 5:00	<b>Sports Medicine Advisory Committee Update / Barrow Concussion Network</b> <i>Dr. Javier Cardenas, MD</i>
<b>7:00 p.m.</b>	<b>AZATA Casino Night Social (Sheraton Four Points Hotel, Tempe)</b>

**Sunday, January 25<sup>th</sup> – 2.75 CEU's + (2.0 EBP CEU) \*Pending EBP CEU approval**

<b>7:30 a.m.</b>	<b>Registration and Exhibits Open</b>
7:50	<b>Welcome / Meeting Overview</b>
8:00 – 9:00	<b>EBP Topic “One size doesn't fit all when measuring core body temperature” *Pending EBP CEU approval</b> <i>Scot Raab, PhD, AT</i>
9:00-9:15	<b>New Product Campaign</b>
9:15- 10:15	<b>EBP CEU Topic “What makes you so special? Choosing the right special test for clinical practice.”</b> <i>Glenn Edgerton, EdD, AT</i>
10:15-10:45	<b>Break</b>
10:45 -11:15	<b>Application of Inter-Association Task Force for Preventing Sudden Death in Collegiate Conditioning Sessions: Best Practices Recommendations</b> <i>Cherisse Kutyreff, Med., AT</i>
11:15- 12:00	<b>Current concepts and best practices for use of US and electrical stimulation.</b> <i>Brandon Warner Med., AT</i>
12:00- 12:30	<b>Communicable and infectious diseases in Sports Medicine</b> <i>Dr. Kareem Shaaraway, MD</i>
12:30 – 1:30	<b>Engaging in the Legislative Process</b> <i>Alison Snyder Valier, Susie Cannata, Rick Ball, &amp; Laurie White</i>
1:30 – 2:30	<b>Lunch / AzATA Business Meeting &amp; Award Presentations - Lunch Provided</b>

**Topics and daily schedule will be finalized and posted to the AzATA website December 1<sup>st</sup>.**



The AzATA is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. A total of 8.25 CEU's and pending 3.0 EBP Category 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

## ***HOSA Regional Sports Medicine Conference (Saturday Only)***

This year the high school student aid session is being conducted in partnership with HOSA. All high school students are invited to attend. Registration fees of \$35 (early, regular) include educational programming. HOSA members wishing to participate in the competition need to register through the HOSA events website at <http://www.azhosa.org>.

***Topics and daily schedule will be finalized and posted to the AzATA website December 1<sup>st</sup>.***

### **2015 AzATA Winter Symposia Registration Form**

(Online registration available October 15<sup>th</sup> at [www.azata.net](http://www.azata.net))

Registration Category	Early Registration Oct. 15 – Nov. 30	Regular Registration Dec. 1 – Dec. 31	Late Registration Jan. 1- Meeting	
Member Saturday Only	\$55.00	\$65.00	\$80.00	Name / Credentials
Member Sunday Only	\$65.00	\$80.00	\$95.00	Place of Employment
Member Saturday/Sunday	\$100.00	\$120.00	\$145.00	Address
Non-Member Saturday Only	\$95.00	\$115.00	\$135.00	City
Non-Member Sunday Only	\$105.00	\$125.00	\$150.00	Zip
Non-Member Saturday/Sunday	\$180.00	\$215.00	\$260.00	NATABOC Certification #
Graduate Student Saturday Only	\$30.00	\$35.00	\$45.00	Registration Category
Graduate Student Sunday Only	\$40.00	\$50.00	\$60.00	Amount Enclosed
Graduate Student Saturday/Sunday	\$50.00	\$60.00	\$70.00	
Undergrad Student Saturday Only	\$30.00	\$35.00	\$45.00	
Undergrad Student Sunday Only	\$40.00	\$50.00	\$60.00	
Undergrad Saturday/Sunday	\$50.00	\$60.00	\$70.00	
Associate Member Saturday Only	\$50.00	\$60.00	\$70.00	
Associate Member Sunday Only	\$60.00	\$70.00	\$90.00	
Associate Member Saturday/Sunday	\$110.00	\$130.00	\$160.00	
Retired Member	\$20.00	\$20.00	\$45.00	
High School Student	\$35.00	\$35.00	\$50.00	
Exhibitor/Vendor's – Please Contact the AzATA for Pricing List				

- Please circle the category for which you are registering.
- Early registrations must be postmarked on or before 11/30 to avoid regular registration fees.
- If registering after Dec. 1<sup>st</sup>, registration must be postmarked on or before Dec. 31<sup>st</sup> to avoid late registration fees.
- Refunds will be given before January 1<sup>st</sup> with a written request to Natasha Anderson. ([azata.treasurer@gmail.com](mailto:azata.treasurer@gmail.com))
- 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.

- 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. ([kara.cummings@mesacc.edu](mailto:kara.cummings@mesacc.edu))

<p>The AzATA no longer provides printed handouts for the Winter Meeting. Presentation handouts will be available to download off of the AzATA website (<a href="http://www.azata.net">www.azata.net</a>) approximately one week before the meeting. A reminder email will be sent to the email address on file with the AzATA to inform you that presentation materials are available for downloading.</p>	<p>Please make checks/PO's payable to: <b>AzATA</b>  <u>Mail completed form and payment to:</u>  Natasha Anderson  10770 N 108th Way  Scottsdale AZ 85259</p>	
<p><b>Meeting Location:</b>  <b>ASU Memorial Union</b>  <b>301 E. Orange Mall, Tempe AZ, 85281</b></p>	<p>Programming Questions?  PEC Chair: Mike McKenny  <a href="mailto:mikeatc@cox.net">mikeatc@cox.net</a></p>	<p>Vendor Questions?  M/E Chair: Kara Cummins  <a href="mailto:kara.cummings@mesacc.edu">kara.cummings@mesacc.edu</a></p>
<p><b>Arizona State University Student Union</b>  <b>301 E. Orange Mall</b>  <b>Tempe AZ, 85281</b></p>		<p><b>AzATA Social</b>  Casion Night at the Four Seasons  More Information Coming Soon</p>
		
<p><b>Hotel Information</b>  Coming Soon</p>		

 ARIZONA ATHLETIC TRAINERS' ASSOCIATION  
PROUDLY PRESENTS 

**INAUGURAL**  
**CASINO NIGHT**

**JANUARY 24, 2015, 7-10PM**

**Four Points by Sheraton Tempe**  
**1333 South Rural Road**  
**Tempe, Arizona**

***JOIN US FOR A NIGHT OF FUN, FRIENDS, CELEBRITY GUESTS,  
PRIZES, AND MORE!***

**AZATA Members & College Students-\$20**  
**Non-Members-\$30**  
\*\*Admission cost includes \$100 casino bucks\*\*  
Also purchase: \$10=\$100 casino bucks

**LIKE AZATA ON FACEBOOK FOR UPDATES ON RAFFLES, PRIZES, AND GUESTS**

Supports AZATA Legislative Activities, Advancement of the Athletic Training profession, and Safe Sports. Event open to those 18 or older

For more information, to register, and updates, please visit azata.net! We look forward to seeing you there!

## AzATA Award Nominations

It is that time of the year when we reflect and give thanks to the people who have influenced us over the course of this year, or even our careers. Please take a moment to read through the possible awards for this year and nominate your colleague accordingly. Nominations are due December 20, 2014. So don't delay, nominate today!

### **AzATA Service Award**

The AzATA Service Award is given to an athletic trainer for their continued efforts, time and skills as it relates to improvement of the profession of athletic training. Those efforts can include but are not limited to serving on committees, working with licensure board, serving as an officer within the AzATA, etc.

### **Non-Certified Service Award**

This award will go to one non-athletic trainer individual whose contributions positively impact the profession and/or association. Examples could include but are not limited to athletic directors, coaches, or parents. Nomination letters should include the person's contributions and why this individual is deserving of this award.

### **Warren H. Lee Athletic Trainer of the Year Award**

The Warren H. Lee Athletic Trainer of the Year Award is given to an individual who has helped elevate the status of our profession at the state level and set themselves apart as an outstanding athletic trainer. It is intended for an individual who has contributed to the profession, association, place of employment and the community beyond the call of duty.

### **AzATA Hall of Fame Award**

The AzATA Hall of Fame Award is the highest honor we bestow upon our members. It recognizes individuals that have shaped the profession through their noteworthy accomplishments and dedication to service, leadership and professionalism. Every so often a truly gifted person comes along whom, by genius, hard work, and exceptional talent sets themselves apart and distinguishes themselves as the very best of our profession.

Please visit:

[http://www.azata.net/awards\\_scholarships/nominating](http://www.azata.net/awards_scholarships/nominating) for more information about awards. In addition please email questions and award information to:

**Johanna Elliot**  
johanna.elliott@azwestern.edu

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## Communications Committee

Please take a moment and help me thank Kenny Lam, who will be stepping down as communication chair after the first of the year. Kenny was the pioneer who formed this committee and has worked tirelessly over the past few years to improve communication between athletic trainers and rally those who continue to support our growing profession.

In turn, help me welcome Scott Ellis as the new communication chair! Scott is excited to continue promote the AzATA.

If you would like to become involved in the AzATA, please contact Michelle Gonzales at [president@azata.net](mailto:president@azata.net).

**(Continued from page 1)**

A conference call followed in June to check on progress. At that time, Aaron Nelson, shared that the Phoenix Suns Organization was also interested in helping our efforts. In addition, a few other philanthropic state organizations also showed interest in helping us financially.

September brought a productive meeting and a name for our stakeholder's committee. We are now part of the Arizona Athletic Trainer Initiative. We presented some statistical data in regards to injury rates, and discussed minimal requirements that we felt were attainable at all Arizona schools. Understanding that this is a long-term plan, we established short term goals of ensuring that coaches be trained in CPR/AED, schools have an AED available for use, and establish a thorough EAP for their athletic facilities. Our plan is to build upon that base consistently moving towards the employment of athletic trainers in all secondary schools.

Another boost to the Initiative is the Super Bowl Host Committee has now added an additional \$150,000 towards our progress. That announcement can be found at: <http://azsuperbowl.com/wp-content/uploads/2014/08/AZSBHC-Grant-Funding-Recipients-News-Release-FINAL.pdf>.

In the meantime, a few other moves were made; specifically by the AIA. Through our Initiative discussions, the AIA found the relevance of having a Qualified Medical Professional in attendance at their sanctioned state events as an important component. This is a precedent that is unfounded elsewhere in the United States. They have moved forward with an approach to establish a collection of athletic trainers (whenever possible) to provide coverage to those rural regions of the state. Although all moves have not been smooth in implementation, we hope to see the difficulties worked out as they transition to into this model.

Dr. Cardenas will be speaking at the Saturday session of our Annual Symposium in January updating our membership on the details of the Arizona Athletic Trainer Initiative, and how we can move forward as part of the 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](http://www.centennialsales.com)

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## 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.



<http://www.natafoundation.org>



Please visit us on the web:

[www.azata.net](http://www.azata.net)

### Editor's Notes

Please send any stories, information, and/or pictures to include in the quarterly addition of the AZ Athletic Training Times to [communications@azata.net](mailto:communications@azata.net).

In addition, I encourage you to please send me comments, suggestions, and submissions.

Thanks for reading,

*Jacqueline*

Jacqueline Heeman, AT  
AzATA Newsletter Editor

### AzATA Leadership Directory

#### President

Michelle Gonzalez, MS, AT

#### Vice President

David Mesman, MEd, AT

#### Secretary

Joanne Scandura, MEd, AT

#### Treasurer

Natasha Anderson, AT

#### Clinical / Professional Representative

Greg Keuter, MS, AT, PES

#### College / University Representative

Brandon Warner, MEd, AT

#### High School Representative

Kristin Miller, AT