

THE ARIZONA ATHLETIC TRAINING TIMES

Make Your Vote Count: Don't Forget to Vote in September!

It is time again for Athletic Trainers around the country to make the very important decision of electing a new NATA president. Please take the time from September 1-30th to check your email and follow directions for voting information. It is more important now than ever to make sure your voice is heard in the evolution of our profession.

This president race has lined up two very qualified candidates in Russell J. Richardson, EdD, ATC, an athletic trainer and associate professor, University of Montana-Western and Scott R. Sailor, EdD, ATC, the Chair of the Department of Kinesiology and program director for the AT program at Fresno State University.



RUSSELL RICHARDSON,
EDD, ATC

SCOTT SAILOR,
EDD, ATC

For up-to-the-minute updates and a summary of their stances on being president, please sign up for the NATA's continuing coverage or visit <http://www.nata.org/nata-news-blog/your-2014-presidential-candidates>.

Please don't delay, make sure you get out and cast your vote today!

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Gatorade Secondary School AT Award

From NATA

It is with great excitement that Gatorade, in partnership with the NATA Secondary School Athletic Trainers' Committee, announces the return of the Secondary School Athletic Trainer Award.

This award will recognize certified athletic trainers from each NATA district who have:

- Made outstanding contributions in furthering their school's athletic care program, and/or
- Advanced the overall profession of secondary school athletic training.

Winners will receive a \$1,000 grant toward the program featured in their submission, a Gatorade G Series Performance package, a Sidelines Cart and an all-expense-paid trip to the 2015 NATA convention.

Gatorade is proud to support the hard work and dedication of athletic trainers at the secondary school level. For more information please visit the [NATA website](http://www.nata.org) or <http://www.nata.org/Gatorade-Secondary-School-AT-Award> to nominate a deserving athletic trainer today!

Life of a Professional Soccer ATC

By Jon Herzner

I am in my first season as the Head Athletic Trainer for Arizona United SC (AZU) and it has been a great experience. AZU is the only professional soccer team in Arizona, they play in the USL-Pro League, which is one level below the MLS. Our players end up here in a variety of ways. We have a handful of players who are on loan from their MLS clubs, some were the last cut from MLS "Spring Training", and some have bounced around various professional leagues around the world. The team has had moderate on-field success this year, we currently sit 9th in a 14 team league. Many feel this is as good as can be expected since the team was created a few weeks before the season started. We are one of 4 expansion teams this year; the league will have several more next year. The league has publically announced that they would like to have a team in Tucson. Tucson currently has tremendously successful USL-PDL team, which is an amateur league that is highly competitive.

One of my goals when I accepted this challenge was to build one of the best sports medicine teams in professional soccer. AZU has partnered up with Select Medical, Arrowhead Hospital, and OrthoAZ, these partnerships have facilitated my efforts to achieve this goal. I am actually employed by Select Medical, our team physician, Dr. Michael Hayman is part of OrthoAZ,

and I have a whole hospital a few miles from our stadium to rely upon. The physical therapists at Select Physical Therapy have played an integral role in rehabilitating some of our injured players, especially our team PT, Carlos Soto. I have built relationships with some allied healthcare professionals in the area, including a massage therapist, the local EMS responders, and a yoga instructor. In the future I hope to grow our team and add a nutritional consultant, sports psychologist, strength and conditioning specialist, dentist, and others. We play and train at the Peoria Sports Complex, which the Spring Training home for the Padres and Mariners. The Mariners athletic training and strength and conditioning staffs have opened their doors to us and offered us the use of their facilities. This has played a key role in our success.

My typical day starts around 6:30 AM. I arrive at the stadium and prepare the hot/cold tubs, water, Gatorade, etc. I am joined in the mornings by our clubhouse assistant and coaching staff. Players start to trickle in at 7:15, treatments start at 7:30. Many players seek soft tissue work to prepare for their training. I rely heavily on ART, Luigi Stecco's methods, and other fascial manipulation techniques. Once on the field, I operate in

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Have you Been Counted?

There is a huge push for all AT's to get NPI numbers (National Provider Identification). This is a requirement of other health care professions, and although many times it is used for reimbursement issues, it is important that if athletic trainers want to be recognized as health care professionals, we need to make sure we have one!!

The best part, applying for a NPI is FREE!

- You can have multiple taxonomy codes under one NPI to represent **all** you do as a health care provider:
Athletic Training Taxonomy Code - 2255A2300X
Please ensure that you have the Athletic Training Taxonomy Code. Many members claim to have their NPI, but are not identified with the proper taxonomy code within the NPPES Registry. [Click here](#) to ensure you have the athletic training taxonomy code.
- Members do not need to report their NPI to NATA to be eligible to win. However, members can now update their NATA Member Profile with their NPI. This will allow NATA to cross reference the membership database with the national registry in the future.

If you go to the following website <https://nppes.cms.hhs.gov/NPPES/Welcome.do> to sign up, it is really fairly quick and easy!!

President's Message



Greetings Fellow Members!

I would like to thank those of you who were able to attend our Summer Meeting in Flagstaff. We had a fantastic turnout with members participating in EBP topics as well as neural tension and muscle energy techniques. I want to publically thank Drs. Cripps and Boham, Dr. Alison Valier, and Physical Therapists Josh Hayes and Trent Rincon, for their willingness to make this meeting something special for our members. In addition, thank you to our Professional Education Committee for doing the legwork to seek out these presenters.

We have had some shifts to our committees over the past few months. We welcome new PEC Chair Mike McKenney and his passion to move us forward with great educational programming opportunities. Our Communications Chair, Kenny Lam, is stepping down at the end of the year and we will miss his work dearly. We are actively looking for his replacement. In addition, there are several committees in need of filling out their numbers. I implore those of you who have considered participating in the AzATA to step forward. This association is only as good as its volunteers. If you have ever said, "I would do this," or "I'd like to see that happen," now is the time to step forward and put those words into action.

If you have read recent eblast messages provided by the AzATA, we have addressed concerns about concussion evaluation and the legal and safety concerns about non-qualified individuals making return-to-play decisions. We continue to monitor and assist stakeholders in the development to provide sports health care coverage to rural and underserved regions in Arizona through the NFL grant money. We are also monitoring the AIA Executive Board's decision to allow naturopaths and certified chiropractic sports physicians to perform pre-participation physical exams including the cardiac screening. The AzATA will continue to keep abreast of those issues that potentially affect you, the AT.

Looking ahead, please plan now for our Annual Winter Symposia and Business Meeting at the ASU Memorial Union on January 24-25, 2015. The high school session, held in conjunction with Arizona HOSA, will be held on Saturday this year. More information regarding educational topics and registration will be out next month.

Thank you for your membership and commitment to the athletic training profession.

Michelle

Michelle Gonzalez, MS, AT

President, AzATA

C-Spine Update

The NATA has released a statement about new spine boarding that has come from the EMS system. The new changes state that EMS are in some cases, no longer spine boarding individuals who have cervical injuries. They are applying a cervical collar and having the individual walk to the ambulance or gurney. To make sure you are up-to-date on these changes, call your local fire department, and check out the NATA website below.

<http://www.nata.org/sites/default/files/C-Spine-Management.pdf>

(Continued from page 2)

the same way other AT's do: Observing, acting when necessary, helping with the hydration efforts, and sometimes doing some on-field rehab exercises with a player. After practice my focus shifts to the recovery process. I lean on lymphatic drainage massage, intermittent compression, and cold tubs to help players get ready for the next day. As is common in most professional sports, there are very few days off. A couple each month is the most we have so recovery becomes paramount.

The future is bright for professional soccer in this state. Our top notch facilities, year round weather, and public interest will create an environment for future success. I look forward to the day when Arizona has an MLS team. The movement towards this is underway. Real Salt Lake of the MLS has it's academy in Casa Grande. Many teams are used to training at TEP in Tucson during their Spring Training; I believe it is only a matter of time before a 1st Division team calls this great state "home". •

DATES TO MARK ON YOUR CALENDAR

September 27:

Ortho Arizona will be hosting their Southwest Conference for Innovations in Sports Medicine. Visit <http://orthoarizona.org/conference/> for more information.

September 30:

Banner Concussion Center will be hosting a FREE CEU event. For more information contact Bryce Nalepa at Bryce.Nalepa@bannerhealth.com

Having trouble
keeping track of
your CEU's?

If so check out this new professional continuing education app by visiting www.thejoyceapp.com for more information

A.T. Still University Athletic Training

By Melissa Kay, Bronson Sagon, Alyssa Sleight

The Master of Science in Athletic Training degree from A.T. Still University (ATSU) is a CAATE Accredited Post-Professional Program that is 2 years in length. Its goal is to prepare students with the best knowledge to enhance patient care and improve health outcomes. In order to be a part of the program, you must be a state licensed and/or certified Athletic Trainer.



"What I love about the A.T. Still Athletic Training Program is that our professors take pride and carry out their mission to teach us how to be an advanced clinician. Our professors push us to be leaders and advocates of the Athletic Training Profession. I am proud to be a part of this program and the education I will get of it." – Arika Cozzi

Every student is enrolled in courses including anatomy, evidence-based practice, patient-centered care, statistics, and the list goes on, while also completing a graduate assistantship. These assistantships are located at local high schools and universities in the greater Phoenix area. This opportunity allows the students to practice what they are being taught simultaneously while completing coursework.

"This program not only has the best experts in our field to teach us every day, but they push us to be unique clinicians in our field." – Josie Harding



ATSU also has a strong research focus, which is incorporated by writing and presenting a thesis in order to graduate. Many of the professors are the leading experts in each topic area allowing the students the best possible opportunity to get involved in the process and field of interest. The program is known for its rigorous and prestigious nature, and the benefits of being a part of this program are tremendous.

"I feel very honored to be a part of this program! The individuals that have created this program are very reputable and knowledgeable, and as a student you can see that their goals are to help their students succeed!" – Christine Nelson.



Class of 2015

Arika Cozzi, AT, ATC

Hometown: Roselle, IL
Undergraduate: North Central College
Graduate Assistant: Brophy College Preparatory

Kristina Dunn, AT, ATC

Hometown: Trafalgar, IN
Undergraduate: Franklin College
Graduate Assistant: Datalys
Research Assistant



Shirleeah Fayson, AT, ATC

Hometown: Wilmington, DE
Undergraduate: University of Delaware
Graduate Assistant: Xavier College Preparatory



"I feel like I am learning so much more than I could have ever

imagined"

Josie Harding, AT, ATC

Hometown: Cheyenne, WY
Undergraduate: University of Mary
Graduate Assistant: Fountain Hills High School

Melissa Kay, AT, ATC

Hometown: Smithfield, NC
Undergraduate: Indiana University
Graduate Assistant: Arizona Christian University



Jessica Markbreiter, AT, ATC

Hometown: Coppell, TX
Undergraduate: Texas Christian University
Graduate Assistant: Phoenix College



Lindsay Minthorn, AT, ATC

Hometown: Cocoa Beach, FL
 Undergraduate: Nova Southeastern University
 Graduate Assistant: Gilbert High School

**Casey Erickson, AT, ATC**

Hometown: Tucson, AZ
 Undergraduate: South Dakota State University
 Graduate Assistant: Sierra Linda High School



"I heard so many great things about this program so when I got accepted I couldn't turn it down."

Bronson Sagon, AT, ATC

Hometown: Mililani, HI
 Undergraduate: Graceland University
 Graduate Assistant: Arizona State University

Michelle Gallegos, AT, ATC

Hometown: San Antonio, TX
 Undergraduate: Texas Lutheran University
 Graduate Assistant: Tempe Prep Academy

**Lisa Stobierski, AT, ATC**

Hometown: Euclid, OH
 Undergraduate: Marietta College
 Graduate Assistant: Chandler Prep High School



"I love the small class environment and the friendships I've built and the many opportunities to get involved."

Amy Gibson, AT, ATC

Hometown: Seymour, IN
 Undergraduate: Franklin College
 Graduate Assistant: South Mountain Community College

Katie Harrington, AT, ATC

Hometown: San Jose, CA
 Undergraduate: San Diego State
 Graduate Assistant: Arizona State University

**Class of 2016****Kelly Boyce, AT, ATC**

Hometown: Poplar Grove, IL
 Undergraduate: Illinois State University
 Graduate Assistant: Mesa Community College

Christine Nelson, AT, ATC

Hometown: Dakota, IL
 Undergraduate: Carthage College
 Graduate Assistant: Cactus Shadows High School

McCall Christopher, AT, ATC

Hometown: Lee's Summits, MO
 Undergraduate: Indiana State University
 Graduate Assistant: Arizona Christian University

**Mica Sanchez, AT, ATC**

Hometown: Chicago, IL
 Undergraduate: North Central College
 Graduate Assistant: Brophy College Prep

Gary Cohen, AT, ATC

Hometown: Stuart, FL
 Undergraduate: Ithaca College
 Graduate Assistant: Canyon State Academy

Alyssa Sleight, AT, ATC

Hometown: Tucson, AZ
 Undergraduate: Grand Canyon University
 Graduate Assistant: Xavier College Prep

**Dayna Tierney, AT, ATC**

Hometown: Phoenix, AZ
 Undergraduate: Lee University
 Graduate Assistant: Phoenix Christian High School

Northern Arizona University Program Update

Happy fall season to Athletic Trainers around the state! Our new Master of Science in Athletic Training program is up and running! This is a professional (previous referred to as “entry-level”) program. Please help me in welcoming our inaugural cohort of students:

Kayla Anderson – from Arizona

Amanda Borges – from Arizona

Kyle Brazeal – from Arizona

Kelsey Campbell – from Idaho

Joe Harvey – from Arizona

Chance Hohensee – from Nebraska

Chris Marquez – from Texas

Patrick Warnholtz – from Arizona

This class has already begun, with two summer courses this July. They will complete the two-year program to graduate in May of 2016, along with last class of bachelor’s students. So that May will be a time of celebration and transition! Our curriculum will continue to have our students out around the state during their last year in the program to experience different Athletic Training settings and different Athletic Trainers who are Clinical Preceptors for our program. Beginning as early as next year, we hope to have full student cohorts of 30 students – which will mean a greater NAU AT student presence around the state as they are finishing out their last year in the program.

Over the past three full years, we have had a combined 92% first time passing rate on the national BOC certification exam! Cudos go out to all of our alumni who were responsible for this amazing success! We intend to keep well ahead of the national average, as we have in the past.

To help implement the new MS-AT program, we have hired a fourth full-time faculty, Dr. Monica Lininger! She joins our ATEP family from Michigan and brings statistics and research expertise that will assist our master’s students in their program demands in these areas. Dr. Dr. Scot Raab has been extremely active in research this past year, starting two significant concussion studies and various other projects.

I continue feeling blessed to have all of this success with our long history of amazing young athletic training students and our accredited program. For those interested in our new Master of Science in Athletic Training program, please visit our website to explore the new degree and application requirements, at: www.nau.edu/athletictraining .

Wishing you all a safe and entertaining fall season!

Sincerely,

Debbie Craig, PhD, AT, LAT

Program Director of Athletic Training Education

Northern Arizona University

Call for Award Nominations

As a reminder from a previous AzATA news blast, please remember to nominate individuals you feel are qualified and deserving of the following honors and awards; Hall of Fame, Service Award, Athletic Trainer of the Year, and the Non-Certified Service Award. These awards may take time to nominate someone for and should have thought out letters of recommendations. The National Athletic Trainers' Association Clinical Symposia and the AzATA Annual Summer Clinical Symposium are great opportunities to witness stand out athletic trainers and sport medicine professionals. Nomination form hyperlinks are below with the description of the awards. The qualifications for each can be located at http://azata.net/awards_scholarships/nominating.

Complete and submit nomination forms by **December 20th**.

Please email/fax/postal service all nominations to:

Jojo Elliott, AT, Arizona Western College

Athletics PO Box 929

Yuma, Az 85366 Fax: 928-344-7537

jojo.elliott@azwestern.edu

Non-Certified Service Award: This award will be given to one person who is not a certified athletic trainer at the winter meeting in Phoenix. This award will go to one 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. <http://azata.net/Resources/Documents/AzATANon-CertifiedServiceAwardNominationForm.pdf>

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 office within the AzATA, etc. <http://azata.net/Resources/Documents/AzATAServiceAwardNominationForm2012.pdf>

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. <http://azata.net/Resources/Documents/AzATAWarrenH.LeeNominationForm.pdf>

Richard T. Ball, Esq., Lifetime Achievement Award: The Richard T. Ball, Esq., Lifetime Achievement Award is given to a non-certified AzATA member or other person who has demonstrated a sustained commitment, and an exemplary level of quality service to the AzATA and to the profession of athletic training in Arizona. It is the highest award that can be given to anyone who is not certified AzATA member. Please contact NATA President for nomination form.

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. <http://azata.net/Resources/Documents/halloffame.pdf>

The AzATA Responds to Az Republic Article

On August 16, 2014, The Arizona Republic published an article entitled, Pop Warner Arizona partners with Mayo Clinic on tackling concussions. The article can be accessed by visiting: <http://www.azcentral.com/story/sports/2014/08/16/pop-warner-partners-mayo-clinic-concussions/14176461/>. Due to certain statements within the article and dictates of Arizona law, the AzATA believed clarification was necessary. As a result, the AzATA submitted the following letter to The Arizona Republic for its consideration:

"The AzATA agrees that understanding concussions in youth athletes is important and applauds Pop Warner Arizona and Mayo Clinic for addressing this issue, but there must be caution regarding the use of sideline concussion tests. The article stated that "If a player is suspected of suffering a concussion, parents or coaches can conduct the [King-Devick] test on the sideline". However, it is important to note that under Arizona law (ARS 15-341(A)(24)(b)), an athlete with a suspected concussion can only be cleared to return-to-play by a medical professional designated by that statute (physicians, athletic trainers, nurse practitioners, physician assistants). Therefore, a parent or coach can remove an athlete with a suspected concussion for further sideline testing, but the athlete must be cleared to return-to-play by an authorized medical professional regardless of the test results. Further, while sideline tests could be beneficial to verifying the symptoms of concussion in youth athletes, parents and coaches must understand that there is little to no scientific evidence to support the notion that the King-Devick Test, or any sideline test, is a "foolproof [approach] to diagnose concussions on the sideline," as the article suggests. The bottom line is that safety in youth sports relies upon the presence of an appropriate medical professional during athletic events."

For ATs who cover per diem Pop Warner in Arizona, they should be aware of the partnership and discuss how each league is handling the testing in conjunction with the hired medical personnel.

If you have additional questions about the article or the Association's response, please email your inquiries to communications@azata.net. In addition, if you have any media articles or stories that highlight our profession and/or may require clarification, please submit them to communications@azata.net.



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

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

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.

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

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