

PATS President John Moyer Pens Article for Nationally Circulated Training & Conditioning Magazine

Pennsylvania Athletic Trainers' Society President John Moyer, LAT, ATC writes an article for the bi-monthly Training & Conditioning magazine. The article focuses on heat illnesses and their prevention, athlete education about heat illness, and instituting policies to protect student-athletes.

Harrisburgh, PA ([PRWEB](#)) August 26, 2014 -- The bi-monthly magazine Training and Conditioning (T&C) is distributed to many health care professionals including athletic trainers. The magazine contains articles to help promote healthy fitness regimes, healthy nutrition as well as general fitness tips from professionals across the country.

The Pennsylvania Athletic Trainers' Society, Inc (PATS, Inc) President John Moyer LAT, ATC, had the honor of contributing an article for the magazine. Moyer's work with the Pennsylvania Interscholastic Athletic Association (PIAA, governing body for PA high school sports) on the sports medicine advisory committee prompted the magazine to reach out to him to pen the article. The magazine is live online and will be available until the end of Aug. <http://momentummedia.uberflip.com/i/352313>

Moyer commented on the process of writing the article "The article was a very tedious yet rewarding process. The approach T&C was looking for was a non-traditional approach to creative heat acclimatization planning. Instead of the usual listing of guidelines and tools for proper heat acclimatization planning, they wanted to incorporate the "TEAM" concept so it really challenged me to be creative."

The article features a picture of the PATS President with George Fiore the Principal of Wilson West Lawn High School and head football coach Doug Dahms, both of whom John worked with to implement heat acclimatization policies at Wilson. Moyer also uses education as the crux of getting new policies concerning concussion management and sudden cardiac arrest procedures put into place at the high school. The article talks about educating different groups of people, parents, student-athletes, and administration, and bringing them all together to make sure that all are on the same page to promote the safety of student athletes.

Though the overall process of writing the article was rewarding, the time commitment was significant. Moyer relates on how long it took to write and edit the article "The whole process took about four months from beginning to end. I would supply the story and then there were suggested questions for me to answer to update the article. The goal was to produce an end product that would have the most positive effect on readers."

Not only did PATS President, John Moyer, help educate the PIAA about heat illnesses and help institute rules for the Commonwealth of Pennsylvania, he has now helped educate the readers of a nationwide magazine.

For more information regarding this topic or to schedule an interview with PATS President John Moyer, LAT, ATC, please contact Linda Mazzoli MS, LAT, ATC, PATS Executive Director at [patsexecutivedirector\(at\)gopats\(dot\)org](mailto:patsexecutivedirector(at)gopats(dot)org).

The Pennsylvania Athletic Trainers' Society, Inc. is a progressive organization of licensed health care professionals who work under the direction of a licensed physician. Our society continues to increase public awareness and education regarding Athletic Trainers and the Athletic Training profession while serving as the



premier source of information for public safety, injury and illness prevention, early intervention, patient care, and healthcare delivery for the physically active in the Commonwealth.

“The Keystone to a Healthy and Physically Active Life”



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Online Web 2.0 Version

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