

July 2015

## President's Message



John Moyer, LAT, ATC

Now that June has come to an end, I have had time to reflect on the accomplishments of numerous Pennsylvania Athletic Trainers' Society (PATS) members recognized at the PATS Symposium in Gettysburg and the National Athletic Trainers' Association Convention in St. Louis. It is very clear to me that our members are truly excelling at not only being recognized at state and national levels but at promoting the advancement of the athletic training profession in all aspects. It is very rewarding yet very humbling to be associated with so many outstanding peers and colleagues in my role as the PATS President.

As a result of the recent PATS elections, the PATS Executive Board has added two new members to help us achieve the goals of our Strategic Plan as well as developing new legislative initiatives that will continue to advance our profession. I would like to welcome our new Treasurer, Jamie Mansell and our new Southeast Representative, Mike Horan. These two individuals have taken advantage of the opportunity to volunteer for our Society on the Executive Board level and we expect them both to become part of the "team" and help us make a smooth transition moving forward.

Along with adding new Executive Board members, we also have the unenviable task of saying goodbye to members of the PATS Executive Board "family". I cannot express enough gratitude to outgoing Treasurer, Dave Marchetti and outgoing Southeast Representative, Kathy Wright for their tireless efforts on behalf of our Society and the athletic training profession. I consider both of these individuals to be friends and colleagues and I look forward to interacting with them in the near future. Thank you Dave and Kathy for a job well done!!

During the Hall of Fame and Awards Banquet at the PATS Symposium in Gettysburg, we recognized our two newest additions to the Pennsylvania Athletic Training Hall of Fame. A.J. Duffy and John Norwig received this honor and we are very proud of both of them. A.J. and John have advanced our profession in countless ways and share many common traits. They are both humble, passionate about the profession, and they both have a genuine compassion for the individuals in their care as well as a burning desire to create lifetime relationships with their colleagues. CONGRATULATIONS Gentlemen!!

On this evening, PATS also recognized Roberta Simmons with the PATS Distinguished Merit Award as well as Elizabeth Evarts, Greg Janik and Kimberly Stoudt with PATS Service Awards. It is always a highlight and a privilege to honor those athletic trainers who have gone above and beyond to promote our profession.

In St. Louis at the NATA Convention, I had the privilege of witnessing PATS members receiving awards for their efforts. We can be very proud of Yvette Ingram, Dan Quigley and Tom West for receiving an NATA Service Award for outstanding service on the state level as well as Jim Thornton who received an NATA Most Distinguished Athletic Trainer Award for his outstanding service on the district and national level. CONGRATULATIONS to All!!

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## Contact Us

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PATS Cell Phone

## Our Mission

The mission of the Pennsylvania Athletic Trainers' Society is to:

- P** Promote the profession of athletic training through public awareness and education.
- A** Advocate the athletic trainer as recognized health care providers through continual legislative pursuits and stakeholder relationship.
- T** Transact business on behalf of the Society's membership in a prudent, effective, and collaborative manner.
- S** Serve the membership by providing educational, research, scholarship, leadership, and networking opportunities.

## THIS ISSUE

- PATS Annual Meeting and Clinical Symposium Review
- Young Professional Spotlight: Ryan Wantz
- What you should know about EBPs and the reporting period
- ConcussionWise Instructors
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- NATA Award winners

## PATS Executive Board

### President

John Moyer, LAT, ATC  
610-670-0180 x1246 v  
484-334-6441 f  
[president@gopats.org](mailto:president@gopats.org)

### President-Elect

Guy Sanchioli, MS, LAT, ATC, PES  
412-432-3770 v  
412-432-3774 f  
[presidentelect@gopats.org](mailto:presidentelect@gopats.org)

### Past-President

Yvette Ingram, PhD, LAT, ATC  
570-484-2098 v  
570-484-2220 f  
[pastpresident@gopats.org](mailto:pastpresident@gopats.org)

### Secretary

Roxanna Larsen, MS, LAT, ATC  
570-214-5096 v  
570-214-6700 f  
[secretary@gopats.org](mailto:secretary@gopats.org)

### Treasurer

Jamie Mansell, PhD, LAT, ATC  
215-204-2153 v  
215-204-4414 f  
[treasurer@gopats.org](mailto:treasurer@gopats.org)

### Executive Director

Linda Mazzoli, MS, LAT, ATC, PTA, PES  
[patsexecutivedirector@gopats.org](mailto:patsexecutivedirector@gopats.org)

### Parliamentarian

Jim Stricek, LAT, ATC  
814-771-4611 o  
814-265-8413 f  
[parliamentarian@gopats.org](mailto:parliamentarian@gopats.org)

[Click here](#) to find your region

### Northwestern Representative

Rebecca Mokris, Ed.D, LAT, ATC  
[northwest@gopats.org](mailto:northwest@gopats.org)

### Northcentral Representative

Jason Erlandson, MS, LAT, ATC  
[northcentral@gopats.org](mailto:northcentral@gopats.org)

### Northeastern Representative

Rennie Sacco, Med, LAT, ROT  
[northeast@gopats.org](mailto:northeast@gopats.org)

### Southwestern Representative

Shelly Fetchen DiCesaro, PhD, LAT, ATC  
[southwest@gopats.org](mailto:southwest@gopats.org)

### Southcentral Representative

Wes Mallicone, MS, LAT, ATC  
[southcentral@gopats.org](mailto:southcentral@gopats.org)

### Southeastern Representative

Mike Horan, MS, LAT, ATC  
[southeast@gopats.org](mailto:southeast@gopats.org)

During the NATA Business Meeting in St. Louis, PATS member, Jim Thornton came to the end of his three year term as NATA President. Jim's efforts on both the national and international stage have advanced the athletic training profession in countless ways during his term. During President Thornton's exit speech, he quoted, in Jim's words, the Now-Famous Team Physician, Dr. Suess, by stating that "I shall not cry because it is over-but I will smile because it happened!" It is with great pride that I can say job well done President Thornton. Pennsylvania athletic trainers are truly smiling with you because it happened!! God Bless!!

I wish you all a summer full of rest and quality family time. PATS is only as strong as its volunteers so I urge you to get involved. Embrace the opportunity to volunteer in some capacity and I guarantee that you will smile because it happened.

All the best in Athletic Training,

*John*

John L. Moyer Jr., LAT, ATC  
President  
Pennsylvania Athletic Trainers' Society

## Treasurer's Report

Jamie Mansell, PATS Treasurer

	<u>Checking</u>	<u>Scholarship</u>	<u>Research</u>
July 1, 2014	112,315.20	152,632.69	90,334.58
July 1, 2015	121,486.63	167,915.27	86,290.12
Difference	9,171.43	15,282.58	4,044.46
<u>TOTAL</u>			
July 1, 2014:	\$355,282.47		
July 1, 2015:	\$375,692.02		
Difference:	\$20,409.55		

## 2015 PATS Annual Meeting and Clinical Symposium

Greg Janik, LAT, ATC

The Pennsylvania Athletic Trainers' Society (PATS) held its 35th Annual Meeting and Clinical Symposium in Gettysburg, PA June 11-13. Over 400 attendees enjoyed the golf, exhibits and educational programming.

Newly inducted Pennsylvania Athletic Training Hall of Fame member AJ Duffy, III (Widener University) was a good sport by being "roasted" in order to help raise money for the PATS Political Action Committee (PAT-PAC). Partaking in the event were Jim Thornton, Bob Ward, Joe Iezzi and AJ's very own son; Joe Duffy. You can see pictures from the event below.



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AJ Duffy, III (Widener University) and John Norwig (Pittsburg Steelers Football Club) were inducted into the Pennsylvania Athletic Training Hall of Fame. Roberta Simmons (Pennridge High School) received the PATS Distinguished Merit Award. Elizabeth Evarts (Central Mountain High School), Greg Janik (King's College) and Kimberly Stoudt (Alvernia University) were given PATS Service Award. The PATS Team Physician Awards were given to Dr. James Masterson, DO and Dr. Michael Rogal, MD.

PATS five scholarships went to: Allison Garner (King's College) – Philip B Donley Scholarship; Thea Lucas (University of Pittsburgh) – PATS Inc. Scholarship; Rebecca Dubas (West Chester University) – NATA District 2 Joe Jezzi Scholarship; and Michael Thomas (University of Pittsburgh) – Richard M. Burkholder Scholarship; while Kelsey Rynkiewicz (King's College) received the Cecilia Yost Scholarship Award.

The PATS Executive Board will see several changes including Jamie Mansell (Temple University) taking the reins from David Marchetti (King's College) as Treasurer. Kathy Wright (Ursinus College) saw her term end as Southeast Representative while Shelly DiCesaro (California University of PA) was re-elected as Southwest Representative.

The Keynote Moyer Lecture was presented by Dr. Freedman. The Undergraduate Original Research was won by Anthony Alimenti (Duquesne University). His title was "Occlusion Training Increases Strength and Hypertrophy in Collegiate Male Collision Sport Athletes: A Critically Appraised Topic". There was a tie for best poster in the Undergraduate Case Study category. Cody Lancellotti of King's College and Kelsey White of Messiah College presented their case studies entitled "Pigmented Villonodular Synovitis in a 19 Year Old Collegiate Football Player" and "A Labral Tear and Full-Thickness Suprapinatus Tear in a Collegiate Wrestler". The Ninth Annual PATS Quiz Bowl was won by Messiah College (Marybeth Bondel, Mark Engle, and Kelsey White).

Next year's symposium will be held June 2-4, 2016 at the Holiday Inn Harrisburg/Hershey in Grantville, PA.



John Norwig (left) and AJ Duffy III (right) HOF Inductees



PATS Students receiving scholarship awards



Roberta Simmons receiving the Distinguished Merit Award



PATS Service Awards: Elizabeth Evarts (top left), Greg Janik (bottom left), and Kimberly Stoudt (above)

## PATS Committee Chairs

### COMMITTEE ON PRACTICE ADVANCEMENT

Jason Vian, LAT, ATC  
revenue@gopats.org

### CONVENTION

Elizabeth Gulich Evarts, LAT, ATC  
convention@gopats.org

### CORPORATE RELATIONS

Kyle Harris, LAT, ATC  
corporatesponsorship@gopats.org

### CONTINUING EDUCATION

Steve Streator, PhD, LAT, ATC  
continuingeducation@gopats.org

### DIVERSITY

Rebecca Fitz, LAT, ATC  
Fafa Tsikata, LAT, ATC  
diversity@gopats.org

### EDUCATORS

Jody Russell, PhD, LAT, ATC  
education@gopats.org

### ETHICS

Shelly Fetchen DiCesaro, PhD, LAT, ATC  
ethics@gopats.org

### FREE COMMUNICATION

Aaron Hand, LAT, ATC  
freecommunications@gopats.org

### FINANCE

Dave Marchetti, MS, LAT, ATC, CSCS  
treasurer@gopats.org

### GOVERNMENTAL AFFAIRS

Tanya Miller, MS, LAT, ATC  
governmentalaffairs@gopats.org

### HALL OF FAME

Yvette Ingram, PhD, LAT, ATC  
halloffame@gopats.org

### HISTORY AND ARCHIVES

Richard M. Burkholder, LAT, ATC  
Edwin "Sandy" Bush, MS, LAT, ATC  
historyandarchives@gopats.org

### HONORS / AWARDS

Mark Keppler, MS, LAT, ATC  
John Post, MBA, LAT, ATC  
honorsandawards@gopats.org

### LONG RANGE PLANNING

Gaetano Sanchioli, MS, LAT, ATC, PES  
presidentelect@gopats.org

### MEMBERSHIP

Lindsay Rice, MS, LAT, ATC  
membership@gopats.org

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## PATS Committee Chairs

### NOMINATIONS

Michael Ludwikowski, LAT, ATC  
nominationandelections@gopats.org

### PAT-PAC (POLITICAL ACTION COMMITTEE)

Julie Ramsey Emrhein, LAT, ATC  
patpac@gopats.org

### PARENT TEACHERS ASSOCIATION

Amy Ruhf, MS, LAT, ATC, CKTP, CES  
pta@gopats.org

### PUBLIC RELATIONS

Greg Janik, LAT, ATC  
publicrelations@gopats.org

### QUARTERLY NEWS

Heather Kinney, MS, LAT, ATC  
quarterlynews@gopats.org

### RESEARCH

Neil Curtis, PhD, LAT, ATC  
researchgrant@gopats.org

### SECONDARY SCHOOL

Dan Quigley, LAT, ATC  
secondarieschool@gopats.org

### SUSTAINABILITY

Scott Dietrich, Ed.D, LAT, ATC  
sustainability@gopats.org

### TECHNOLOGY

Lindsey McGuire, PhD, LAT, ATC  
Jesse Townsend, MS, LAT, ATC  
technology@gopats.org

### COLLEGE / UNIVERSITY

Nicole M. Cattano, ABD, MPH, LAT, ATC  
ncattano@wcupa.edu

### WEBMASTER

Hank Fijalkowski, MS, LAT, ATC  
hfijalkowski@millersville.edu

### YOUNG PROFESSIONALS

Dwight Randall, LAT, ATC  
youngpros@gopats.org

## Update Your Information

If you are a PATS member and not receiving this newsletter electronically.....we need your help. We have taken great strides in the development of our Society's Electronic Newsletter. It saves money and time and provides valuable information. Please go to the NATA website "[Members Only](#)" section and update your email address. Please be assured your information will not be released. It will be used for PATS/ NATA membership communication only.

## YOUNG PROFESSIONAL SPOTLIGHT

### Ryan Wantz, MS, LAT, ATC

**Employer: Boeing Defense**



#### **Why did you choose athletic training as a profession?**

Athletic training was an appealing profession to me because of my interest in baseball and athletics. My interest was sparked through observation of Richie Bancells of the Baltimore Orioles and the realization that I could do something like that. Initially, I was very interested in professional baseball.

#### **What do you feel you bring to the field of athletic training that is unique?**

I have passion for areas of athletic training that are important for the expansion and sustainability of the profession. I have had unique opportunities to be involved in governmental affairs, developing leadership, and emerging settings. My passion and desire to serve have grown through my experiences and my mentors.

#### **How do you hope to improve the field of athletic training? How does your involvement in the NATA Governmental Affairs Committee help?**

Many people have no interest or are apathetic about governmental affairs. What people should realize is that passing a bill is often not the end of the road, but is actually the culmination of getting into the starting blocks and the gun firing. The journey only begins after the bill is signed. My role right now is to advocate for District 2 states and to be a resource in the process for these states. I hope to be able to be a leader in the transformation of our practice acts and related legislation. We need greater awareness and engagement in this process. There is currently a push by some states for legislation to require AT payment for services by third party payers. This is exciting and something that I expect to become more common.

#### **What are your interests outside of athletic training?**

Outside of what I do professionally, I love spending time with my family, being outside, gardening, and I have always enjoyed running. I also am involved with my church and my homeowner's association.

#### **As an industrial athletic trainer, what do you believe the benefits are to having a certified AT in this type of setting?**

I have worked in most every setting: clinical, high school, college/university, and professional. My greatest interest is in injury prevention and this plays right into what I do now. The industrial setting was something that I have been interested in and had tried to create in the past. It is remarkable how close the traditional and industrial settings really are. While I do not cover practices or games, I am dealing with the same types of things doing similar work. The employees and managers understand the need to have an AT there, even though they don't fully understand the magnitude of the impact that we can have. Helping to keep employees on the job and feeling better makes them more productive and makes the business stronger. People in any line of work are dealing with pain or injuries from their 30 years of work or from their men's league softball game. We can have a real impact on the lives of these people in the same or greater way to what we have in the traditional setting. There are fewer wins and losses to track, but the competitive nature that exists makes for a challenging environment.

*(continued on page 5)*

Anything else of interest you would like to share with us... After graduating from Messiah College in 2002 with a BA in Athletic Training, I started working in clinical-outreach settings until the company that I worked for lost the contract at a school. Thankfully, I had the opportunity to remain employed in the clinic and gained a lot of knowledge, but also a strong appreciation for our clinical skills. From this opportunity, I was able to work in professional baseball and small college settings. I then earned my MS in Exercise Science and Health Promotion at California University of Pennsylvania. After working in the clinical-outreach setting for more time, I began volunteering in PATS on the Committee on Revenue, and later on the Public Relations Committee. I was later employed at Pennridge School District and then Lehigh University. At that time, I began volunteering for District 2 on the NATA Governmental Affairs Committee. My involvement in Capitol Hill Day and attendance at the BOC Regulatory Conference prepared me for this activity and stems from my professional experience. I am employed in the industrial setting at Boeing Defense in Ridley Park, PA. While I have needed to persevere through some very challenging employment circumstances, I have learned a great deal through my mentors how to demonstrate my value and many important aspects of the profession. In addition to my professional experience and volunteer work, I am involved with my homeowners association as vice president and serve as church treasurer. I am married to a fellow AT from Messiah, Elizabeth. We have a son, Noah, and reside in Bucks County.

## NEWS AROUND THE COMMONWEALTH

### Athletic Trainers Volunteer at Special Olympic Summer Games

Justin Beaupre, MS, LAT, ATC

Athletic Trainers from across Pennsylvania volunteered for three days at the Special Olympic Summer Games at Penn State Main Campus. The Summer Games bring nearly 2,500 athletes and coaches together from all across the state to compete. Athletic Trainers volunteer as medical providers for a diverse range of sports from basketball to softball, and equestrian to aquatics. Athletic Training Services are organized and coordinated by Kim Stoudt, Ed.D, LAT, ATC (Alvernia), Jayme Galdieri, MS, LAT, ATC (Geisinger), and Justin Beaupre, MS, LAT, ATC (Penn State Hazleton). Penn State Hershey Orthopedic Physician, Dr. Siedenberg, M.D served as the Supervising Physician for the event. The Summer Games continue to be an exciting event, providing Athletic Trainers and student athletic trainers with an exciting and unique experience that many will cherish for years to come!



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## CEU Reporting Period– What You Should Know about EBPs

Erin Zedreck, LAT, ATC

Happy Summer! Can you believe that there is less than 6 months left in our reporting period? With just a little over a month until pre-season camps begin again, it is time to really think about your CEU situation, especially those Evidence Based Practice CEU's! And in case you haven't been reminded enough yet, here is another friendly reminder to help prevent you from scrambling for CEU's come December!

All certified athletic trainers will need 50 CEU's this reporting period, 10 of which need to be from an Evidence Based Practice (EBP) course. These EBP courses go through an application and approval process from the Board of Certification (BOC) and must explicitly note that they are an EBP Approved course. You can find approved courses in your area or in an online format on the BOC website at this link: <http://www.bocetc.org/ats/ce-resources/app-ebp-courses>.

Are you an NATA member who has some free CEU bucks burning a hole in your pocket? Consider using those free CEU bucks to "purchase" EBP courses on the NATA Quiz Center! There are currently just under 10 EBP CEU courses available on the NATA Quiz Center. The NATA Quiz Center is located at: <http://www.nata.org/quiz-center>.

The PATS website also provides a resource for all of its members, Medbridge. For a subscription fee of \$200, you have unlimited access to online CEUs including EBP. Your subscription is good for 12 months and the link to Medbridge can be found on the home page of the PATS website or it can also be found [here](#).

It's also never too early to start entering your CEU's on the online reporting form on the BOC website! The online reporting forms are currently active and available to complete!

Still have some questions regarding continuing education, EBP CEU's or filling out reporting forms? Visit the BOC's FAQ page at: <http://www.bocetc.org/ats/faqs>. Being proactive with your CEU's NOW will prevent you from being reactive later...and we all know that the most important thing to an athletic trainer is prevention!

## Licensed Athletic Trainers As ConcussionWise Instructors

Tonya S. McKenzie, LAT, ATC

As of July 1, 2015, the ConcussionWise Instructor (CWI) program continues to grow as one of the PATS milestone programs. We also have the ConcussionWise Physician (CWDR) program up and available. The current totals to date show that we have reached out to 575 coaches, parents, and athletes in Pennsylvania. The educational training programs:

### Physicians:

105 codes given out to train as CWDR  
14 completed the course as of 3/31/15

### ATs:

83 codes given out to train as CWI  
49 instructors as of 4/13/15  
14 presentations held to date

We will continue to promote and value the opportunity for Athletic Trainers as ConcussionWise Instructors in the Keystone State! For more information to become an instructor or a registered physician, go to [www.ConcussionWise.com/PATS](http://www.ConcussionWise.com/PATS)

## District 2– Call for Presenters (Advanced Education Committee)

Yvette Ingram, PhD, LAT, ATC

As part of District Two's Communicate, Activate, Serve initiative, The Advanced Education Committee (AEC) each year offers a free continuing education program to you as a benefit of your District 2 membership. What is distinctive about this and all past CE programs is that the content for the on-line presentation comes from you, members within our own district!

We are asking you as a member in good standing to share an expertise that you may have with the rest of your District 2 peers. If you have a presentation or expertise that could be utilized for this year's program, the Advanced Education Committee encourages you to submit a proposal. If selected, you will earn ten continuing education credits from the BOC. Additionally, your school or institution will be spotlighted in an introduction slide for marketing and exposure. In order to not conflict with Sport Safety International (SSI) programming, who sponsors our on-line continuing education program by hosting the lesson on their web site, topic areas need to stay away from emergency care or any other subject areas that are synonymous to NATA Position Statements.

If you have a presentation or an expertise that meets the criteria, we highly encourage you to fill out the program proposal form found on the District Two webpage and submit it to [ce@natad2.org](mailto:ce@natad2.org).

## HONORS AND AWARDS

### Phillip B. Donley, Receives Dean's Award during West Chester University Commencement Ceremony

Phillip B. Donley received a Dean's Award from the College of Health Sciences during the West Chester University Commencement ceremony on Saturday May 9<sup>th</sup>, 2015.

The following appeared in the Commencement program:

A highly accomplished physical therapist, athletic trainer, and author, Phillip B. Donley was head athletic trainer and professor of Physical Education at West Chester University for nearly thirty years. Currently a physical therapist at Optimum Physical Therapy Associates, Mr. Donley previously owned a private sports physical therapy clinic and was a consultant to the Philadelphia Phillies for ten years and to the Philadelphia Eagles for five years. At West Chester University, he instituted the first coeducational college / university NATA-approved Athletic Training education program in the country.

A prolific writer, Mr. Donley has authored 4 books, edited 2 titles, and contributed to 8 more. He has also written numerous articles and white papers, taught continuing education courses, and served as a consultant for both clinics and universities. His

ten-year study of professional baseball players measured 58 variables on 2,500 pitchers and 350 position players in an extensive study of the players' shoulders and elbows. He is a member of the National Athletic Trainers Association Hall of Fame.

Mr. Donley holds a BS in Physical Education (1956) and an MS in Health and Anatomy (1965) from West Virginia University as well as a Physical Therapy Certificate from D.T. Watson School of Physical Therapy (1957).

## NATA Awards

Congratulations to the following recipients as well as the whole Commonwealth of Pennsylvania for their NATA Awards:

Most Distinguished Athletic Trainer

James Thornton, MA, ATC, CES

Athletic Trainer Service Award

Yvette Ingram, PhD, LAT, ATC

Daniel J. Quigley, MSED, LAT, ATC

Thomas West, PhD, LAT, ATC

Best State Association in the PR Contest (pictured below)



## ATs IN THE NEWS

### Understanding the Role of Athletic Trainers in High School

We, as athletic trainers, know that we are valuable. It is our duty to educate others on how valuable we really are. In this article, Larry Cooper details everything the secondary school athletic trainer has to balance. The twelve points are easily a part of every athletic trainer's day. Surprisingly, only 37% of high schools have a full-time athletic trainer as a staff member. We are all working every day to keep this number increasing. To read the full article, click [here](#).

### Highpoint National Motocross TV Interview with Bill Ankrom

Bill Ankrom was interviewed while at the Highpoint National Motocross event on June 13<sup>th</sup>. Ankrom is a part of the UPMC Sports Medicine team. He talks about ImpACT testing and managing concussions. You can see the interview [here](#).

# REGIONAL RECAP

## Northeast Region: Rennie Sacco

Hello to all in the Northeast region! I hope you're enjoying some summer down time. It's time to get ready for Fall Sports!

### Congratulations!

Congratulations to the Convention Committee for putting on another successful Symposium in Gettysburg in June. It was good to see so many old friends and meet some new ones.

Congratulations to our two newest Hall of Famers, Award winners and Scholarship winners. Big Kudos to two Athletic Trainers from the NE Region, Alvernia University's Dr. Kimberly Stoudt and King's College's Greg Janik for being awarded the 2015 PATS Service Award. Congrats to following student scholarship winners: Kelsey Rynkiewicz, King's College- Celia Yost Scholarship and Allison Gardner, King's College-Phillip B Donley Scholarship. You can read their bio's at [http://gopats.org/files/PATS\\_HOF\\_Program\\_2015.pdf](http://gopats.org/files/PATS_HOF_Program_2015.pdf).

### Safe Sport School Award by NATA:

The Pennsylvania Athletic Trainers' Society is extending an invitation to pay the \$150.00 application fee for the Safe Sports School Award to the first 30 secondary schools in the state that show interest in submitting an application. The NATA's Safe Sports School Award was created to recognize secondary schools around the country that provide safe environments for student athletes. The initiative reinforces the importance of providing the best level of care, injury prevention and treatment. Any secondary school may apply for the Safe Sports School Award. If you are interested in this program please contact Wes Mallicone, PATS Southcentral Representative, at [southcentral@gopats.org](mailto:southcentral@gopats.org) prior to submitting a completed application to the NATA at <http://www.nata.org/safe-sports-school-award>

In closing, as always, if you have any future news, please feel free to contact me or reach out at any time with any questions or concerns you may have. I can be reached at [northeast@gopats.org](mailto:northeast@gopats.org) or 610-698-6237. I hope to see many of you at the June PATS Symposium. Have a great remaining summer!

## Southeast Region: Mike Horan

On May 16, 2015 several athletic trainers from Bucks County volunteered their time to assist the Bucks County Sheriff's Office in their physical agility testing. The session was held at Council Rock High School North in Newtown, and approximately 130 candidates were evaluated.

We received a very complementary thank you letter, dated June 3, 2015, from Bucks County Sheriff Edward "Duke" Donnelly. In the correspondence he writes, "These professional and highly trained individuals volunteered their time to assist our deputies in monitoring the events. Their efforts and assistance was greatly appreciated by myself and my staff. The fact that they took time out of their busy schedules to be on scene to ensure the health and safety of the candidates taking part in the testing is a testimony to their professionalism".

The athletic trainers that participated in the event were Stacy Ford, Mike Horan, Lou Perry, Mike Ra, and Ryan Wantz.



# COMMITTEE REPORTS

## Honors and Awards Committee: Mike Keppler and John Post

The Honors and Awards Committee presented **5 Student Scholarships**, **2 Honorary Memberships to Physicians**, **3 Service Awards** and lastly **one Distinguished Merit Award** at our Annual Awards Banquet & Hall of Fame Induction on Friday, June 12, 2015. A sellout 250 where in attendance. Plans are being developed to encourage more rising juniors and seniors to apply for any of the scholarships sponsored by the Society. Additionally we are looking into ways to enhance and streamline the Awards Banquet.

## Convention: Liz Evarts

The 2015 PATS Symposium and Meeting was held at the Wyndham Gettysburg. We had 372 attendees whom were offered 17 CEU's and up to 2.5 EBP credits. We had a sellout awards banquet to honor AJ Duffy III and John Norwig, the 2015 Athletic Training Hall of Fame class, as well as many other award winners.

Next year, the PATS Symposium and Meeting will be held in the Hershey area at the Holliday Inn Grantsville June 2-4. This year we had 17 exhibitors and 25 golfers for the Annual Golf Outing.

## Diversity Committee: Rebecca Fitz and Fafa Tsikata

The Diversity Committee held a productive breakout session during the 2015 PATS Symposia in June. Discussion included the possibility of collaborating with PATS student members to provide an educational experience for high school students who may be interested in the field of athletic training. We also discussed promoting more sickle cell education for the patient, family, and coaches specifically at the secondary level. Lastly, we had discussion about a project recently completed by the Shippensburg University Student-Athlete Advisory Committee called "Don't Say." This initiative features student-athletes pledging not to use certain terms and phrases that are detrimental to constituent groups in and out of athletics. There was great interest in adapting a similar project within PATS, as well as promoting the initiative in athletic training settings across the state. Read more at [shipraiders.com/dontsay](http://shipraiders.com/dontsay). Please feel free to reach out to Fafa Tsikata or Becky Fitz at [diversity@gopats.org](mailto:diversity@gopats.org) if you have interest in working with us to promote diversity within our profession.

## CALENDAR OF EVENTS

Event	Date/Time	Location	Contact
3 <sup>rd</sup> Annual Central PA Sports Medicine Symposium  *EBP Credits Available	Tuesday August 4, 2015	Hershey Lodge  325 University Dr Hershey, PA 17033	Register at <a href="http://Pennstatehershey.org/ce">Pennstatehershey.org/ce</a>  717-531-6483



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