

July 2016

## President's Message



Guy Sanchioli,  
MS, LAT, ATC, PES

As a sports fan, I've always had a fondness and respect for the Hall of Fame. Whether it is hockey, baseball, football, wrestling... it doesn't matter. The history that it invokes and the level of excellence needed to reach "The Hall" is impressive. The NATA and PATS Halls of Fame are no different.

When I read the names of the past and current inductees, it makes me stop and evaluate myself and how I work as an athletic trainer. When I look at the distinguished members of the PATS Hall of Fame and what they have accomplished professionally, it makes me ask myself, "Am I doing everything I can to be a great athletic trainer?" I challenge each of you to ask yourself the same question. This past month in Baltimore, I tried to introduce myself to every "Green Jacket" I saw. I hoped to get an idea of what they are about as people, professionals, and what they did to set themselves apart. I learned that the common-thread was that they all went about their business with a high degree of integrity, passion and professionalism.

Athletic trainers are passionate about their profession and we desire the treatment and respect deserving of other healthcare professionals. As athletic trainers we are learning how to "talk the talk," but we also have to "walk the walk" when it comes to being healthcare professionals. Are we communicating with athletes, parents, coaches, and other professionals while demonstrating our value and skill-set? Are we working to educate and assist the physically active people we come in contact with to help them achieve their goals? Are we looking to the future by mentoring athletic training students in a positive and challenging manner? Are we dressing and conducting ourselves as professionals at all times? Are you actively watching and fully engaged in practices and games?

These questions define our role as professionals as we move forward. I am excited about the direction the PATS is moving in and I am optimistic about the future as athletic training advances into uncharted territories. What are you doing every day to show your expertise as a Licensed Athletic Trainer?

Thank you for taking the time to read the Quarterly News and enjoy reading about the great things that are happening in Pennsylvania.

### Guy

Gaetano Sanchioli, MS, LAT, ATC, PES  
President  
Pennsylvania Athletic Trainers' Society

## Contact Us

[www.gopats.org](http://www.gopats.org)

## 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

- Executive Board and Committee Chair updates
- PATS and KSI Gala
- AT Saves a Life
- Regional Recaps
- Committee Report
- Calendar of Events

## **PATS Executive Board**

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## **Treasurer's Report** Jamie Mansell, PATS Treasurer

Currently, PATS is transferring all accounts to a new bank. Look for an updated report in the November edition.

## **Congratulations to New Executive Board Members**

Congratulations to the following members who became PATS Executive Board Members at the Business Meeting in July:

George Roberts- President Elect  
Kathy Wright- Parliamentarian  
William Frye- North Central Representative

At the Business Meeting, we salute the out-going President, John Moyer of Reading, PA and welcome the new PATS President, Guy Sanchioli from Pittsburgh, PA. John "Doc" Moyer will leave his presidency legacy by "leading by example". John accomplished many things for the PATS over the past 2 years and we appreciate his hard work and dedication to the state society.



We also want to thank Yvette Ingram for her 6 years of service to the PATS. Yvette has been involved in many PATS accomplishments during her time.

## **Committee Updates**

### **Roxanna Larson, MS, LAT, ATC and Executive Board Members**

At the business meeting in July, the Executive Board appointed new committee chairs. Congratulations to the following individuals on their promotion. If you have any questions, comments or feedback for these committees, the chair's contact information can be found on pages 3 and 4 of the Quarterly News as well as on the PATS website.

Continuing Education— Jason Scibek  
Public Relations— Ashley Care  
Young Professionals— Richard Bertie  
Liaison to PASADA— Kyle Shireman  
Liaison to PTA— Kathy Williams

## **Athletic Trainer in the News**



While at General McLane's state playoff game, Robert Adams went into sudden cardiac arrest. General McLane's athletic trainer, Rob Kennerknecht, was called to the rescue. He was told where Adams was and immediately ran over to help. General McLane's assistant coach Greg Wells (an Erie Fire-fighter) and a fan, Brandi Salvatore (a cardiac nurse), were providing CPR when Rob arrived on the scene in just a short time with the AED he carries with him every day. Because of their immediate action and knowledge, Adams is able to be with his family today. For the full story, [click here](#).

## Pennsylvania Athletic Trainers' Society (PATS) Supports the 5th Annual Korey Stringer Institute (KSI) Gala



Pictured L-R AJ Duffy (NATA District 2 Director), John Moyer (PATS President), Roger Goodell (NFL Commissioner), Kesley Rynkiewicz (King's AT student), Doug Casa (KSI - Chief Executive Officer) and Greg Janik (PATS Public Relations Chair).

The Pennsylvania Athletic Trainers' Society (PATS) recently attended the 5th Annual Korey Stringer Institute (KSI) Gala was held on May 5th, 2016 at the NFL Headquarters, located in New York City. The fundraising event looks to raise monetary contributions in order to provide research, education, advocacy and consultation to maximize performance, optimize safety and prevent sudden death in the athlete, soldier and laborer.

In August 2001, Korey Stringer, a Minnesota Vikings offensive lineman, passed away from exertional heat stroke. During Korey's five-year tenure in the NFL he earned pro-bowl honors. Since the time of Korey's death, his wife, Kelci, worked tirelessly to develop an exertional heat stroke prevention institute to honor her husband's legacy. To that end, she joined forces with exertional heat stroke expert Dr. Casa at the University of Connecticut to make this dream a reality and the institute came to fruition in April 2010.

At this year's Gala, KSI announced the formation of a brand new state of the art performance lab on the University of Connecticut campus through the financial support from Mission Product Holdings, Inc. Also, they announced the partnership with the National Athletic Trainers' Association. Finally KSI gave out three awards in 2016 including the KSI Lifesaving Research Award to Frederick Mueller, the KSI Lifesaving Service Award to Rachel Oats, and the KSI Lifesaving Education Award to Lawrence Armstrong.

Dr. Douglas Casa, the CEO of KSI and Professor at the University of Connecticut, reported, "KSI celebrated its sixth year anniversary at the Fundraising Gala. During the event it was announced that the NATA would join KSI as a corporate partner. Given the rich history of projects that KSI and the NATA have partnered on it was a no-brainer that the relationship should be formalized."

The KSI serves the needs of active individuals and athletes at all levels – youth, high school, college, professional, people who are physically active, recreational athletes – and those who supervise and care for these individuals. Components of these services include: consultations, advocacy, education, research, athlete testing, and mass-market outreach.

Kesley Rynkiewicz, currently a King's College Athletic Training Student who will be attending graduate school at the University of Connecticut this summer stated, "I was privileged to have the opportunity to attend the KSI gala at the NFL headquarters in NYC as a PATS member. The event was one of the most memorable I have been able to attend throughout my undergraduate career." Further Kelsey went on to say, "It was an incredible experience where I was able to meet and network with some of the most influential leaders in the profession of athletic training while supporting the mission of the Korey Stringer Institute – preventing sudden death and promoting safety in sports."

### PATS Committee Chairs

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## PATS Committee Chairs

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## 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.

## Southcentral Region Wes Mallicone, MS, LAT, ATC

Greetings from the Southcentral Region! I hope everyone is enjoying the summer weather with family and friends. I want to extend a thank you to all of those who attended the PATS Annual Symposium. Thanks for supporting your organization. It was another great event with the highlight being the Hall of Fame and Awards Banquet. Congratulations to our new Hall of Fame inductees and award winners.

Jeff Shields, Med, LAT, ATC, CEAS, recently received the NATA Athletic Trainer Service Award at the NATA Annual Symposium in Baltimore, Maryland.



Pictured in the left photo above is Jeff Shields, Med, LAT, ATC, CEAS (NATA Athletic Trainer Service Award) and Larry Cooper, LAT, ATC (NATA Most Distinguished Athletic Trainer) after receiving their awards at the NATA Annual Symposium in Baltimore. Pictured in the right photo above with Shields and Cooper is recent 2016 Pennsylvania Athletic Training Hall of Fame member Rick Burkholder, MS, ATC (NATA Most Distinguished Athletic Trainer) after receiving his award.

### EARN CONTINUING EDUCATION UNITS BY ATTENDING AN UPCOMING REGIONAL EVENT

**Wednesday, August 3, 2016 at 7:00am-4:00pm**

**4<sup>th</sup> Annual Central PA Sports Medicine Symposium located at the Hershey Lodge, 325 University Drive, Hershey, PA 17033.**

\*\*\*\*\* \$35.00 for Athletic Trainers to earn a total of 6 CEUS, 3 category A and 3 EPB credits \*\*\*\*\*

**More information can be found [here](#).**

**Register at <http://www.pennstatehershey.org/web/ce/home/programs/conferences>**

I encourage you to promote your profession of athletic training at your place of employment and within your local community. Please inform me of what you are doing to promote athletic training so I can include it in an upcoming newsletter. If I can be of any assistance do not hesitate to contact me at [southcentral@gopats.org](mailto:southcentral@gopats.org)

## Northeast Region

Rennie Sacco, MEd, LAT, ROT

Hello to all in the Northeast Region! June was very busy for some students in our region. Here is a snapshot of activities.

Here is some news from Luzerne County with more to come:



Two recent King's College graduates won scholarships at the 2016 PATS Annual Symposium & Meeting: Kelsey Rynkiewicz ('16 and pictured to the left and right) won the NATA District 2 Joe Iezzi Scholarship and also won the District II Bobby Gunn Student Leadership Award and the Frank Cramer Memorial Scholarship at the 2016 NATA Annual Meeting and Clinical Symposium.. Cody Lancellotti (pictured on the right bottom) won the Richard M. Burkholder Scholarship.

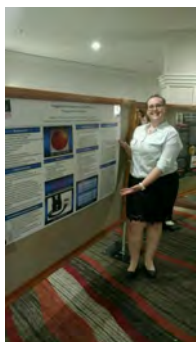


### ESU Athletic Training Students take First Place at Pennsylvania Athletic Training Society Symposium

Three East Stroudsburg University students attended the 2016 Pennsylvania Athletic Trainers' Society Annual Meeting and Clinical Symposium on June 4, and left with first place trophies. Nicole Koniarz, a senior from Boonton, N.J., presented her case study on an NCAA Division II swimmer that competes while suffering from Cystic Fibrosis, and earned the first place spot in the research presentation competition. Mariah Morrison, a senior from Scranton, Pa., and Matthew Hugg, a junior from Burlington, N.J., joined Koniarz in dominating the 10<sup>th</sup> Annual PATS Quiz Bowl, which tests teams of three on a wide variety of academic subjects, and claimed first place out of 10 Athletic Training Programs from across the state.



“Our students are very passionate about becoming medical professionals, and we are very proud of them for taking the time to put together a strong research report and attend these professional conferences on their own time,” Jane McDevitt, Ph.D., Assistant Professor of Athletic Training, said. “Our department will continue to strive for excellence and produce academically strong and confident students.”



Pictured to the left, Nicole Koniarz presents her poster at the 10<sup>th</sup> annual Pennsylvania Athletic Trainers' Society Annual Meeting and Clinical Symposium.

QUIZ BOWL CHAMPIONS: Pictured from left to right are Matthew Hugg, Nicole Koniarz, and Mariah Morrison after earning first place in the Quiz Bowl at the 10<sup>th</sup> annual Pennsylvania Athletic Trainers' Society Annual Meeting and Clinical Symposium.



**Free CEU Event:** On Monday May 9, The Reading Hospital Podiatric Surgical Residency Program presented a free CEU event entitled "**Things you need to know shin to toe.**" **The event, which** was brought to local Athletic Trainers with the help of the Northeast Region of PATS, **the Berks County Scholastic Athletic Trainers Association and the Keystone Surgical Systems & Arthrex, was hosted at the** Reading Health System Hospital and Medical Center / Thun-Janssen Auditorium. Clinical Speakers were Dr. Kevin Naugle, Residency Director, Dr. Eberhart and Dr. Smith, both Residents. Pictured below is PATS Berks County Delegate, Terry Ventresca.



## Northwest Regional Update

Becky Mokrís, D.Ed., LAT, ATC, CES

### NORTHWEST REGIONAL ATHLETIC TRAINER HELPS SAVE A LIFE

Rob Kennerknecht, LAT, is the Head Athletic Trainer and Athletic Director at General McLane High School in Edinboro, PA. He was called to action when an athlete's family member was in need to CPR. His full story can be read on page 2 of the Quarterly News.

### High Impact Practice: Providing Athletic Training Students with an International Educational and Cultural Opportunity

Written by: Marketa Schublova, PhD, LAT, ATC, CSCS, Slippery Rock University

Slippery Rock University's Athletic Training program continued with a tradition of spending spring breaks abroad in order to examine sports medicine in foreign countries. This year, 41 Athletic Training and Exercise Science students, along with 3 faculty members, visited Prague, the capital city of the Czech Republic.



We visited and participated in lectures at a hospital, Fakultni Nemocnice Motol, with Czech students, physicians, and faculty members from the 2<sup>nd</sup> Medical School of Charles' University, Prague.

Dr. Alena Kobesova started our day informing us about the healthcare system and its history in the Czech Republic. She lectured on the history of Czech rehabilitation and holistic principles using the works of Drs. Karel Lewit, Vladimír Janda, and Václav Vojta. Their holistic approach to rehabilitation is a unique rehabilitation therapy for patients with a dysfunctional neuromuscular system. She explained their unique holistic approach in the context of functional tests and treatments to people with musculoskeletal dysfunction. Dr. Kobesova also shared with us the basic information about the original functional diagnostic and therapeutic concept of Dynamic Neuromuscular Stabilization (DNS), Motor Control for Life according to Dr. Pavel Kolar. This DNS program emphasizes neurodevelopmental aspects of motor control in assessing and restoring a dysfunctional musculoskeletal system.

Dr. Ondřej Čákr then shared his expertise in functional assessment and therapy of patients with balance disorders. He shared with us research findings from his own clinical trials and his rehabilitation techniques which utilize balance strategies, biofeedback and the BrainPort system.



We were amazed by Dr. Petr Bitnar's lecture on the importance of vertebral-visceral patterns during functional diagnosis of patients with musculoskeletal dysfunction and pain. He made a significant case that visceral conditions might affect the musculoskeletal system. For example, Dr. Bitnar presented cases of patients with persistent musculoskeletal pain even after the resolution of the primary visceral disease that was treated with manual therapy resulting in significant pain relief and improvement in function. He stressed that in the cases of repeated and frequent recurrences of functional pathology of the musculoskeletal system, it is necessary to think of primary visceral pathology and refer the patient for further testing.



Dr. Jiří Radvanský introduced a stress functional diagnostic for the athletic and general population after surgical correction of congenital heart defects. He shared with us his research project "Stress functional diagnostics as part of monitoring of late effects of cancer treatment". He spoke about the reaction and adaptation of the organism to various load levels including professional sports load.

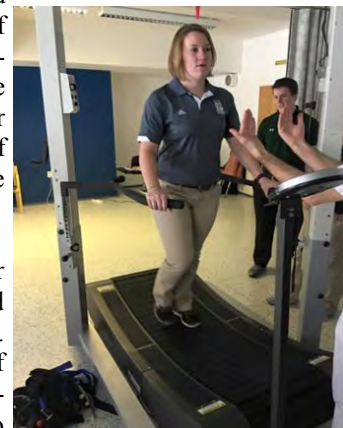
A second year physiotherapy student introduced the system of entrance exams, bachelor's and master's program of physiotherapy, examinations and credits including final examinations, and theses. She emphasized the benefits of studying physiotherapy in such a large medical facility such as Motol Hospital, where they can be exposed to different diagnoses in pediatric and adult patients, including rare diseases, where rehabilitation has an important presence in the complex therapy.

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SRU Athletic Training students followed with a presentation informing Czech students and faculty members about athletic training as a profession, educational program, scope of practice and settings where athletic trainers work. They presented about CAATE accredited programs requirements, clinical education, BOC exam certification, state licensures and about SRU AT curriculum.



As a part of the educational portion of this trip we also spent a day in an inpatient rehabilitation center, Rehabilitační Ústav Kladruby. This center provides medical rehabilitation/treatment to patients after surgeries and after injuries affecting the neuromuscular system. Mgr. Jakub Pětioký introduced us to the center's history and its importance during World War II and today. He also provided a lecture on "Brain-motor Disablement: Using 3D Virtual Reality-Based Therapeutic Stimulation" where we could see the use of 3D technology in therapeutic exercise for neuromuscular injuries. He also presented a second lecture "Comparison of Anatomical ROM and Therapeutic Benefits of Robotic Systems for Upper Extremity with Multisegmental Joint Control and End-point Effector". One of his colleagues presented her work on the "Concept of Comprehensive Intensive Neurorehabilitation for Acquired Brain Injury".



After three hours of intense brain stimulating lectures, Mgr. Pětioký gave us a tour around the center. It was a large campus with multiple buildings. Each building housed multiple departments, each specializing in a particular mode of therapeutic treatment. One specific department in this facility specializes in treatment and rehabilitation of patients with traumatic brain injury and spinal cord injuries. The treatment that is offered here is so intense and so progressive that patients from around the world come to receive 4-6 hours of treatment at the inpatient facility. When patients are not in therapy, they are encouraged to participate in activities such as welding, carpentry, sewing, painting, and sculpting. After our grand tour of the campus, we broke into small groups and spent some time working with the therapists and their patients. We spent 15-20 minutes per station and had 10 stations to visit. This was really great to see how they use all the equipment and how professional and friendly they were with all of their patients. The most exciting station was the robotic station where patients were assisted by technology to keep proper biomechanics or to even assist paraplegics to walk in the exoskeleton. It was amazing to see how they worked on the proprioception and biofeedback using new technology.

Of course we were not just busy learning about sports medicine and rehabilitation, we also enjoyed the Czech Republic's rich culture and history. We toured Prague which is a 13 century city with all the original buildings still standing. We visited Karlovy Vary, a spa town where patients are treated with holistic medicine for multiple illnesses and conditions. We also visited the "casino" from the movie, Casino Royale, which is currently serving as a Physical Therapy clinic today. We reviewed our anatomy at the Sedlec Kutná Hora ossuary and were reminded of the Nazi presence at Terezin, a concentration camp that housed more than 150,000 Jews during World War II. We also attended a professional ice hockey and soccer game where students were fully immersed in the culture of European sport. Lastly, we explored Prague's underground infrastructure and we couldn't miss a tour through the Pilsner Urquell Brewery.

Based on the students' feedback, this study abroad experience enhanced skills such as critical thinking, self-motivation and communication. This study abroad seminar afforded students the opportunity to experience educational and cultural activities that otherwise they would have never had.

For example, the impact of this experience is demonstrated in the following student's quote: "It was an opportunity of a lifetime, at a reasonable cost, that I might not be able to have again. It was not just traveling to a new country and having free time to explore something different, but it presented many educational, learning opportunities that I would not have been granted if I completed this on my own. By choosing to go on this trip, I knew that it would allow myself to become closer with my classmates outside of classes along with getting to bond with professors on a personal level."



**Congratulations to all of the Northwest Regional 2016 NATA award winners!**

ATHLETIC TRAINER SERVICE AWARD:  
Jacqueline Williams PhD, LAT, ATC

AT ADVOCATE AWARD:  
Jim Thornton, MA, LAT, ATC, CES

## North Central Region

Bill Frye, LAT, ATC

I hope everyone enjoyed their 4th of July! I would like to thank all the past and active servicemen who served our country. Your honor and sacrifice is much appreciated.

I am beginning to transition into my role as the new North Central Representative. I want to personally thank Jason Erlandson for his past service on the board and helping with my transition. I will be sending out an email soon introducing myself a bit more and future events coming soon.

## Southeast Region

Nicky Cattano, PhD, LAT, ATC

I am excited to update you on the Southeastern Region! I hope that everyone had outstanding PATS and NATA conferences this year.

PATS members were among the over 400 ATs that went to Capitol Hill Day during NATA this past June. AJ Duffy, John Moyer, & Scott Heinerichs met with Ryan Costello during Capitol Hill Day. Casey Maxwell and Ryan Wantz met with Congressman Fitzpatrick. At the meeting, he agreed to co-sponsor HRes 112 (Secondary School Student-Athlete's Bill of Rights) and HR 921 (Sports Medicine Licensure Clarity Act). Many PATS members shared their expertise and presented at the conferences this year (too many to list).



Tara Soprano (Rothman Institute) did such a great job with the NATA careers workshop Athletic Trainers in a Physician Practice that she was recently asked to co-chair the NATA Committee on Practice Advancement (COPA) physician practice group.

Special kudos to those that received awards this year during the conferences this year.

Dr. Scott Heinerichs (West Chester University) received a PATS Service Award this year

Beth Ward & Emily Bradley (West Chester University graduate students) along with Kelsey Rynkiewicz (King's College) were awarded NATA Foundation Scholarships

Nahmir Hack (Temple University) was awarded the Tanya Dargusch Leadership in Community Service Scholarship at the NATA District 2 meeting

Dr. Tracy Covassin (Temple University Alum) was awarded an NATA Fellows award

Congratulations to all of these deserving individuals! Please consider nominating a fellow colleague next year!



A special thank you to the ATs who are spending time volunteering their services for the Olympics and Paralympics this summer. Dawn Gulick is working with the Paralympics this summer.

Please feel free to reach out to me anytime with any news, questions, or comments at [southeast@gopats.org](mailto:southeast@gopats.org).

## Southwest Region

Shelly DiCesaro, PhD, LAT, ATC

Warm summer greetings to the Southwest region! I hope this newsletter finds you well and enjoying the summer months. It was wonderful seeing so many SW members in Baltimore at the annual NATA convention! This year's convention was attended in record numbers with Pennsylvania representing strong! A highlight of the week was the National quiz bowl. The D2 team consisted of the top three District bowl winners Boston, including the 2016 D2 Champion, Dillon Gorby of California University of Pennsylvania. The D2 team had an exceptional showing and took 1<sup>st</sup> runner-up! The team was awarded a \$500 prize to split between their respective AT clubs as well as personal trophy's for the team members to keep.



Plans for the 2017 meeting are well underway for Houston which I realize is quite a hike for some of us...so perhaps this is your year to attend the EATA Convention?! Mark your calendars for January 6-9, 2017 as the EATA meeting returns to Philadelphia and the Loews Hotel! Hard to believe but “back-to-school” flyers and displays are starting to pop up in the stores and before we know it we will be hearing the roar of school buses coming down the street.

The fall months will be bringing us several exciting opportunities for AT’s. Plans are underway for our fall Southwest meeting, keep a look-out for details in your inbox for a meeting in late October or early November. Venue is still being determined and I welcome ideas and suggestions from our members regarding speakers and topics. Save the date for October 20<sup>th</sup> where the California University of Pennsylvania Noss Lecture series will welcome local author Jeanne Marie Laskas, for a conversational presentation on her journey writing the book “Concussion” to highlight Dr. Bennet Omalu’s experiences researching CTE and with the NFL. Jenne Marie is an exceptional storyteller and the evening promises to be educational and entertaining. As always, please reach out to myself or your county delegate with any questions, thoughts, ideas or concerns you may have pertaining to athletic training in our region.

## COMMITTEE REPORTS

### Hall of Fame

The Hall of Fame Committee (HOF) would like you to consider nominating someone you believe meets the criteria for induction. Criteria for the HOF can be found through this [link](#).

### College/University

The College/University Committee had a great breakout session at PATS Symposium which featured an update from NATA District 6 Director Kathy Dieringer on the Value Model. The committee will be looking to pilot cost analyses and value modeling at a few schools and is looking for volunteers interested in helping with this. It has been a pleasure to serve on this committee, but I am stepping down due to my recent election to the executive board. Thank you to Gary, Andrew, Katie, & Pam for their hard work. There will be a new committee chair in place this summer and the committee will continue their great work.

## CALENDAR OF EVENTS

Event	Date/ Time	Location	Contact
4 <sup>th</sup> Annual Central PA Sports Medicine Symposium	August 3, 2016 7:00 am – 4:00 pm	Hershey Lodge 325 University Drive Hershey, PA 17033	Register <a href="#">here</a>
California University of PA Noss Lecture Series with Jeanne Marie Laskas	October 20, 2016 Time TBD	California University of PA	Shelly DiCesaro at <a href="mailto:dicesaro@calu.edu">dicesaro@calu.edu</a>
2017 EATA Convention	January 6-9, 2017	Loews Philadelphia Hotel Philadelphia, PA	More information found <a href="#">here</a>