

**Emily Young
WellSpan Health
York, Pennsylvania**



Hello my name is Emily Young and I am running for the South Central Region representative for the PATS Executive Board. I would first like to thank Julie Emrhein for my nomination. Julie is not only a pioneer for females in athletic training but also a close friend, mentor and inspiration to me. I am humbled by her nomination.

I am a proud Lock Haven University graduate. From 2007-2011 I worked on my Bachelors of Health Science in Athletic Training. The four years I spent at Lock Haven shaped me not only as a professional individual but also as a young woman. I was privileged to represent PATS as a student at the I-Lead conference in Washington, DC (2011). If there was one take away I could speak to from my time at Lock Haven, it is “Get Involved!” I took this to heart and got involved in PATS as soon as I could, my first involvement in PATS occurred while I was still a student at Lock Haven. I became a committee member for the PATS Student Symposium held at Lock Haven University (2008). I greatly enjoyed my experience with the convention and felt inspired to become more involved. I volunteered shortly thereafter to serve on the PATS Convention committee (2009-2014). During this time, I learned a great deal about our society and its vision and mission. I also networked with a wide array of healthcare professionals, learned about the various opportunities there was/is to get involved at the state, district and national level, watched many of my mentors receive well deserved rewards and most importantly built lasting friendships. I continued my involvement in PATS by joining the Corporate Sponsorship Committee (2011-2012). I continued to advocate for the profession by participating in several Hike to the Hill Athletic Training Campaigns (2009-2011). I have been an active member of PATS and NATA since 2008. In 2011, I then pursued my graduate degree from California University of Pennsylvania in Exercise Science and Health Promotion. With completion of this degree I also earned my Performance Exercise Specialist (PES) and Corrective Exercise Specialist (CES) certifications. In my current position at WellSpan Health, I serve on a variety of WellSpan Sports Medicine committees including our Sports Medicine Strategic Planning Committee and the Sports Medicine Marketing and Outreach Committee. I also have been involved in my church, volunteering as a leader for our teenage girl’s youth ministry and K-5 Sunday morning children’s ministry.

At home I am blessed to have a loving husband, Alec and son, Rowan who is 7 months old. Alec is also a proud Lock Haven graduate. I also have two adorable dogs, Miley the beagle and Gauge the yellow lab. Track and field has always been a

passion of mine, specifically pole-vault. I competed as an athlete at Lock Haven and have spent the past 6 years as a volunteer pole vault coach. In my free time, I enjoy taking in the simple things in life. Going for a run along an old dirt road or spending time watching my son giggle as our yellow lab, Gauge, licks his cheek. My friends may describe me as loyal, compassionate, detail orientated and goal driven.

If elected to this position, I hope to connect the South Central Region of Pennsylvania. My goal will be to unite the various organizations across our region, working to put aside our differences. This goal parallels the current agenda of PATS.

I grew up in the South Central Region and have since returned to the region. I am a Dallastown alumni, which is where many of my initial interactions with the profession started. While at Dallastown I was involved in a variety of activities including track and field, cheerleading, church and an internship with our athletic director. I quickly formed many relationships with a variety of professionals in the community, many of which I continue to hold today. Professionally, I have been employed as Head Athletic Trainer at Red Lion Area High School, as well as worked in the office setting at Orthopedic Associates of Lancaster. Currently I work full time in the orthopedic clinic at WellSpan Health as well as provide “as needed” medical coverage at a variety of sports events. I have made many friends and personal connections with athletic trainers, physicians and other healthcare individuals from whom I have gained great perspective toward our area’s needs while holding these positions. I also believe I have gained perspective from two very different roles in athletic training, the traditional field and the emerging office setting. From my experiences, I feel I will be able to speak to these different perspectives and bring unity to the region. I believe we are all working on one objective, as the NATA currently describes, “Your protection is our priority.” However, we are doing this on a very individual basis in our individual organizations. At some point, we will need to be able to “professionally connect” and build a strong athletic training community in our South Central Region, working as one.

Thank you for your time and consideration.