



My name is Heather Kinney and I am the chair of the Quarterly News committee. I am employed through the University of Pittsburgh Medical Center (UPMC) in Pittsburgh, PA and currently work in the doctor's office as well as at Keystone Oaks High School and Middle School. My background in athletic training started my sophomore year in high school when I took a sports medicine class taught by my high school athletic trainer. I then did an internship with him during my junior year and then completed an internship my senior year at Mount St. Mary's University in Emmitsburg, MD. I went to California University of Pennsylvania for my undergraduate and graduate degrees and then began my employment with UPMC.

I am also the editor of the "Watercooler", an internal newsletter for the 100+ athletic training staff members at UPMC. For this reason, I was approached by a co-worker asking if I would be interested in being the chair of the Quarterly News committee. I had always wanted to get involved with PATS but was never really sure how to or what I wanted to do that didn't require a lot of my time. I am a new mother and I was nervous about the time commitment the committee was going to need from me but I am glad I took on the role. I always enjoyed doing our staff newsletter because it was a great way for me to get to know my own co-workers better. By being the chair of this committee, I have exposed myself to many athletic trainers in the state and I seem to have built relationships with people without even meeting them.

I have a wonderful committee and we have split the duties evenly which has decreased the time it takes for me to complete an edition. The first edition I completed, did take a lot of my time but we have worked out many of the problems. My committee actually collects a large part of the information and then sends me their section. I take all of the sections I receive, organize them into one document, send it to my committee for review, sent it to the board for review and then it gets sent to all the PATS members. We do this four times a year. So far, the committee has not caused me to miss out on any family or work events and I can do all of my work from home if I had to. Being an active part of PATS has aloud me to feel like I am truly giving back to the society and the profession I care so much about. I am honored to be a committee chair and I take great pride in what I have done. Overall, in my short few months as committee chair, this position has been a very rewarding role for me.