



My name is Lindsey McGuire and I am currently a doctoral candidate and teaching assistant in Kinesiology at Temple University.

I completed my Bachelor of Science degree in Health Science/Athletic Training at Lock Haven University, followed by my Master of Science degrees in Athletic Training and Sport Management. Athletic Training became a focus for me during my freshman year at LHU. I began my focus in AT education while in graduate school at ESU.

The motivation that I had to become involved with PATS began as an undergraduate student when I attended both PATS and EATA conferences. Additionally, my mentor, Yvette Ingram, was always pushing her students to get involved early on, attend conferences, and network with other professionals in our field. It was because of Yvette's mentorship that I came to realize how important getting involved in the profession was, and saw how much being involved could help propel not only my career, but our profession, forward.

During his PATS Presidency, Greg Janik came to me with the idea of starting a Technology Committee, as we had worked together creating the EATA Student Quiz Bowls. With his help, and never even being on a committee before, I accepted the challenge as the new committee chair and we created the PATS Technology Committee. Currently, I am the Co-chair of the Technology Committee with Jesse Townsend. Our committee's responsibilities and role has expanded over the past couple of years, and as I am a fulltime doctoral student, Jesse was able to jump right into the dual position with me and help with the increased involvement.

As a chair of a committee, you have a bit more responsibility as you are coordinating meetings, and act as a liaison between the committee and an assigned member of the board of directors. However, delegation is key, and having enough people on the committee allows for an easy flow of completing tasks. For the Technology committee, we oversee the PATS social media outlets including Facebook and Twitter. There are constantly incoming articles, events, and information that are uploaded for our membership and others on the PATS social media sites to receive. We try to split the time between Jesse and I, while delegating other tasks as well to committee members. I am also the technology member for the PATS Student Quiz Bowl which can be very time-consuming to create, but if you have ever attended one of the Quiz Bowls, hopefully you have seen how worthwhile this event is in the end! I am currently looking for an interested PATS member in learning the technology ropes for creating this event should I ever have to pass down the reigns!

I am also a committee member of the Governmental Affairs Committee. I had attended the Hike to Harrisburg event for a few years and was very interested in getting involved with passing our licensure legislation. I spoke with George Roberts who is extremely involved in his aspect of PATS, and he suggested I get involved with the GAC committee. "The rest is history" as we are now licensed in the Commonwealth of Pennsylvania and the committee continues to discuss various different proposed bills that may affect our profession and ATs in Pennsylvania.

I would never say that volunteering and being a part of PATS ever “interferes” with my everyday life and career. The benefits far outweigh the time that is put in. Whether it has been meeting new colleagues and friends, making connections for potential future jobs and research, building my resume, and most importantly actually being front and center for making changes for athletic trainers in PA and for the profession, becoming involved in PATS has undoubtedly become one of the best professional decisions I have made in my career thus far.