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I became interested in athletic training while in high school getting to know my Athletic Trainer and that took me on my adventure to becoming one. Due to financial limitations, I was unable to travel farther than my backyard for college. Lucky for me, I ended up at Shippensburg University with a phenomenal mentor, Steve Heckler, who was able to lead me towards a career in athletic training through an internship route. I went to West Chester University's internship student summer program to advance my education to be able to sit for my certification exam. After undergrad, I was an intern athletic trainer at Susquehanna University for a year and then went on to graduate school at Bloomsburg University. At Bloomsburg I was able to work as the Head Athletic Trainer at two local high schools as well as the university. After graduate school, I became employed at Elizabethtown College and worked my way up from Assistant to Head and left that position after 12 years of service. I am now a new employee of my alma mater, Shippensburg University, and looking forward to the next phase of my career.

As an undergraduate, I was heavily involved with PATS because of my mentor. Steve was the president-elect and president while I was an undergraduate. After getting to Elizabethtown College, I decided it was time to get back involved in, my opinion, the best state society in the nation. I already knew that PATS did a lot to help all of the athletic trainers in PA, but until I really became involved, I didn't realize just how much a few help the masses.

I held the position of South Central Representative for the Executive Board for two terms and during the end of my second term became a member of the Governmental Affairs Committee (GAC). After my second term ended, I was able to become the chair of the GAC and have remained in that position. It has been extremely rewarding to not only realize and help PATS better our profession, such as being involved in getting our licensure bills passed, but also to be able to create lasting connections with other athletic trainers in PA and in other states.

The amount of time that is put in to different positions in PATS depends on the committee or board and the responsibilities of each. Everyone understands that your primary job comes first and that we are all volunteers. I believe even the heavily involved positions have their hectic times and their down times. Time management really makes the involvement less overwhelming.

Currently my responsibilities are to connect with my committee on monitoring legislation that is coming out of Harrisburg and Washington and their possible effects on ATs in the Commonwealth. I also attend Board meetings for the State Board of Medicine and the Traumatic Brain Injury Advisory Board as well as any other meetings that may come up that PATS should be represented. I am also the liaison for the PA Medical and Osteopathic Societies.

Overall, the PATS responsibilities do not affect my daily work responsibilities. I have been fortunate to be able to make my monthly meetings around my work schedule and I foresee this being even easier in my new position. The paper-work emails and phone calls are all manageable and I have tried to

streamline my activities so that I can do my position with PATS more efficiently. Overall, I will never regret my decision to become involved and can say that it has made me a better professional.