



My name is Jody Russell. I am an associate professor, assistant athletic trainer, and Clinical Coordinator at Lock Haven University.

I received my Bachelors degree in Physical Education with a concentration in Athletic Training and K-12 P.E. from Salisbury University in Salisbury, MD. I immediately continued my education at Valdosta State University in Valdosta, GA. While at Valdosta I was an athletic training graduate assistant and received my Masters in Education. A few years later I started and completed my PhD in Kinesiology at Penn State University.

When I started at Lock Haven University in 2004 my office was across the hall from now PATS President, Yvette Ingram. She approached me about becoming involved in PATS, specifically as the Banquet Coordinator on the PATS Convention Committee. That was the start of my service to PATS. I held this position for a few years before becoming Co-Education Coordinator on the Convention Committee. While serving in this capacity in 2009 there was an opening for PATS Secretary and I asked some of my peers if I should run for this office. They advised me that I had nothing to lose so I ran...and won the election. I am currently serving the last year of my 2nd term as secretary.

The length of the secretary's term was changed from 2 years to 3 years while I was in office. The change in term assists with the learning curve, as it truly takes about a year before you get into the swing of this position. The time commitment involved in this position is primarily focused on the time incurred monthly during our Executive Board conference calls, which last no longer than 1.5 hours, or face-to-face meetings. We meet 4 times a year for face-to-face meetings; March/April at the Student Symposium, May/June at the Annual Meeting & Clinical Symposium, July for a Strategic Planning and Budget Retreat, and in December – just because we miss seeing each others' faces. Other time commitments are needed of the secretary due to some of the additional responsibilities for this position. Some of the specific duties of the secretary include keeping minutes at all meetings, making sure these minutes get posted on the PATS website, sending and collecting charge reports from the various PATS committees, and making reservations, food arrangements, etc. for the face-to-face meetings. As seen in the other positions on the Executive Board, we are responsible for being active and staying abreast on legislative efforts, serving as liaisons to our PATS committees and assisting them in any way we can, staying in daily communication with the members of the EB via email, positively marketing and promoting our society and profession, and most importantly listening to the needs of our membership.

There is a time commitment to this position, but the service you are giving to the Society and the State of PA is well worth the time involved. The position of Secretary will be up for election in the Spring. If you are contemplating whether to run or not, please feel free to contact me.