My name is Guy Sanchioli and I am a staff member of UPMC Sports Medicine. I currently work at Keystone Oaks High School in Pittsburgh, PA. I had my introduction to athletic training as a high school freshman. My school did not have an AT, but one of my coaches introduced me to a local ATC, Frank Stencil, who taught a Community College course, which I took, and my interest grew from there.

I attended Mount Union College in Alliance OH, and Penn State. My curriculum director in college, Dan Gorman preached involvement in the profession. He would take us to state and district symposia each year so that we would learn to network with other students and professionals, and understand the importance of active membership. When I returned to Pennsylvania, becoming involved in PATS was automatic. I began as a member of the Clinical Committee. Later, Paula Turocy asked if I would be interested in being the PATS Liaison to the PTA. I am now the PTA Committee Chair, and I was elected as SW Representative in 2009.

In each case, volunteering to serve with PATS in this way has given me the opportunity to gain new skills by 'stepping out of my comfort zone,' building relationships and working with other ATs that I wouldn't otherwise get to know, and hopefully having fun along the way. The perspective gained from working with others, in different locations and settings is invaluable. Working with the PTA as the committee chair and having the opportunity to educate young student athletes, their parents and coaches has been a rewarding experience. As Southwest Representative, working with other professionals with similar goals, and different perspectives is both challenging and gratifying.

There is a time commitment to all that we do. All PATS volunteers feel the stresses at times, like with all of our jobs. You may see your volunteerism differently if you consider it, not so much a time commitment, but an opportunity to grow as a professional. You may commit as much time to it as you wish, but the greater your commitment, the greater your return.