

February 2017

President's Message



Guy Sanchioli,
MS, LAT, ATC, PES

January was National Mentoring Month. A portion of the proclamation reads: "Nobody succeeds on their own: each young person's strength and resilience is fostered by those who have taught them they can do anything they put their mind to. Whether helping mentees study for a test, learn a new skill, or lift their heads up after a setback, mentors provide them the chance they need to move forward and set their sights even higher. And in helping mentees achieve their goals, mentors can inspire them to reach back and provide the same support to someone else in need of a mentor."

Around this time a couple years ago I received an e-mail from a clinical student that I remember fondly. She thanked me for the time we spent in clinical, and what she was able to gain from our time together. She reminisced about some of the funny things that happened and it was great to hear that she valued what I had to offer. I've been a preceptor for over 20 years and it is always good to hear from former students. I had the opportunity to visit with several former students earlier this month at EATA and it is always great to see their energy and enthusiasm.

As a student, I always felt that the clinical site versus the classroom setting gave me the chance to relax and have fun with athletic training and apply the material in a 'real-life' environment. As a preceptor, I see the clinical setting as a great opportunity to teach more than what appears in a text: Communication, Professionalism, Ethics, Community Service, and most importantly 'tricks-of-the-trade' that make up the 'Art' of athletic training. This is why I always try to tell the students to take one piece of advice, one idea, or one skill from each of the preceptors they meet. Make those skills your own. That is a way to honor the profession and the professionals you meet along the way.

Our profession is still unique where many athletic trainers don't have a work setting with all the 'bells and whistles.' We have to use our heads, invent and be creative in a lot of areas. The skills we learn from our mentors are what give us the ability to be great. This is what makes athletic training fun for me.

Thinking about this makes me recall the students that I have met along the way, but I also think about the mentors that have touched me throughout my professional career. Think back on your careers and all the people that have made an impact on you personally and professionally. If you haven't already, please take the time to reconnect with your mentors and thank them while you have the chance, you won't regret it.

Thank you for taking the time to read the Quarterly News and enjoy reading about the great things that are happening in Pennsylvania.

Guy Sanchioli, MS, LAT, ATC, PES

Contact Us

www.gopats.org

Our Mission

The mission of the Pennsylvania Athletic Trainers' Society is to:

- P** Promote the profession of athletic training through public awareness and education.
- A** Advocate the athletic trainer as recognized health care providers through continual legislative pursuits and stakeholder relationship.
- T** Transact business on behalf of the Society's membership in a prudent, effective, and collaborative manner.
- S** Serve the membership by providing educational, research, scholarship, leadership, and networking opportunities.

THIS ISSUE

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- Student Spotlights
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- Announcements from EATA
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- World Diabetes Day
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Treasurer's Report

Jamie Mansell, PATS Treasurer

	Feb. 6, 2017
Total Checking	\$85,147.78
Total Scholarship	\$170,848.30
Total Research	\$92,863.71

TOTAL \$360,717.49

*These reports are according to the Wells Fargo banking account.

STUDENT SECTION

King's College Athletic Training Program Students shine at the 2017 EATA Annual Meeting and Clinical Symposium

Greg Janik of Kings College

Senior David Hicks took 2nd place at the EATA Student Quiz Bowl for District 2. The Quiz Bowl was held on Friday, January 6th. David competed against 15 other students schools in the NATA District 2 which encompasses Delaware, New Jersey, New York, and Pennsylvania. By winning the District 2 Quiz Bowl, David will represent District 2 at the NATA Quiz Bowl in Houston, TX this summer.



Also, senior Andres Armstrong was a free communication poster finalist and presented his research poster on Saturday, January 7th titled SPINAL CORD CONTUSION AT THE THORACOLUMBAR REGION IN A 20 YR OLD MALE COLLEGIATE SWIMMER. His poster was selected as a finalist (top 3) from over 50 other poster presenters.

ESU Student Received Scholarship



Branden Green, East Stroudsburg University student, received the District 2 Paula Turocy Scholarship. Branden was awarded his scholarship at the EATA Annual Meeting. Congratulations!

ESU Athletic Training Student Club Walked for Sexual Assault Awareness

Gerard Rozea, ESU Program Director

The East Stroudsburg University Athletic Training Student Club participated in a campus wide sexual assault walk to increase awareness and take a stand against sexual assault on college campuses. The walk also brought light to the amount of effort that the Title IX committee puts in to keep college campuses safe and create a welcoming environment to those that have ever gone through such a traumatic experience. Students were very motivated to do this and believe that no voice should go unheard.



STUDENT SPOTLIGHTS

Danielle LaPergola of Neumann University

Clinical Rotations: Disney/ ESPN Wide World of Sports, Villanova University, Williamson College of the Trades, Immaculata University, Sun Valley High School and Malvern Preparatory School

Certifications and Credentials: American Red Cross CPR and First Aid for the Professional Rescuer



Why did you want to pursue a career in athletic training?

Growing up my interests included sports, being healthy and helping others. While I was in middle school, I thought I wanted to be a personal trainer. During high school, I originally thought I wanted to become a physical therapist, but, after sustaining an injury I learned what an athletic trainer was and knew that was what I wanted to do. I realized that an athletic trainer didn't just tape ankles and give you ice bags. An athletic trainer is a person who is always there for you, whether it is for an injury or just someone to talk to. From that point on, I knew I wanted to be an athletic trainer and spend my time helping others.

Where do you hope to see athletic training in 10 years?

In 10 years I hope to see athletic training appreciated by everyone, everywhere. Currently, our profession is young and still growing. We need to make sure we are advocating and teaching others more about what an athletic trainer is. People today are still unaware of what certified athletic trainers do and the intense program of study they are required to complete before they can become certified. I hope during my time as an athletic trainer I can help educate others about this profession and watch it continue to move in a positive direction.

What are your career goals?

Shortly after becoming a certified athletic trainer I would like to earn my master's degree. I hope to publish research pertaining to injury prevention while working as a graduate assistant. After graduate school, I would like to work with Division I athletics and eventually transition to the high school setting, as I get older. I would also love to work with Team USA athletes at one of the Olympic training centers and at the actual Olympics.

What do you hope to bring to the field of athletic training that may be unique or help improve the field?

I would like to bring more awareness and prevention of injuries to the field of athletic training. By the end of my career, I want to have helped to make athletic trainer a common household name. I want everyone to know what an athletic trainer is, what we do, and the importance of our profession.

Being a leader and advocate for student athlete health services can be rewarding and challenging, how would you describe your leadership style?

I would describe my leadership style as a democratic. While leading a group, such as the athletic training club, I always ask my peers for their thoughts about the various service activities, fundraisers, and trips we plan to help increase our own knowledge and promote the profession of athletic training. My high school crew coach once told us "teamwork makes the dream work" and I firmly believe that. You can accomplish more with a group of people working together rather than one person working alone.



What are your interests outside of athletic training?

Outside of athletic training, I like to spend my time on the lake, with my family and friends, waterskiing, wakeboarding, and barefooting. I also enjoy crossing tasks off my bucket list such as running a marathon and skydiving.

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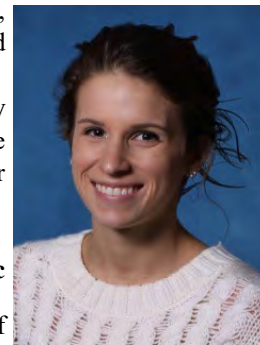
Update Your Information

If you are a PATS member and not receiving this newsletter electronically.....we need your help. We have taken great strides in the development of our Society's Electronic Newsletter. It saves money and time and provides valuable information. Please go to the NATA website "[Members Only](#)" section and update your email address. Please be assured your information will not be released. It will be used for PATS/ NATA membership communication only.

Alicia Ferrara of University of Pittsburgh

Clinical Rotations: Robert Morris University ice hockey, University of Pittsburgh Women's soccer, Oakland Catholic High School, University of Pittsburgh Football

Certifications and Credentials: NREMT (Emergency Medical Technician– National Certification), Basic Life Support (American Red Cross), two year student member of the NATA, EATA and PATS



Why did you want to pursue a career in athletic training?

Ever since I was a kid, I have always had huge dreams of making an impact or changing lives. Growing up as an only child, I used sports as a stress reliever and as a way to channel all of my negative energy into something positive and into something I could really excel at. When I quit sports to focus on school it was hard to let go but it was also easy because I found something that I was equally, if not more, passionate about. I quickly learned that with athletic training I could stay involved with sports and be a part of a team but also help make an impact. I think that the fact that I depended on sports so heavily helps me empathize with an injured athlete in the sense that I know what it is like to temporarily lose that stress reliever and feel like there is no out and that is where I step in as an athletic trainer. As a part of the sports medicine team, I can put myself in their shoes and make an impact in not only their physical health but also, with the help of my team, their emotional and mental health.

Where do you hope to see athletic training in 10 years?

I have no doubt that in 10 years athletic training will be one of the most successful careers that a person can pursue. I hope to see more athletic trainers breaking barriers on every level including professional, collegiate, and high school. I believe the research that has been done in areas such as but not limited to concussions and youth sports safety has really given us the information we, as athletic trainers, need to not only protect our current and future athletes but I also think it has given coaches, parents, and other outside people a chance to help make an impact as well.

What are your career goals?

I see myself working at a high school. I love the high school setting especially because I believe that high school is a crucial time in a teenager/young adult's life. I see myself really making an impact on them and I am really interested in helping them any way that I can. I know when I was younger I looked up to the adults around me and picked up on what they were doing, how they acted, and way that they helped the people around them. I not only want to be whom they can look up to but I also want whoever I am helping to know that I am there to protect their safety, manage their injury, or help them rehab back to the point where they can get back onto the field. I want to be a successful athletic trainer but I also want to be a successful role model. Further on down the road I can also see myself getting my doctorate and going back to teach the future athletic trainers and be a successful mentor, just as my mentors and professors were to me.

What do you hope to bring to the field of athletic training that may be unique or help improve the field?

An area that is new to many people is mental health. I think in today's society the stigma associated with mental health is declining and I want to be able to work with that. That is always one area that I have always been interested in and an area that I believe many people are afraid to explore because they don't completely understand it. Which is okay. One of the main reasons people invest time and money into research is because they don't fully understand the concept of something so they work until they do. I want to work with athletes not only on their physical health but I also want to be able take preventative measures when it comes to mental health and help them with whatever they are dealing with. This is something that I want to spread nationwide and something that I want to see in youth sports as well.

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Being a leader and advocate for student athlete health services can be rewarding and challenging, how would you describe your leadership style?

I try to lead by example that I set. I am more of a visual learner so I always picked up on what my mentors were doing by watching them do it. When I visualize what I need to learn, I retain it better, so that is how I try to be an effective leader. I try to tailor how I am teaching or how I am leading to who my peers are and what works best for them because I know that not everyone always learns or does things the same way. I also always emphasize that it is okay to make mistakes because that is how we learn. I love answering questions and teaching what I know because when I am able to do that, I am still able to help someone with a problem that they have which is something that I love doing regardless of what setting it is in. While leading by example I believe I can teach things that can be taught hands on like how to do an evaluation, how to use a modality, or how to tape but I also believe that I can demonstrate things like dependability, efficiency, and confidence.

What are your interests outside of athletic training?

I enjoy staying active and getting outdoors whenever I can. I love running, swimming, biking, and I still play volleyball whenever I get the chance. I have also grown really close to my family over the past few years so whenever I get the chance I love to go and spend time with my parents. One of my favorite things to is traveling. I enjoy seeing different parts of the world and experiencing the culture and how different some people live than how I do. I also try to take away a different lesson from each of the places I have been. After seeing some poverty stricken places like Haiti or Jamaica, I have learned to really appreciate everything that I have in my life and to not take anything for granted. All of the places that I have seen has really opened up my eyes to all of the opportunities the world holds for each of us.

EXECUTIVE BOARD ANNOUNCEMENTS

County Medical Societies will assist with ConcussionWise Training

Guy Sanchioli, PATS President

In January PATS met with the Executive Director, Asst. Ex Dir, President, and Past President of the Allegheny Co Medical Society to help foster a relationship at the county level to provide ConcussionWise training. This initiative, which is part of the Dept. of Health Grant, will become state wide with counties looking towards PATS to partner in presenting Concussion Wise training in each county. The local Medical Societies may have a stronger connection with the physicians in their areas. The specific goal of this meeting was to increase awareness of the ConcussionWise™ DR program.

ConcussionWise™ DR, is an education initiative to ensure that physicians across the Commonwealth are knowledgeable on the topic of TBI and are trained in current peer-reviewed research about the management of concussions, and where to find TBI resources in Pennsylvania. Continuing Medical Education (CMEs) units are provided to physicians who take the course as well as a “Recognition Database” that is searchable to the public in order to find a local physician trained in the most up-to-date training in the evaluation and management of concussions.

PATS and its relationship with the medical societies will hopefully lead to the sharing of resources so that concussion education will be more readily available to parents, coaches, athletes, and physicians. Our goal is to reach out to the local and regional medical societies and offer the same opportunity.

If your school or team physician is part of your respective county’s medical society please let PATS know through your Delegate, Representative, or Executive Board member. With these relationships we hope to continue to move this initiative forward.

County Health Departments Reach out to PATS for Community Education

Roxanna Larson, PATS Secretary

As the winter sports seasons are under way; concussions are still on the minds of those that are associated with athletics. Whether you are a parent, athlete, coach, administrator, or health professional; when you think sports you think concussions, knee injuries, ankle injuries, etc. As our social media has begun to highlight the importance of concussion education our local community leaders are realizing the important role they have in being a source of concussion education. Recently; PATS was contacted by Allegheny County, Chester County, Erie County, Allentown County, Wilkes-Barre City, and York County health departments to collaborate regarding concussion education to their communities through a grant from the state department of health. This is an excellent opportunity for athletic trainers to create a community tie within the community they work and live. The opportunity to work with community leaders in educating not only the athletes but all those living in the community regarding concussions; what is a concussion, symptoms, risks, etc. PATS will take an active role with the county departments of health that receive the grant and provide ConcussionWise live presentations to the community. Stay tuned for more information regarding the exact counties we will be collaborating with to provide the live sessions.

PATS Planning to Host Concussion Education Presentations in the 12 Pennsylvania Interscholastic Athletic Association (PIAA) Districts

John (Doc) Moyer, PATS Past President

The PATS is presently in the third year of a four year grant provided by the Health Resources and Services Administration (HRSA) through the Pennsylvania Department of Health (DOH). The objectives of the grant are to (1) Increase Traumatic Brain Injury (TBI) knowledge in the athletic community particularly in programs serving young children involved in youth sports; (2) Increase appropriate referrals for young athletes who have sustained a brain injury; (3) Increase the knowledge of the medical community, specifically primary care physicians, medical home providers, physician assistants, school nurses and emergency room physicians, about TBI and available TBI resources in PA; (4) Allow PATS and athletic trainers to educate the Commonwealth about the importance of providing athletic training services to every level of the physically active, and enhance our relationship with our physicians.

The primary goal of year three of the DOH Grant, is for PATS to host **at least one** concussion education presentation in all 12 PIAA Districts from March through May. These presentations are to be hosted by one or more PATS ConcussionWise Instructors in collaboration with physicians in each PIAA District. The target audience will include coaches, parents and athletes involved in youth sports, other than secondary school participants, throughout each district. The collaborative presentation provided by athletic trainers and physicians will demonstrate the integral relationship that exists between athletic trainers and physicians to provide the most comprehensive healthcare to the physically active in the Commonwealth.

All PATS members are eligible to become PATS ConcussionWise Instructors. The cost of the ConcussionWise Instructor educational program will be absorbed by funding provided by the DOH Grant. For more information about this program, please contact PATS Secretary, Roxanna Larsen, at secretary@gopats.org



PATS Members Receive Recognition and Achievements at the 69th Annual Eastern Athletic Trainers' Association Convention

Ashley Care, PATS PR Committee Chair

The Eastern Athletic Trainers' Association (EATA) held its 69th Annual Conference in Philadelphia, PA on January 6th -9th. Attendees enjoyed educational programming, exhibits and professional networking. Many members of PATS were honored throughout the weekend convention.

Neil Curtis, EdD, LAT, ATC was elected into an Athletic Trainer Director-Elect position on the Board of Certification (BOC) Board of Directors. This Board of Directors is a nine-member group that governs the BOC. There are six athletic trainer directors, one physician director, one public director and one corporate/educational director. Curtis is currently an Associate Professor and Coordinator of Athletic Training Education within the department of sports medicine at West Chester University in West Chester, Pennsylvania.

John "Doc" Moyer, LAT, ATC, was appointed as the District 2 Representative to the National Athletic Trainers' Association (NATA) Secondary School Committee. In addition, Moyer was honored with two awards. The first award presented was the 2017 Gatorade Secondary School Athletic Trainer Award. This award recognizes a certified

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athletic trainer from each National Athletic Trainer Association (NATA) district who has made outstanding contributions in furthering his or her high school's athletic care program or the overall profession of secondary school athletic training. The second award presented to Moyer was the Henry Schein Award. This award recognizes a person who has made an outstanding contribution to the profession on the secondary or prep school level. Moyer is currently the PATS Past-President and the Head Athletic Trainer at Wilson High School in West Lawn, Pennsylvania where he has served for over 35 years.

Two members of PATS were announced as new leaders within the EATA. John Hauth, EdD, LAT, ATC becomes President-Elect of the EATA. Hauth has served on various committees within PATS, in addition to leadership roles on the Executive Board. Hauth has also served Pennsylvania as the Representative for the EATA and NATA. He is a member of the Pennsylvania Athletic Training Hall of Fame Class of 2009. Currently, Hauth serves as Senior Director of Sports Medicine Relations at St. Luke's Center for Sports Medicine in Bethlehem, Pennsylvania

Former PATS Treasurer, Dave Marchetti, MS, LAT, ATC, was announced as the EATA Treasurer. Marchetti currently is an Associate Clinical Professor and Athletic Trainer at Kings College in Wilkes Barre, Pennsylvania.

Steve Nemes, LAT, ATC was awarded the EATA Presidential Award. The EATA Presidential Award is presented to a person who shows unselfish and dedicated efforts which has advanced the EATA and the athletic training profession. Nemes has been the past recipient of a PATS Board of Directors' Service Award for his many years as a member, and later, was Co-Chair of the College/ University Athletic Trainers' Committee, Chair of the Ethics Committee, and Chair of the Nominations and Election Committee. He also served as the Eastern Representative on the PATS Board of Directors from 1986-1988 and is also a member of the Pennsylvania Athletic Training Hall of Fame Class of 2010. Nemes showed leadership within the EATA as a member of their Workshop Committee and has served as the Chair. Nemes is currently in his 32nd year as head athletic trainer at Muhlenberg College in Allentown, Pennsylvania.

Four PATS members were inducted in the Inaugural Class of the EATA '49 Club. This is the equivalent of the EATA Hall of Fame. Phil Donley, DPT, ATC has spent over 40 years evaluating, treating and rehabilitating athletic injuries for athletes at all levels of competition. He served on the faculty and as Head Athletic Trainer at West Chester University for 26 years. Donley's athletic training education program was not only the first in Pennsylvania, but was also the first co-ed program in the country. He was a pioneer in helping women enter the field of athletic training and hired the first full time female athletic trainer in 1966. In addition to being elected to the NATA Hall of Fame in 1991, Donley was awarded the NATA Distinguished Athletic Training Educator's Award. He is a member of the inaugural class (2000) of the Pennsylvania Athletic Training Hall of Fame.



Joe Godek, MS, ATC has had many accomplishments over the last four decades on the local, state, regional, national and international levels. The 1999 NATA Hall of Fame inductee was a charter member of PATS. He oversaw the drafting of the Commonwealth's initial athletic training legislation, served as liaison to the Pennsylvania Physical Therapy Association and sat on the Athletic Trainers' Advisory Committee. Godek has been EATA President and District II Director. While District II Director, he also served as Vice President of the NATA. Godek has received countless awards including but not limited to: inducted into the Legion of Honor of Four Chaplains, the EATA Cramer Award, the PATS Distinguished Service Award, and the NATA Most Distinguished Athletic Trainer Award. He was the head athletic trainer with West Chester University football for 28 years and currently owns and operates DevTay Enterprises in Kennett Square, Pennsylvania.

Joe Iezzi, MS, LAT, ATC has been an athletic trainer for over 30 years. He has been a leader within PATS, serving on the Board of Directors for eight years. During his tenure as PATS President, Iezzi introduced changes in the Pennsylvania Law and initiated the proposal to have athletic trainers licensed directly under the Medical Boards (MD and DO). Iezzi has served on the District II, EATA and NATA Executive Boards. In addition, Iezzi has received many awards including, the EATA Secondary School Athletic Trainer Award, the PATS Service Award, the NATA Most Distinguished Athletic Trainer Award and the Philadelphia Sports Medicine Congress "Ted Quedenfeld" Award, just to name a few. Iezzi is a member of the Pennsylvania Athletic Training Hall of Fame Class of 2007 and a member of the NATA Hall of Fame Class of 2009.

Paula Turocy, EdD, LAT, ATC has had an immeasurable impact on the profession of athletic training. Turocy is a former chair of the Commission of the Accreditation of the Allied Health Education Program Joint Review Committee on Athletic Training and a former chair of the Commission on Accreditation of Athletic Training Education. A recognized volunteer and activist at the local, state and national levels, Turocy contributed to the advancement of the

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regulatory status and licensure of athletic trainers in Pennsylvania. She has been a member of PATS since 1980, where she has served membership as President, President-Elect and Past-President, as well as Parliamentarian, a member of the Long Range Planning and Governmental Affairs Committee. Turocy was also a liaison to the Pennsylvania PTA and Safe Kids Programs. Turocy is a member of the Pennsylvania Athletic Training Hall of Fame Class of 2008 and the NATA Hall of Fame Class of 2014. She currently is serving as Interim Dean in the John G. Rangos, Sr. School of Health Sciences. Turocy is also the Director of the Duquesne University's Pre-Medical and Health Professions Programs and is a senior RSHS faculty member and Associate Professor in the Department of Athletic Training at the University.



Jim Thornton, MA, ATC, CES, PES had the honor of delivering the Pinky Newell Address. The presenter criteria include many of the attributes of “Pinky” but are also attributes of a role model athletic training professional to exhibit to others. Thornton has been a member of PATS since 1996, serving on the Long Range Planning and Finance Committee. He has also served as an Executive Board Member for the EATA and as NATA District II Secretary. Most notably, Thornton served as NATA President from 2012-2015, after serving as vice president from 2009-2012. He was named the 2007 PATS Service Award winner and the NATA Division II Athletic Trainer of the Year in 2008. In 2010 he was the recipient of Clarion University of Pennsylvania's Most Distinguished Volunteer Award. Thornton is a member of the Pennsylvania Athletic Training Hall of Fame Class of 2016. Jim Thornton currently is the Head Athletic Trainer at Clarion University and serves as the athletic training liaison to the NCAA Wrestling Rules Committee.

The Pennsylvania Athletic Trainers' Society (PATS) presents *Use Your Head: Properly Managing Sport Concussion on the Pennsylvania Cable Network* Ashley Care, PATS PR Committee Chair

The Pennsylvania Athletic Trainers' Society (PATS) aired a concussion education program through the Pennsylvania Cable Network (PCN) during the summer of 2016. The program was made possible by a Pennsylvania Department of Health Traumatic Brain Injury Implementation Grant provided by the United States Department of Health and Human Services Administration. The broadcast, *Use Your Head: Properly Managing Sport Concussion*, focused on several topics with personal interviews related to traumatic brain injury. PATS President, Guy Sanchoili MS, LAT, ATC, PES, narrated the broadcast, while Jamey Stewart, President of *Mega Media Factory*, produced and edited the broadcast.

The program included three interviews with student-athletes from the middle school, high school, and collegiate levels. These interviews provided crucial insight for the viewers. The student-athletes described how they became injured, what symptoms they experienced, to whom they reported their injury, and the time and effort of the recovery process. Next, the viewers were presented an interview with Dr. Jonathan French, PsyD from the University of Pittsburgh Medical Center's Sports Medicine Concussion Program. Dr. French, a neuropsychologist, was able to explain what a concussion is, how to recognize it, how to report it, and a brief overview of the recovery process. Return to play considerations were focused on by athletic trainer, Joe Gatti, LAT, ATC of Duquesne University. Lastly, Pennsylvania Representative Tim Briggs & Senator Pat Browne were interviewed. They discussed the importance of the Safety in Youth Sports Act, how they feel Pennsylvania has improved since its implementation, and the vital role Athletic Trainers play in youth sports.

The goal of *Use Your Head: Properly Managing Sport Concussion* was to educate the public about appropriate management of concussions and advocate for the importance of athletic trainers in all settings, specifically in the recognition and treatment of traumatic brain injuries. All schools and sports programs can apply the appropriate management of concussions and proper implementation of a concussion management program as presented in the PCN broadcast. To view the broadcast, please visit <https://pcntv.com/2016/05/16/pats/>

Pennsylvania Athletic Trainers' Society (PATS) takes part in annual World Diabetes Day at the State Capitol in Harrisburg Ashley Care, PATS PR Committee Chair

The Pennsylvania Athletic Trainers' Society (PATS) continues to be a presence in Harrisburg. November is Diabetes Awareness Month. PATS joined forces with other healthcare organizations to promote diabetes education at the World Diabetes Day observance on November 14th. The event, held at the State Capitol Rotunda in Harrisburg, featured a variety of speakers from around the Commonwealth of Pennsylvania. Speakers included Dr. Renu Joshi (Pinnacle Health), various local chefs, state representatives, and the keynote speaker, former Pittsburgh Steeler Kendall Simmons. Representative Donna Oberlander presented House Resolution 1072, that was signed by Governor Tom Wolf, naming November 14th, 2016 as the official World Diabetes Day in the Commonwealth of Pennsylvania. This year's theme was “Eyes on Diabetes” and the importance of screening.

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Pennsylvania Secretary of Health Dr. Karen Murphy stated “diabetes is one of the most common chronic illnesses in the state of Pennsylvania, affecting about one in ten people.” She then went on to explain why “proper screening and talking to your physician are vital to increasing your chances of staying healthy and avoid the dangerous health consequences of the disease.” Diabetes is a chronic disease that can occur in two forms. Type 1 diabetes occurs when the pancreas does not produce enough insulin. Type 2 diabetes occurs as a result of the body not using insulin properly.

Representatives from PATS, as well as athletic training students from Alvernia University, used the opportunity at the Capitol to discuss the athletic trainers’ role in the care and screening of diabetes. Athletic trainers (ATs) are often the most readily available healthcare providers in the athletic setting on a daily basis. ATs are trained to recognize and provide necessary care to those athletes affected by diabetes. ATs also play a pivotal role in the screening process during an athlete’s pre-participation examination and assist the diagnosed athlete with the daily maintenance of the disease.

One athlete that received care on a regular basis was the day’s keynote speaker and two-time Super Bowl Champion Pittsburgh Steeler, Kendall Simmons. Mr. Simmons spoke about how he managed the disease during his tenure in the NFL. In 2003, Simmons’ second year in the NFL, just before training camp, he started experiencing symptoms that made him feel uneasy on the field: blurry vision, weakness, extreme thirst. Simmons was diagnosed with type 1 diabetes. Kendall Simmons is a big supporter of athletic trainers. He briefly spoke about the role the Pittsburgh Steelers Athletic Training Staff played in the management of his disease. Simmons stated that he would check his blood glucose numbers on a regular basis with a monitoring unit in the locker room, and then again with another unit in the athletic training room. On game days, Simmons stated that during various TV timeouts or a stoppage in the game, there was constantly an athletic trainer checking his glucose levels and overseeing the approximately 8-10 shots per game. He expressed the importance of listening to his body.

REGIONAL RECAPS

North Central Regional Update Bill Frye, LAT, ATC, ITAT

Hello North Central Region. Out with 2016 and in with 2017. I prayed everyone had a great holiday season and happy new year. The North Central Region had a lot going on over the last few months.

I would like to congratulate Meredith Boucher on being selected as the new PATS Convention Committee Exhibitor Chair. Meredith is already gearing up for this year’s convention. I was blessed to have worked with Meredith in the past on different ventures and I know she will be great for that position.

The Twin Tiers Post-Concussion Support Group held at Guthrie Health in Sayre, PA has had 2 meetings in the past 2 months. The group, organized by Athens athletic trainer Steve Hicks, has been helping athletes and families cope with the many lifestyle changes that occur after sustaining a concussion. Keep up the good work Steve!

I want to personally recognize 2 athletic trainers in our region. Katie Bottorf and Jody Preische Russell. Katie Bottorf, athletic trainer at Loyalsock High School, receives congratulations for putting the necessary steps in place to help Loyalsock receive the NATA Safe School Sports Award. Not only did they win the award but the school received 1st place, all thanks to Katie’s hard work in helping keep the athletes at Loyalsock safe. Wahoo! Also congratulations to Jody Preische Russell, LHU AT faculty member, for being asked by the NCAA to make a speech and presentation in Nashville, TN at their Convention. Jody’s presentation was on “Concussions and the Importance of Classroom Protocols.” Thanks for representing “The Haven” and Pennsylvania.

March will be here soon and you all know what that means...Athletic Training Month!!!! Let me know what your school or university is doing to help celebrate and increase the awareness of athletic trainers to the community. I would love to share it with others in the region.

Lastly, I have 2 presenters locked in for the North Central Spring Meeting being held at Susquehanna Health/UPMC in Williamsport. More info to come soon but the date will be Thursday, March 23rd, 2017. Make sure you mark that date on your calendar.

I hope you all have a great end of the winter season and thank you once again for allowing me to help represent our great North Central Region of Pennsylvania.

Northwest Regional Update

Becky Mokris, D.Ed., LAT, ATC

As I write this I keep thinking about the exciting things that are going on in the Northwest Region and what is to come in the spring. June marks the time that PATS Annual Meeting & Clinical Symposium will be in Erie, PA! As a resident in the Northwest Region, I can tell you that we are so excited to host everyone in just a few short months. If you have any questions on the region or area, please do not hesitate to call or email me your questions!

Below are a just a few highlights of some great things that people are accomplishing around the region:

Ronald Demchak, LAT Head Athletic Trainer at Iroquois Jr/Sr high school was awarded the NATA Safe School Award, 2nd team for the 2016-2019 years. This is the first such award for Iroquois high school. Pictured to the right is Ronald and Iroquois Athletic Director, Julie Parker. Donald had this to say about receiving the award:

“I have a really great support system from my athletic director all the way up to the superintendent. When I approached them about applying for the reward they all recognized the importance of it as well as the positive impact it will have with the community and parents. This award means we as a school district are doing the right things to protect our student athletes. This award solidifies the fact that it was a great decision by the school board to add a full time athletic trainer. The parents in the community are extremely happy knowing their children are protected by a certified athletic trainer at all times. I think as time goes on I will gain the support to go for a first team award. The main reason I wasn't able to get it this year is the size of my athletic training facility just doesn't meet my every day needs during the fall and spring. The process was actually an easy one. Many of the things required for the award I had already set up over the course of my first year and a half here. The basic requirements for the award are things us as athletic trainers should already be doing.”

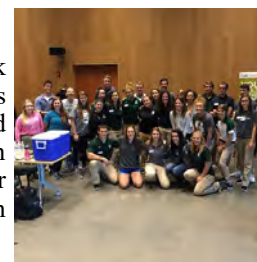


SRU Athletic Training Club Sponsors Blood Drive! Laura Swain Replenishment Blood Drive Sponsored by SRU Athletic Training Association

On Thursday, Nov. 3, 2016, the SRU Athletic Training Association sponsored a blood drive for Laura Swain. Laura is a 20-year-old student majoring in education at Mercyhurst University. Laura was recently diagnosed with Focal Segmental Glomerulosclerosis, an autoimmune disease that strictly attacks the kidneys. She is currently receiving treatment three times a week. One treatment she receives is called plasmapheresis, which she goes through 13 bags of blood each time.



Laura has a twin sister, Lindsey Swain, that attends Slippery Rock University and is a student in the Athletic Training Program. This blood drive was set up to help replenish the communities blood supply from which Laura has used during her treatments. Anyone can donate to Laura Swain with the Central Blood Bank at a donor center or mobile blood unit by entering her Z code (Z0020984) when registering to donate.



During Thursday's event, the blood drive registered 56 blood donors and collected 47 blood products. Another blood drive is scheduled on Nov. 15, 2016 at SRU; so far around 40 people have made appointments with Laura's Z code.

Southeastern Regional Update

Nicky Cattano, PhD, LAT, ATC

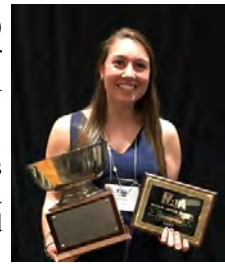
Greetings from the Southeast! Hopefully everyone had a fantastic holiday and EATA conference. It was an outstanding conference, with presenters our region including David Borchardt, Brian Cammarota, Sandra Fowkes Godek, Mark Miller, & Ryan Tierney.

Congratulations to all award winners at this recent EATA convention as well. Special congrats to our regional members Joe Iezzi, Phil Donley, & Joe Godek who are among those inducted into the EATA Hall of Fame'49 Club.

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Congratulations to West Chester University senior Devon Stroup (pictured left) who received an EATA scholarship. Kudos to West Chester University senior Lauren Sander (pictured right), who won District 2 quiz bowl at the EATA meeting. She will represent District 2 at the NATA quiz bowl in Houston.



The Immaculata University Athletic Training Program had a few fun highlights in addition to attending EATA. A few students volunteered at the Philadelphia Marathon. The program also hosted a networking event for athletic training and exercise sciences with guest speakers AJ Duffy, Joe Iezzi, and Dr. John Kelly.



Also – big congratulations on the 3 West Chester Area School District High Schools as they all were all named to the NATA Safe Sports School First Team. The head athletic trainers are Steve DePaol (Rustin), Mark Grothman (East), & Brad Treadway (Henderson). The Daily Local News also covered this well-deserved recognition <http://www.dailylocal.com/general-news/20161205/west-chester-high-schools-receive-national-athletic-trainers-association-award>. Keep up the great work!

Southwest Regional Recap Shelly DiCesaro, PhD, LAT, ATC, CSCS

Greetings Southwest members. I hope this recap finds you reflecting on some amazing holidays with family and friends, rested and ready to tackle 2017! The year is starting on a positive note in Fayette County and I would like to congratulate Mark Pohlot at Connellsville Area High School for receiving a Team 2 Safe Sports School award this month! Youth sports safety is on the forefront of athletes and the Safe Sports School Award recognizes secondary schools around the country that strive to create a safe environment for their athletes. Mark and Connellsville High School join other safe sport schools in the Southwest region including Westinghouse Academy, Carrick High School, Taylor Allderdice High School, Brashear High School, Garnet Valley High School, Obama Academy, Perry Traditional Academy, Avonworth, North Allegheny Senior High School, Gateway High School, and Keystone Oaks High School. Congratulations Mark and to ALL of the schools who have achieved this honor. If I missed you, I am truly sorry (please let me know!) and I will be sure to include you in the next recap, if you're thinking...Hm, I can do this! YES, YOU CAN!!! The PATS still has a limited number of grant opportunities available to SW secondary schools to aid in the Safe Sports Schools application fee. More information on the Safe Sports Schools can be found at: <https://www.nata.org/advocacy/youth-sports-safety/safe-sports-schools> and when you are ready to apply you can reach out to Wes Mallicone at southcentral@gopats.org for the details and application procedure. I hope that everyone in a secondary school setting will consider applying for this distinguishing award.

While we are in a celebratory mode...I would like to take a moment to also congratulate Paula Turocy, EdD, LAT, ATC on her induction into the EATA '49 club which recognizes outstanding members of our profession whose contributions to EATA have been "significant, substantial and long-standing since our inception in 1949". Dr. Turocy was also influential during the student track at EATA presenting a session on Women in Athletic Training followed by a Q&A roundtable (which also included Kathleen Nachazel of UPMC who had presented a session on Dance Medicine earlier in the morning). The session concluded with Dr. Turocy receiving the Jeffrey Stone Service Award, which recognizes "an individual who has dedicated their life to the service of students, the community, and our association, and represents the athletic training profession in a positive manner". Congratulations Paula on a VERY well deserved award!

As our calendars start to fill with Spring and Summer events, be sure to pencil in the PATS clinical symposium this June right in our backyard! Erie will play host to the 2017 symposium, the programming is shaping up nicely and registration will open soon. Can't make it that far? Check out the Allegheny Health Network 2017 Orthopedic Update April 7-9 at the Nemaocolin Conference Center in Farmington, PA. Allegheny Health Network has generously donated space to the PATS and we will be in attendance during the conference to help spread awareness of the society and offer our expertise, resources and support to the attendees. Thank you Craig Castor! More information about the update can be found at <http://cmetracker.net/AHN/Files/Brochures/25101.pdf>, we look forward to an amazing event in the mountains! Lastly, plans are underway for the Spring regional meeting and will be emailed to you soon. Plan on a March event in celebration of NAT month as we make "your protection our priority".

This quarter has been full of AT achievements and I am so proud to represent the SW region and our members. Please reach out to me or your county delegate at any time with news, updates, tidbits and concerns in our region. WE are stronger together...so let's focus this Spring on supporting each other and this incredible profession we call "work"!

Northeast Regional Update

Rennie Sacco, LAT, ATC

Hello to all in the Northeast Region! The Winter season is in full swing, but so far we've avoided bad weather. That said, here comes the snow. Here is a snapshot of activities these past few months.

From Luzerne County...



Certified athletic trainers from Geisinger Orthopaedics & Sports Medicine provided volunteer medical coverage for the 66th annual UNICO All-Star Classic on November 26th, 2016. The game featured senior all-stars from the Wyoming Valley Conference and was played at Wyoming Area High School in West Pittston, PA. Picture (from left) Vicky Hall, ATC, Fred Locey, ATC, Adam Tomassacci, ATC, Jayme Galdieri, ATC, Carlo Mercandante, ATC, Fred Kuscavage, ATC.

Congratulations to both Greg Janik, ATC and Dave Marchetti, ATC both from King's College, who will take over leadership roles with the EATA. Past PATS president and clinical professor/Head Athletic Trainer Greg Janik officially took over as EATA president, beginning his two year term, while Associate Clinical Professor/Athletic Trainer Dave Marchetti took over as EATA Treasurer.

From Berks County...

John 'Doc' Moyer, LAT, ATC, Head Athletic Trainer at Wilson (West Lawn) High School and current PATS past president and Current EATA secondary school representative was awarded the following awards recently at the EATA Annual Meeting & Symposium:

- 2017 NATA District 2 Gatorade Secondary School Athletic Trainer Award
- 2017 EATA Henry Schein Award

Congratulations Doc on your well-deserved awards! And **Thank you** for your continued leadership and dedication to our profession!

From Lehigh/Northampton...

Congratulations go out to two Pennsylvania Athletic Training HOF'ers who continue to be in the news. John Hauth, Senior director of Sports Medicine relations for St. Lukes in Bethlehem, became President-Elect for EATA and Steve Nemes (pictured right), Head Athletic Trainer for Muhlenberg College, was awarded with the EATA Presidential Award.



Congratulations also goes out the AT staff at Easton High School who recently made the 1st Team NATA Safe School list. Click here for more info:

http://www.lehighvalleylive.com/easton/index.ssf/2017/01/easton_area_high_school_wins_s.html

Easton joins two other schools, Bangor High School and Pen Argyl High School in Northampton County.

Congratulation to all of the students from East Stroudsburg University and King's College for the successes at EATA. Please see the 'Student' section for specific information.

COMMITTEE REPORTS

Governmental Affairs Committee

The GAC has been very active reviewing current legislation and lending support as needed. Please visit the PATS website under Legislative Info/Current Legislative Activities to view letters of support that have been sent to legislators. We continue to attend the State Board of Medicine and State Board of Osteopathic Medicine board meetings on behalf of PATS. President-Elect George Roberts and GAC Chair Tanya Miller were invited to join a PA Department of Health (DOH) project to establish guidelines for opioid use and dispensing in Orthopedics and Sports Medicine. We had a successful collaboration and the guidelines will be available for review on the DOH website in the near future.

Recently, we have been receiving questions on the practice of dry needling and whether, as licensed athletic trainers, we can provide this service. Our license **does not** allow athletic trainers to perform dry needling. A license to practice acupuncture is needed in the Commonwealth for this service.

A reminder that we have begun a new two-year renewal period for our state license. All licensed athletic trainers are required to obtain 2-hours of child abuse education prior to the next renewal deadline of December 31, 2018. All new applicants are required to obtain 3-hours of education prior to applying for a license.

Please contact the GAC with any questions or concerns at governmentalaffairs@gopats.org.

Free Communication

The free communication committee will be accepting abstracts on original research, case studies and critically appraised topics from athletic training students who are interested in doing a poster presentation at this year's annual meeting and clinical symposium that is being held June 8-10, 2017 in Erie. A call for abstracts will be sent in early February with a deadline for the abstracts of mid-April.

Elections Chair

At this time we are accepting nominations for three executive board positions. Secretary, South Central Rep and North Eastern Rep. each position is a 3 year term. Nominations will be accepted through February, for more information contact Elections Chair, Mike Ludwikowski at: mludwikowski@susquehannahealth.org Thanks.

Educators Committee

We are currently looking to complete a few upcoming initiatives. These initiatives range from a student NPI contest during National Athletic Training month, to exploring the interest in an online book club, to working with the Young Professionals Committee and Technology Committee to incorporate the use of social media to highlight "good news" sharing by our AT programs and current events/news/topics occurring in the AT education world.

CALENDAR OF EVENTS

**Additional CEU opportunities may be found in the recent edition of the PATS Spotlight: Upcoming CEU Opportunities. This spotlight newsletter can be found on the PATS website

Event	Date/ Time	Location	Contact
North Central Regional Meeting	March 23, 2017	Susquehanna Health/UPMC in Williamsport	Bill Frye, North Central Representative northcentral@gopats.org
2017 PATS Convention	June 8-10, 2017	Sheraton Erie Bayfront and Erie Convention Center	More information found here
2017 NATA Clinical Symposia and AT Expo	June 26-29, 2017	Houston, TX	More information found here