

January 2012 District 1 Notes from the Director



The 2012 EATA Boston certainly lead off the New Year with a BANG !!

As always EATA provides me with the energy and motivation to continue on during the coming cold winter months. I would like to thank all those who attended for making this yet another fabulous year at the EATA annual meeting. I would especially like to thank Tim, Joe Audrey, Liesel, Vicky, Denise, Jen, Joyce and Sue for their tireless work on behalf of the District.

Sincerely,

Paul A. Ullucci, Jr.
District Director
NATA District 1

District Update

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[Skype the Director](#)

News from the NATA BOD

[Name Change](#) – NATA BOD Considers whether to evaluate a Name Change, we want your feedback !!! Please contact me via email or [Skype the Director](#).

[HIT THE HILL : Hill Day 2012](#)

[Preventing Sudden Death in Youth Sports](#) –Features a number of web sites for educating athletes and families as well as demonstrating the importance of athletic trainers in the secondary school setting.

[NATA's efforts to promote the profession](#)

[Quality Health Care and Safeguards to Athletes of All Ages and Levels of Participation](#)

Setting specific examples of the NATA promoting the profession of Athletic Training
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District Update

District 1 Dues Increase Proposal

The District Executive Board including all of the State Presidents Unanimously Voted to present a ten-dollar Dues Increase to the Membership of District 1 for Electronic vote this February. It is necessary for such a short turn around due to the fact that the District's Budget must be completed by early March 2012 for voting and implementation for the new Fiscal Year April 1, 2012. The breakdown for the dues increase and its purpose is below.

- \$10 increase : \$5 District, \$5 States
- Certified Members only
 - Excludes student, graduate students, HOF, career starter
- Funds
 - State president and District Official's travel expenses
 - Room Night for Committee chairs who must report to the membership at EATA
 - CUATC, SSATC, GAC, CEPAT, Young Professionals
 - Increase State Association Funding

Dues Change Overview

<u>Proposed 2013</u>	<u>Current</u>
\$ 150 NATA Dues	\$ 150 NATA Dues
\$ 25 District 1 Dues	\$ 20 District 1 Dues
\$ 30 State Dues	\$ 25 State Dues

\$ 34 BOC Fees \$ 5 Foundation Donation <u>\$ 5 District 1 Legislative Superfund</u> \$ 249 Payable to NATA for your Professional Development Package	\$ 34 BOC Fees \$ 5 Foundation Donation <u>\$ 5 District 1 Legislative Superfund</u> \$ 239 Payable to NATA for your Professional Development Package
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District 1 Committee Chair Openings

The Following District 1 Committee Chair Positions are open and need to be filled by June of 2012. If you are interested in volunteering to take on the responsibilities associated with these very important committees please contact myself or go to the

- College and University
- Secondary School
- Clinical and Emerging Practices
- Government Affairs
- Ethnic Diversity

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Change to Committee Chair Policy and Procedures

At the EATA meeting the District 1 Executive Committee voted to require District Committee Chairs from the Committees listed below to attend the District 1 Business Meeting at the EATA in order to present a committee report as well as answer questions from the membership. To this end the Executive Committee has voted to reimburse the chairs below for one nights lodging to the EATA annual meeting in order to ensure that each Committee Chair can attend the meeting and present important information to the District.

- College and University
- Secondary School
- Clinical and Emerging Practices
- Government Affairs
- Young Professionals

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Skype the Director – In order to provide ample opportunity for members to discuss their feelings regarding a [Name Change](#) I will be hosting two Skype the Directors in January prior to my trip to Dallas 1/26/12. January 19 and January 24, 2012 @ 11am to noon. My username is Paul A. Ullucci, Jr. An Additional Call will be held on February 9, 2012 @ 11am to noon. All District 1 members are invited to contact me via SKYPE should they have any questions. If you are unavailable at that time please feel free to email me question at paul@risportsmed.com and I will respond.

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EATA update

EATA will be held in Boston at the Westin Copley 2012 January 6-9, Boston, MA

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NEWS from the NATA Board of Directors:

Name Change

The NATA BOD will be determining whether or not to pursue/investigate a name change for the profession. Each District Director has been tasked to gather information from the membership as to their thoughts/concerns and desires for a name change. I had an opportunity to discuss the pros and cons of a professional name change with RIATA and VATA members during their state meetings at EATA, as well as individual members throughout the conference.

YOUR INPUT is critically important to me as I prepare to discuss this important decision in Dallas at the end of January.

Please contact me via email or Skype to tell me how YOU feel about a potential name change as we will be deciding whether or not to continue investigating the issue during our BOD meeting at the end of the month

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NATA BOD Conference call Schedule

Our next conference call will 11/22/11 followed by another call on 12/14/11. If you have any comments or concerns you would like me to present to the NATA Board of Directors or the Staff of the NATA please feel free to email, SKYPE or call me at your convenience. Our next schedule face to face meeting will be January 27th-29 2012.

Summit on Youth Sports Safety

President Albohm, President Elect Thorton, District 6 Director Conway and myself attended the 3rd Annual Sports Safety Summit PREVENTING SUDDEN DEATH IN YOUTH SPORTS. The conference featured presentations by Genius Award Winner Kevin Guskiewicz and Douglas Casa as well as a number of parents of children who had died or suffered catastrophic injuries while playing sports. Congressman Tim Bishop (NY-1) R. Dawn Comstock, PhD, State Rep. Keith M. Ingram (Ark.) and Beth Mallon PBS Frontline were all recognized for their contributions to youth sports safety.

While at the summit a number of excellent web resources were identified

Sudden cardiac death

<http://www.lifesavingresources.org/>

<http://nflhealthandsafety.com/>

Support of injured athletes

<http://www.injuredathletes.org/>

NBC Frontline program which discusses two recent high school football deaths

<http://www.pbs.org/wgbh/pages/frontline/football-high/>

Concussions

CNN will feature a program on high school football concussion on 1/29/12 at 8pm with Dr. Gupta.

Capital Hill Day 2012

Dear NATA District One member,

I want to encourage you to register to attend Capital Hill Day 2012. This event will be held February 23rd and 24th. Students are encouraged to attend as well. We are looking forward to a very exciting and powerful event this year. We are confident that this will be our best effort yet and look forward to making an impact for the NATA's legislative efforts.

Please log on to the NATA website for more information:

<http://www.nata.org/capitol-hill-day>

Registration closes this Monday January 16th.

If you have any further questions at this event or about the NATAPAC please feel free to contact me.

Thank you,

Tim

Timothy S. Weston M.Ed., ATC

Head Athletic Trainer

Garrison-Foster Health Services

4970 Mayflower Hill Drive

Colby College

Waterville, Maine 04901-8849

207-859-4970

207-859-4971 (fax)

tsweston@colby.edu

NATA District 1 NATAPAC Rep

Emerging Practice Update

NATA CEPAT Chair is requesting members in emerging practices to contact Tate Erikson by January 20th in order to create a regional contact list terickson@cheshire-med.com

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NATA Student Committee

- Student outreach
- Video contest is in full swing!
- 16 videos in the contest
- All videos in the contest can be found at [youtube.com](https://www.youtube.com/playlist?list=PLKHarpin11s) under KHarpin11's NATSC video contest 2012 playlist
- If anyone has any ideas for the NATSC please let any one of us know, we would happily try to help
- Facebook page, like us to get information on what is going on with the NATSC!
- Planning for the annual meeting
- Theme is athletic training, where we come from, where we are, and where we are going
- Position open soon, NATSC chair

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Ethnic Diversity Advisory Committee

- We must acknowledge that being a great athletic trainer does not simply encompass our knowledge of first aid, anatomy, rehabilitation, or documentation skills. We are in the profession of *servng people*. Understanding each other's backgrounds can and will change how we interact with one another, and shows that we appreciate and take the time to know the individual, not *just* the patient. When this effort is noticed, respect and trust can take a positive step; which is imperative

- to establishing successful relationships between our athletes and co-workers.
- **The EDAC is here to serve our membership by continuing to promote diversity within the field of Athletic Training; as well as serve as a conduit for educating athletic trainers on issues surrounding cultural and ethnic diversity of the athletes we treat as well as other health care professionals with whom we work. It is a resource for the NATA's membership to be utilized for the purposes of both personal and professional growth within the membership it serves. Mike Monteiro**

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College/University Athletic Trainers' Committee Conference Call Notes

Tuesday, December 6
11:00a.m. **Central Time**

1. Roll

Charles Thompson, MS, ATC
John Davis, MS, ATC
Joe Whitson, MS.Ed, ATC
Kenny Boyd, MS, ATC, LAT
April Reed, MS, ATC, CSCS
Melinda Larson, MS, ATC
David Klossner, PhD, ATC

Paul Culina, Med, ATC
Allen Shelley, MA, LAT, ATC
Mark Coberley, ATC, LAT, CSCS
Randy Cohen, ATC, DPT
Robert Duncanson, Med, ATC, CSCS
Peter Carlon, ATC, LAT
Eric McDonnell, M.Ed., ATC, LAT

Staff
Russell Lowe

2. College/University Value Model

Kenny

A conference call will be held on Thursday of this week. The last call was cancelled due to a death in the family. Kenny will have more info to send to the committee after the call. The format is in place. The group is working through the specifics of the models. Using buckets to define and establish areas of value.

3. Competitive Safeguards Committee

Melinda

Football injury timeouts issue: there is strong language against feigning injury. Difficult issue because officials need to allow sufficient time to get off the field if an athlete is clearly hurt. Referees will call what is emphasized. Athletes now cannot come directly back onto the field

--must sit out a play. ATs should address concerns through the conference office. You can also contact Tim Kelly of the rules committee.

Differences in substance abuse penalties between schools /conferences: – NCAA doesn't have jurisdiction at this time. Substance abuse penalties are institutional policy and suspension is administrative decision. Some schools don't have drug testing on campus because of state law. Emphasis for ATs should be the healthcare side of the issue. Is the athlete safe to participate with the drug in their system.? ATs should be in the loop on their athletes' test results.

4. Facility Standards

Randy

Randy has been working with the BOC, collecting what standards should be. The focus has been on existing standards. Not just a brick and mortar question. It also includes policies and procedures and following state, local and federal regulations. Recommendation to change the title of the project from facility standards to illustrate this point.

5. 10 – 10 Program

Mark

Slides are due December 15th for a rollout in March. The deadline can be extended to January 1st if necessary. Will work on slides from there and send to NATA for formatting and posting online. Remember to make sure the message is consistent with NATA statements. Include web address of any videos instead of imbedding.

6. Task Force – Preventing Sudden Death in Strength Training & Conditioning – Thoughts to present?

Charlie

What other issues regarding strength and conditioning are ATs seeing?

- Addition of a separate weight room for other sports other than football is being discussed. This allows higher hour count for football, if football players are working out at the same time as athletes from other sports during their time.
- Minimum standards for strength coach/athlete ratio. The ratio would be the number of student athletes a strength coach is working with at one time. The strength coaches may be reacting to assistant coaches being hired as part time asst. coach/ part time strength coach. They should look to not allowing this practice instead of focusing on ratio to protect their area. The ATs role in stopping dangerous practices in the weight room is in the bylaws for athlete safety. The AT usually hears about the practice after the fact. Emphasis needs to be on new athletes we don't have history on and athletes who have had a break period. Gradual activity upon return is extremely important. Maximum exertion the first day back is dangerous. The AT needs to have data on the injuries that are coming out of the weight room. Are they manageable, overuse type injuries or tears, herniated discs, sudden death, etc.

7. NCAA D2 AD Meeting

Charlie

Charlie will present in January at the D2 AD meeting. He will present value model, AMCIA documents and D2 specific data from the athletic healthcare survey.

8. NATYCAA Meeting

Charlie

Athletic Director in Florida who is very pro athletic trainer has previously had ATs present. Charlie is checking on ability to present again. If anyone knows of a two-year college AT who can do a presentation, let Charlie know.

9. **Other Items for Discussion**

- Dave – Division I athletic certification process is currently 10 years. It is looking into a 1 year, less onerous process. Key components and benchmarks will be tracked and documented. Athletic training falls within the student athlete experience. Online tool that institutions can answer yes or no questions, for example – do you have an emergency action plan for every facility? AMCIA could be a benchmark.
- Finance committee is meeting January 26 – 29th – will discuss CUATC mid year meeting.
- Send out reminders to your districts about NPI Numbers, video requests for head to head contact and promotion of CUATC Awards
- We will schedule our next call in early February.

Charlie adjourned the meeting at 12:10pm CST. [To top](#)

Young Professionals Committee

- The YPC is organizing our annual community service event “Piecing Together Sports Health and Safety” and session “Demonstrating the Value of Athletic Training Services Regardless of Workplace Setting” both taking place at this year’s NATA Annual Meeting in St. Louis.
- We are continuing our ATEP Outreach effort to have young professionals speak to ATEPs throughout the country.
- With the support of the Executive Committee on Education the YPC is developing an evidence-based practice Webinar
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Paul Ullucci’s BOD Assignments

I am currently assigned as the BOD liaison to the Honors and Awards Committee and have been assigned to the NATA’s Finance Committee.

I have also been asked to lead the Vision Quest Workgroup assigned to develop guidelines and recommendations for outcomes research aimed at achieving Vision Quest Goals 4.1 and 4.2.

This work group is tasked with identifying types of research projects, which are practice based and demonstrate comparative effectiveness between Athletic Trainers and other medical professionals. This advocacy research is designed to demonstrate the value of services provided by Athletic Trainers in support of NATA’s efforts to obtain third party reimbursement by Medicare as well as support the employment of athletic trainers in traditional settings such as secondary schools.

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NATA Promotes the Profession!

The NATA, its' staff and its public relations company have made it a priority to promote our profession. Media coverage highlighting Athletic Trainers promoting athletic safety in the high school and collegiate setting have been featured in ESPN, CBS Evening News, Today Show, CNN, USA Today, Wall Street Journal, New York Times and many more media outlets ! [To top](#)

NATA Official Statement on Providing Quality Health Care and Safeguards to Athletes of All Ages and Levels of Participation

As performance expectations continue to rise for athletes of all ages and levels of participation, a parallel need arises for high quality and specialized health care that provides preventative programs, immediate and emergency care, rehabilitation, and return to function programs designed to ensure that athletes lead full and productive lives during and long after their athletic careers. The National Athletic Trainers' Association is devoted to the health and safety of athletes and other active individuals.

In an effort to safeguard athletes in organized sports and minimize injuries at both practices and competitions, the NATA recognizes that athletes of all ages and levels of participation should have equitable access to the health care services delivered by a highly qualified, licensed or otherwise regulated, academically qualified professional athletic trainer. NATA believes that the minimum standard of health care for athletes should include employing an athletic trainer who is directed by a physician, having emergency action plans, and establishing safety and medical protocols and procedures at every public and private sports venue and for every sporting event.

Secondary School

Secondary School Employment Strategies Workshops - SSATC has put these on at numerous district meetings and every year at the NATA annual meeting for the past 5 years or so. The workshop addresses how to get a job and how to improve your existing job. The presentations are also online at <http://www.nata.org/athletic-training/job-settings/secondary-schools-setting>

Position Proposal Guide and Position Improvement Guide – The committee is currently updating both of these documents.

Secondary School Value Model Presentation – a modifiable presentation that members can use to demonstrate their value in presentations to administrators, school boards, etc.

Secondary School State Grants – Available in previous years to state athletic training associations to help with local projects related to secondary school job development and improvement. In July, the group voted to modify the grant to encourage state associations to gather market penetration statistics in each state.

Back to School Letter – Letter goes out annually to state activities associations. This year we will include superintendents, risk managers, etc. reminding them of the importance of having an athletic trainer.

Exhibition and speaking engagements – NIAAAA/NFHS Athletic Directors Conference, National School Board Association Conference

Secondary School Benchmark Study (N4SB) – Important market research for our strategic planning in secondary school job creation.

Secondary School Job Satisfaction Survey – Will also collect important data from this survey to all secondary school members, including hours, teaching responsibilities, employment models, etc.

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College/University

Online AMCIA – The Appropriate Medical Coverage for Intercollegiate Athletics now has an online worksheet, making it easier than ever before to demonstrate the need for additional staff/improved working conditions. All things Appropriate Medical Coverage Intercollegiate Athletics (AMCIA) available here

<http://www.nata.org/appropriate-medical-coverage-intercollegiate-athletics>

Health Model Article – Charlie Thompson and NATA Staff put together a great article in the March '11 NATA News on the healthcare model of employment for collegiate athletic trainers and its positive impact on working conditions and athlete care. I've attached it here in a pdf.

College/University Job Satisfaction Survey – College University Athletic Trainers Committee (CUATC) has already completed a survey similar to the secondary school survey mentioned above.

College/University Value Model – CUATC and Committee on Reimbursement (COR) and members are working jointly to produce a presentation that will illustrate the value of a college/university athletic trainer.

2011- 12 PR push for College/University Setting – NATA Staff is going to sit in our next CUATC conference call once football schedules calm down. We will then complete a formal plan for a public relations campaign for the C/U setting for the upcoming year.

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Upcoming Events:

Phil Hossler Concussion Study

Attention Secondary School Athletic Trainers:

Attention to concussion is at an all-time high. Those of us working in the secondary school setting have often been charged by legislation to educate our athletes, parents and coaches. I am seeking methods from around the country that are being utilized to inform, talk with, and educate your staff and/or community.

Send any and all to me please (none to common or to complex) for possible inclusion in an article I am developing. If included, you will of course be given credit for your method. Be certain to respond with name, work place, town and state. Thank you

Phil Hossler, ATC

NATA Hall of Fame

East Brunswick HS, East Brunswick, NJ

hossleratc@msn.com

**OA Centers for Orthopaedics (Maine) is pleased to
announce the following continuing education seminars for
2012**

USA Weight Lifting

Level 1 Sports Performance Coach Certification

January 14-15, 2012

Functional Movement Screen

3-day Level 1 and Level 2 Combo with Brett Jones

May 4-6, 2012

Selective Functional Movement Assessment

Level 2 Advanced Integration Workshop with Dr Phil Plisky

July 28-29, 2012

Building the Ultimate Back

From Rehabilitation to Ultimate Performance w. Dr Stuart McGill

September 8-9, 2012

All Courses are held at the OA Performance Center in Saco, Maine

For more information please visit

http://www.orthoassociates.com/LP10/pc_education.php

Peter Clark, ATC, CSCS, RKC

OA Centers for Orthopaedics

[207.721.8411](tel:207.721.8411)

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www.orthoassociates.com

**US Figure Skating Synchronized Skating National
Championships**

*Lyle J. Micheli, M.D., Medical Director, Ellen Geminiani, M.D. Associate Medical Director, and Brian FitzGerald, BSN, ATC, LOC Medical Chair /Asst. Medical Director are requesting your services to provide medical coverage for the **2012 US Figure Skating Synchronized Skating National Championships** to be held at the DCU Center, Worcester, MA, February, 29-March 3, 2012.*

Team practices will also be held at New England Sports Center, Marlborough, MA, FMC Buffone Arena, Worcester, MA and FMC Horgan Arena, Auburn, MA February 29-March 3, 2012.

Children's Hospital Boston Division of Sports Medicine is the Medical Sponsor for this event and our entire staff will be involved in coverage along with many local allied health professionals and their medical facilities.

We need to provide multiple layers of coverage, (MD, PA, NP, ATC, PT, RN, EMT or combinations of each) at the DCU Center, which is the official practice and competition venue, but we also need complete coverage by individuals for each shift at NE Sports Center (2 Rinks), Buffone Arena and Horgan Arena.

I have also attached a Medical Volunteer Form which can be downloaded, completed and faxed back to me with a copy of your practice license.

You can also go on line to; www.2012synchro.org to find further information about this event.

Please respond at your earliest convenience so we can begin to secure complete medical coverage for this event. You will receive a medical jacket/vest, pin, access to hospitality suite for food, parking and medical credential which will allow you access to DCU Center to watch competitions when not scheduled for coverage. We will also offer tickets to competitions for family or friends to those who volunteer for multiple shifts.

Thank you for your time and attention concerning this major U.S. Figure Skating event.

Brian FitzGerald, BSN, ATC, LAT

Office: [617-355-6534](tel:617-355-6534) Fax: [617-730-4691](tel:617-730-4691) Pager: [617-355-7243](tel:617-355-7243) #0587

ADDRESS: Children's Hospital Boston Division of Sports Medicine, 319 Longwood Avenue, 6th Floor, Boston MA 02115

Boston Sports Medicine & Performance Group

January 2012 Newsletter -
Save the Dates and Register for Upcoming Conferences!

Greetings!

BSMPG has two exciting events to share with our friends and family. Are you ready?!

1) Registration is still open for the [Dynamic Neuromuscular Stabilization \(DNS\) Course "A"](#) on March 30-April 1, 2012 in Boston, MA!

This 3 day hands-on course is designed to introduce DNS principles as it relates to exercise and performance training. Only a few spots remain so [register now!](#)

Course Details: available on the website.

**** NOTE: This course is limited to 30 people total. No walk-ins will be allowed.**

2) Our 2011 Summer Seminar, "Standing on the Shoulders of Giants" was a great success! Many said after leaving

the conference that we'd never be able to match that level of popularity again.

Well, looks like lightening does strike twice! BSMPG is excited to announce the speaker set for the [2012 Summer Seminar](#).

Be sure to **save the date** for May 19-20, 2012 for the [2012 Summer Seminar](#), offering a multi-disciplinary approach to health and human performance. Keynote speakers this year include researchers, therapists, and strength coaches, including Dr. Craig Liebenson and Chris Powers, who have revolutionized our industry and the way we now approach patient care and performance programming. Check out the website for more details!

We hope everyone is having a safe and wonderful holiday season and we look forward to seeing you next year!

Cheers,

BSMPG