

NORTHWEST ATHLETIC TRAINERS' ASSOCIATION

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From the Director



Happy Summer NWATA Members!

In *Tugman's Passage*, Edward Hoagland wrote, "Summer is when we believe, all of a sudden, that if we just walked out the back door and kept on going long enough and far enough we would reach the Rocky Mountains." I thought this so true this summer and how fortunate are we to be able to go out our "back doors" and enjoy what we have before us. I hope that all of you have been able to take time to spend with family and friends and enjoy what lies beyond our backdoor here in the Pacific Northwest.

It was AWESOME to see the 450+ NWATA family members who made the trek to the desert for NATA 2019 in Las Vegas. Besides attending NATA Convention to improve our skills and knowledge to better serve our patients, we also have the opportunity to reconnect with friends and colleagues, both near and far. As is with every NATA Convention, we get to celebrate our members for their fantastic achievements to both our profession and association. This convention was not different. We celebrated Shelly Jones for her recognition as an NATA Athletic Training Service award winner for her contributions in advancing the profession

and association locally and in Oregon to bring awareness to improved health care to the secondary school aged athlete. Kaleb Birney, NWATA PR Chair was awarded the NATA Young Professional National Distinction Award for his impact that he has had on the community, state, district and national level. Congratulations once again to both of you!

A BIG Hearty Congratulations goes out to our NWATA Students! The NWATA-DIO Quiz Bowl Team from Boise State University! The BSU Bronco team of Noah DeLisle, Morgan Fowler, Alix Giese and Taylor Harding did an *exceptional* job competing and representing not only the NWATA but also their Boise State University. Thank you Broncos; we are proud of you! The University of Montana Athletic Training Program won FOR THE 10th TIME, the NATA PR Competition for Best Student Effort! Way to go Griz for your excellence at the National Level in promoting our professions. Two of our NWATA Students, Tayleigh Talmadge and Olivia Fellers, both from the University of Montana, won their categories in the NATA Foundation Writing Contest; Best Case Study and Best Literature Review. NWATA Students also walked away with four NATA Foundation Scholarships! Katherine Berglund, University of Montana, was awarded the PFATS Steve “Greek” Antonopolous Scholarship; Hunter Lindsay, University of Montana, was awarded the Richard E Vandervoort Memorial Scholarship; Jennifer McCaw, Idaho State University, was awarded the District 10 – Mark J Smaha Scholarship; McKayla McNamara, University of Montana, was awarded the Jim Whitesel Memorial AT Scholarship. Congratulations to all of you!

Many of you took the time to tell me of your positive experience at NATA 2019, regarding the energy, branding, and topics. The NATA has worked hard at elevating both the educational, social AND visual experience for the membership at our national conventions. There was NO DOUBT our “AT Brand” was front and center and on point!

Notes from the Boardroom

Over the course of five working days, two in May and three during NATA 2019, the NATA Board of Directors met to conduct the business and work for the profession and association.

Funding Requests Approved

- 3rd Party Revenue Reimbursement Grant
- EAC Continuing Education Grant
- EAC Grant
- EDAC Grant
- International Speaker Grant
- KSI Policy Improvement Grant
- LGBTQ Health Issues Research Grant
- LGBTQ ILead Grant
- LGBTQ Patient Care & Perceptions Grant
- NATA Foundation Grant
- PR State Grant
- SAAC State Leadership Forum Grant
- SSATC Athletic Trainer of the Year Award
- State Legislative Grant
- Student Reception
- YP Reception

Board Notes of Interest

- Approved funding for a 3 Year Partnership with Sideline USA - This organization is designed to assist athletes who become medically disqualified for participation in sports for various reasons
- YPs released a Best Practices document for per diem work
- Dr. Hainline from the NCAA informed the the NATA BOD that the NCAA Board of Governors endorsed guidelines for Catastrophic Injury - Addressed "Punishment Practices/Conditioning, Recommendations for Strength Coaches to report to medical administrator
- Updated the NATA Liaison program - Assigning new responsibilities to our NATA Liaisons based on how the relationship fits within the NATA Strategic Plan, Projects, Education, Legislation
- 3rd Party Reimbursement Project- More states are becoming actively involved, Idaho and Oregon were two of the top active states, Prioritizing Payor Advocacy Strategy and Efforts, Promote States being more Proactive.
- ACO Project - Finalizing the Contract with Missouri State University / Mercy Health Systems, Goal to begin collecting data on treating the Medicare Patient July 1
- ESPN OTL did a segment regarding the ICSM Independent Medical Model Survey - Discussion points centered around Independent Care and Pressure from coaches and administrators
- Member Directory
- Now housed in gATher - You can still communicate with any NATA Member, Protects your personal contact information
- Go4Ellis was awarded the RFP for Per Diem Employment Company - This is a Member Benefit
- District 4 Split - As was discussed at the NWATA March 2019 Business Meeting, District 4 has expressed their desire, per NATA Bylaws, to split into 2 Districts; District 4 and District 11

From the NWATA Homefront!

Committee Chair Openings - We will be looking for NATA District Committee Chair replacements for 4 committees this Fall; ECE, GAC, SSATC and PDC. Those announcements will come via a separate member email with more detailed information

NWATA Election - Per NWATA Bylaws, I let the membership know in March and again in June, of my wish to serve you as District Director/President, for a final 2 years. In addition, we will be looking to elect a new NWATA Secretary, as Ben Henry's time as NWATA Secretary will come to a close in June 2020. Nominations for NWATA Secretary are now being accepted until Monday, August 19, 2020. If you are interested in being considered a candidate for NWATA Secretary, please send your letter of interest and vitae to NWATA Elections Chair, Past-Director, Cari Wood at cari.wood@redmondschools.org. The vote of affirmation for NWATA Director and election for a new NWATA Secretary will run from September 9, 2020 to September 30.

Mark Your Calendars!- I know it seems a ways off, but 226 Days will go by fast until we meet again in Boise, ID for NWATA2020, March 12-15, 2020 at the Boise Convention Center. Watch for updates and announcements.

Some Closing Thoughts

There is no doubt, that as athletic trainers, our lives are very busy and at times chaotic, but we work hard (and sometimes struggle) to find that "Work-Life Balance" and to stay connected with our families. I am no different. What really drove this idea home, this past summer break for me, was the 2 times I visited Montana and spent time with my Mom and Dad. I no longer see them as "invincible" and "eternal". I see



how “time” has aged them at 80 years; I long for those days when I thought they were “timeless”. I found myself, on both visits, just sitting with them, in the living room or kitchen counter, chatting, laughing and at times tearing up while listening to stories their stories. I find myself trying to glean everything I can now from them, saving it away in my memories. I would not be where I am today without their love, support, passion and work ethic. Don’t get me wrong, my Mom and Dad are doing fine, but I just felt that I needed to take a moment, out of the chaos of starting up another Fall Sport Season, to share my parents with all of you, my NWATA Family.

Too often, we are caught in a situation where we “kick ourselves” for not telling the people we love and admire how much they mean to us. I’m rectifying that with this newsletter. So, I hope you take a moment to do the same, in whatever format you choose.

So District 10, meet my parents...Bud and Deanna Fitzpatrick! I owe them everything! THEY ARE MY HEROES!

“May love and laughter light your days, and warm your heart and home, May good and faithful friends be yours wherever you may roam.” An Irish Blessing

Respectfully,
Tony Fitzpatrick
NWATA President/District Director

Ethnic Diversity Advisory Committee - Grant Wilson

State Representatives

We are still looking for a representative from each state in the District to help with EDAC initiatives. If you are interested, please reach out to me so we can chat: gwilson2@uoregon.edu

Grant Program

EDAC has made planning Grants available to those educational institutions seeking to enhance ethnic diversity within the profession. These grants may be awarded to educational institutions under one of the following categories:

- **Category 1.** Develop various programs intended to recruit, retain and educate ethnically diverse athletic training students with the intent to increase the number of ethnically diverse Certified Athletic Trainers.
- **Category 2.** Disseminate information relating to health care issues and conditions relevant to ethnically diverse populations (sickle cell disease, lactose intolerance, at-risk populations, Blount's Disease, hypertension, etc.).
- **Category 3.** Enhance the professional development and stature of ethnically diverse Certified Athletic Trainers to better serve the profession, ultimately leading to an increased representation of ethnically diverse leaders at both the district and national level.

Those institutions interested can find more specific information on the NATA website under Diversity



2020 NWATA District 10 Meeting and Clinical Symposium Boise Idaho March 12-15, 2020

Come join us in Boise 2020 from March 12-15th. We will be offering Thursday pre-conference workshops, as well as Sunday post-conference workshops. Again, our host city is having another large sports tournament at the same time as our conference. This time, Boise is hosting the Big Sky Basketball Tournament. Because of this, we plan on opening housing within the first week of December. Again, we are opening housing first before the conference registration.

If you haven't been to Boise, now is better than ever as the city has put a lot of effort into the Grove center and the surrounding area, you won't be disappointed!

EDAC Scholarships

The NATA Ethnic Diversity Advisory Committee sponsors two scholarships through the NATA Research & Education Foundation. Students accepted into an entry-level master's level athletic training degree program, or students accepted into doctoral athletic training degree program, are eligible to apply.

- Dave H. Perrin Scholarship
- John A. Mays Scholarship

ATs Care - Lisa Kenney

ATs Care has continued to be busy this spring and into the summer. In July, district representatives for the ATs Care Committee visited the NATA Office, completing the Assisting Individuals in Crisis Approved Instructor Training, so we are now able to teach the Assisting Individuals in Crisis course. The next Assisting Individuals in Crisis workshop is being offered in Tacoma, WA on August 10th. If you're interested, please contact me directly at lkenney@pugetsound.edu.

We do also have at least one ATs Care Team Member in each state in the District! Feel free to contact any of us anytime.



- Washington: Lisa Kenney, Heather Brown
- Oregon: Jennifer Krug
- Idaho: Nikki Clark
- Montana: Christine Mayer
- Alaska: Lynne Young

ATs Care Contact: atscare@nata.org 972-532-8821

History and Archives - Ken Kladnik

I wish to thank everyone who purchased first edition copies of *NWATA Tales* and hope that you enjoyed reading the stories and the history of the NWATA as much as I enjoyed compilation and publication.

Copies are still available for those who would like to purchase them for \$25.00 each with an additional \$5.00 for s/h. Send me a check and I will mail you as many copies as you want. My address is listed below.

The next charge of this committee is to start collecting and documenting history from each State's Association. I currently have representatives from Oregon and Montana and am looking from someone from the States of Washington, Idaho and Alaska. If interested, contact me and I will further discuss the expectations. I have also listed below what type of information I will be looking to obtain. I already have quite a bit of the material, it will just need to be organized and documented.

State Representation:

Oregon: Kathy Stotts
 Montana: Dennis Murphy
 Washington: TBA

Idaho: TBA
Alaska: TBA

The information that needs to be compiled includes:

- Origination of the Association-any/all details how the Association started
- A list of all State officers
- Sites, date and hosts for all State meetings
- Licensure details including those involved, dates and other historical information
- State honors and awards
- Other appropriate information

I would also like any of the following State specific items, which could be displayed at the District and State Meetings.

- Copies of State meeting programs
- Copies of licensure/registration materials
- Any items specific to their State Association-for example, I have an Alaska gold pan from when their Association started.
- Pictures from meetings/events etc. specific to their State (something from licensure would be great, I already have one from Idaho)

Honors and Awards - Greg Mitchell

Hello NWATA members! I trust your summer has been a good one so far! From Honors and Awards, we wanted to make you aware of the awards available for nomination and a few changes this year!

- **District 10 Service Award** (we have changed the name from NWATA Outstanding Athletic Trainer Award)
 - ✦ This award is specifically to thank those members who have volunteered their time in service to District 10 (the Northwest Athletic Trainers' Association). Our association cannot function without those members who work on committees, in leadership, at our symposium and many other ways to benefit us as a membership. So be thinking of who may be deserving of this award and nominate them this fall.
- **New Horizon Award**
 - ✦ This is to recognize Athletic Trainers in their first 12 years to the professions for their volunteerism, advancement of the profession, or service to the NWATA. We have a lot of young professionals in our district, isn't it time to recognize those that are doing great things. Nominate one this fall!
- **ElevATE Award** (This is a NEW AWARD for this coming year!!!)
 - ✦ This award is to recognize our members who are doing **greAT** things at any level to ElevATE our profession of Athletic Training in the NWATA. We will only honor a maximum of 5 award recipients each year. Consider nominating one of your colleagues for this award this fall!!

We have such great people in our district doing phenomenal things! Let's try to get a lot of them nominated for an award this year! It only takes a few minutes to do and ***nomination forms can be found on the NWATA website.***

CALL FOR PROPOSALS

The NWATA local programming committee is looking for individuals interested in speaking/presenting at the NWATA Annual Meeting and Clinical Symposium in Boise, ID March 12-15, 2020. Proposals from our membership will be accepted until September 1, 2019. Late or incomplete proposals will not be reviewed and submission does not guarantee acceptance. If interested in submitting a proposal, it must contain the following information:

1. Title of presentation
2. Type (lecture, workshop, case studies, evidence based practice) and length of presentation
3. Domain(s) of athletic training in which topic falls
4. BOC Tasks
5. Abstract of presentation
6. Three to five learning outcomes
7. Three to five scholarly resources

All proposals must be submitted via the following link:

https://docs.google.com/forms/d/13Inud6FqbpGqr-S_UhaXm9lsIVSuKCGxPg3Le1rnNew/edit

Should your abstract be selected, you will be asked to submit your CV/resume and short bio. If you have questions regarding the proposal or submission process, please contact the meeting coordinator.

Dani Moffit, PhD, LAT, ATC
moffdani@isu.edu

LGBTQ+ Advisory Committee - Dani Moffit

The LGBTQ+ Advisory Committee is looking for some new members. We need representatives from Washington and Alaska to join the District 10 group. Remember, this committee serves our patients as well as those who identify with this community in our profession. Allies are always welcome.

SafeSpace Training is one of the big initiatives within the committee. We hope to be offering it in Boise at the NWATA District 10 meeting in March, but if you would like to offer the training specifically for your group, please contact Dani Moffit (moffdani@isu.edu) and we can try to arrange something for you. This initiative is found on most campuses, but the LGBTQ+ AC has created one that is specific to Athletic Training facilities.

The NATA Board of Directors has approved a request for funds to support research. The funds will be available through the Foundation and RFP will follow Foundation guidelines. The first grant(s) will hopefully be awarded in the spring, so if you're interested in research that meets the mission of the LGBTQ+ Advisory Committee, look for this grant opportunity.

NATAPAC - Dana Gunter

The 2019 NATAPAC Breakfast kicked off the Annual Clinical Symposia in Las Vegas and saw the largest attendance to date, at just over 300 attendees. Keynote Speaker was Ronnie Barnes, ATC, the first president of the NATA Research & Education Foundation and NATA Hall of Famer. Mr. Barnes spoke of his early years growing up in the segregated deep south and the road that he has paved to becoming one of the most respected athletic trainers in professional sports. He laid out an inspiring story. Mr. Barnes has always held education as the cornerstone of progress and has given back much to our profession, including an amazing and entertaining breakfast talk. Thank you to all the D10 supporters who attended. If you were unable to attend this year, please keep this event on your radar early next year as there is surely to be another great speaker.

NATAPAC has two major fundraising events during the year, the NATAPAC Breakfast which kicks off the NATA Clinical Symposia and AT Expo and, the Capital Hill Day Reception which takes place the night before we spend the day in scheduled meetings with legislators on Capitol Hill. Capitol Hill day is usually in March or April every year. Both events are fun social opportunities and quite different. Kicking off our Symposium annually, the NATAPAC Breakfast always features a guest speaker who exemplifies the Athletic Training profession, speakers have included past NATA Presidents as well as NATA Hall of Famers. The Capital Hill Reception has taken place at some fun sites and/or events, including the famous Mt. Vernon plantation in Virginia, a nighttime bus tour of the Monuments, a private tour of the Capital building hosted by a current Senator.

In addition to these National events the Districts may host an event during the year as well. In D10 we have had our Raise the Glass fundraiser along side the Foundation Corn Hole event during our District Meeting in March.

NATAPAC is the sole federal political action committee founded for and dedicated to being the voice of the athletic training profession, seeking better working conditions, fair access and the right to practice for all athletic trainers across America. Please consider a donation for the future of your profession.

Professional Responsibility in Athletic Training - Ciara Ashworth

At the 2019 NATA Annual Clinical Symposia the Professional Responsibility in Athletic Training (PRAT) Committee presentation, Professional Integrity in Scholarly Writing, was well received. Furthermore, the PRAT Distinction Award is the highest honor that recognizes NATA members and non-members who have

made a substantial contribution to the advancement of legal, ethical and regulatory issues in the area of athletic training and sports medicine. Dr. Jeff Konin PhD, ATC, PT, FACSM, FNATA and Eric Quandt, JD, were recognized at the annual Clinical Symposia as PRAT's 2019 recipients. Finally, for those Districts who are interested, PRAT will bring awareness to our "Duty to Report" through a featured presentation and a peer-to-peer presentation. PRAT's "Duty Report" presentations will roll out to the Districts beginning January 2020.

In other PRAT committee business, the NATA Board of Directors (BOD) has approved the NATA membership's top five professional values (PV) that were identified in PRAT's survey to the membership Nov. 2018. The BOD has commissioned the PRAT research subcommittee to define each PV and provide sample professional behaviors for each. Also, PRAT continues to contribute a regular column in the Sports Medicine Legal Digest and the column, as well as, provide oversight to the Best Practice Guidelines for Athletic Training Documentation. Furthermore, PRAT maintains the NATA Liability Toolkit and the State Liability Toolkit.

If you have any questions relative to your professional responsibility relative to legal, ethical, and regulatory (LER) obligations, please contact me at: ciara.ashworth17@gmail.com

Student Leadership Committee - Josh Free

Hi! My name is Josh Free, and I am the new Student Leadership Committee District Ten representative. I am currently studying athletic training at Washington State University. My passion for athletic training came from shadowing my brother while he was working as an athletic trainer for the Stanford football team. I applied for a position with the SLC after my first year at WSU because I wanted to become more involved in the profession. I have most recently worked with the WSU women's soccer team, but have had rotations with multiple sports at WSU. In my free time I like to hike with my dog, ride dirt bikes, and mountain bike. GO COUGS!

Research Committee - Cynthia Wright

NWATA Research: It's not just for educators & students—it's for all ATs!

Did you know that you can earn up to 10 category B CEUs for presenting research at NWATA? Do you want to share details of a unique pathology or presentation so other ATs can learn from your experience? Research isn't only for educators and students—it's accessible for all ATs—if you have patients or clients you have material for a case-study! We'd love to see more participation by all ATs in our D10 Free Communications Research forum. Not sure how to write an abstract for submission? Reach out to the research committee, we're glad to provide resources & guidance! See the [call for submission](#) to get started.

The Research Committee just got bigger, and we're excited about new ideas our new committee members have brought to the table. One idea involves awards for best Free Comm research. Details will be coming soon—I'm excited for a new way to recognize excellence within our Free Comm program! Our committee members are:

- Sam Johnson Sam.Johnson@oregonstate.edu
- Valerie Moody Valerie.Moody@mso.umt.edu
- Jeff Kawaguchi jkawaguchi@pacificu.edu

- Sarah Cook sarah.cook@pacificu.edu
- Dani Moffit moffdani@isu.edu
- Rusty Baker russellb@uidaho.edu

The Research Committee also supports and highlights research in the district by awarding a D10 Research Grant. Last year we couldn't award a Research Grant because no one applied. This money is available and accessible to support your research! See the [request for proposals](#) for instructions on formatting a proposal.

Questions about D10 Research Committee activities can be directed to myself (as chair) or any committee member.

Cynthia Wright - cwright@whitworth.edu

Young Professional Committee - JT Yancy

At JCM 2017, the YPC was taken aback about the NATA BODs decision to partner with Go4Ellis for Per Diem work. With several questions about how this would come across to YPs, and in general all members of the NATA, the YPC decided that we would focus on a Per Diem presentation for the NATA 2018 YP Session. Along with this, we decided to try and create a document to be distributed by the NATA as a best practices document. We have spent several calls, meetings, and hours working on this.....

I AM HAPPY TO ANNOUNCE THAT THE YPC PER DIEM BEST PRACTICES DOCUMENT HAS BEEN APPROVED BY THE BOARD OF DIRECTIONS AND WAS UNANIMOUSLY PASSED!

<https://www.nata.org/professional-interests/young-professionals/resources>

State Updates



Montana

MTATA State Meeting was June 7th and 8th, We are splitting the Secretary and Treasurer Positions: Treasurer will monitor finances, look into savings account &/or investment options. Secretary will play a large role in fundraising and gaining sponsorships. A call for nominations will occur following 30 days of bylaws being posted publicly (late July/early August). Our Policy and Procedures manual was recently developed. Awards: Hall of Fame - Chris Heard (Butte, MT), JC Weida (Missoula, MT). Inaugural Young Professionals Award - Dustin Burton (Missoula, MT)

Washington

We are currently in the process of applying for our approved provider status again. ESSB 5688 was signed on May 9, 2019. This legislation strengthens our title protection, adds pharmacology language, adds the administration of Epi-pens, adds suicide prevention training, amongst a few other changes and modernizations. The gains we made put us on a more even playing field with the other health care providers in the state. We will need to go back and work on definitions in the future. Our State Meeting was on July 20, 2019 at Husky Stadium. We will be focusing on updating our WSATA website over the next couple of weeks. We will be hosting a collaborative solutions meeting with KSI in Seattle September 11-12, 2019.

Idaho

We are currently working to update association bylaws and working to create a policy and procedure manual. Monthly BOD calls and really starting to align across the state with IATA goals and initiatives. IATA Summer Symposium will be July 20th 2019 at College of Southern Idaho, which will be a single day conference offering 6 CEUs. Next year's IATA Summer Symposium will be July 24th-25th in Boise. We are

hosting the 2nd Annual Hit the Hill Day on March 11th 2020 and the IATA will be presenting to the Health and Welfare committee for House of Reps.

Oregon

We are kickstarting our “website redesign” while also looking into a Financial Advisor for the association. SB 742 was signed and will start January 2020. There are several committee openings: Investment, Continuing Education, Secondary Schools, COPA, Honors & Awards. Please reach out to Heather Halseth if you are interested.

Alaska

Alaska has had a busy and exciting spring. Following a successful safety in football campaign in the fall we continued with the second annual safety in hockey campaign. Both campaigns has an increase in



participation offering a bigger footprint for information to be presented. Membership also had fun with NATM and launched both a Twitter/Facebook and facility challenge to our AT colleagues across the US. In addition there is movement toward decreasing AK ATs licensure fees. This is currently on the public comment phase and if approved would decrease fees from 500\$/every 2 years to 100\$/every 2 years. We had our annual meeting April 28th (picture above). ATs from Anchorage, Palmer, and Fairbanks were present. In addition we had members join via phone.

Contribute to YOUR newsletter!

If you have a good story, news, information or feedback for this newsletter, please send to

Ben Henry
Secretary@NWATA.org