

# NORTHWEST ATHLETIC TRAINERS' ASSOCIATION

## Executive Officers

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## From the Director



Helen Keller once said "The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart." I can't think of a better lens to view the upcoming winter season and all the holidays that make it so special.

Before I continue, I want to thank all of you for your vote of affirmation and allowing me to serve you for one final term. I am humbled by this opportunity you have afforded me for one final time.

### 10 from 10 for Jim

As you are aware of, the family of Past Director Jimmy Whitesel established a scholarship, last year through the NATA Foundation, to be awarded annually to an NWATA-District Athletic Training Student. The scholarship is within "striking distance" of being FULLY endowed. To help get this scholarship endowed, I'm calling upon all 1700+ of us to consider making a ONE Time \$10 Donation to the NATA Foundation for the Jimmy Whitesel Scholarship...That's why I'm calling this last campaign "10

from 10 for Jim” as the members of D10 will help carry this across the finish line for Jim.

The link below will take you directly to the NATA Foundation Donation Page. Just click on “Other” to make the amount \$10 and type in a note in the comments box at the bottom of the page, directing your \$10 to the Jimmy Whitesel Scholarship.

<https://www.natafoundation.org/support/ways-to-give/donate/>

## Notes from the Board Room

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### *Technical By-Laws Changes.*

All Technical By-Laws changes take effect 60 days after the membership has been notified. Members were notified in subsequent NATA Range of Motion releases.

- Fixed conflicting language in Bylaws Section 7.2(a) to ensure each district has two votes on the Presidential Nominating Committee. Approved August 26, 2019
- Approved a technical change to 8.2(a) allowing the NATA to hold its Presidential Nominating Committee meeting during the January Joint Committee Meeting. Approved November 19, 2019

### *Reports*

A report was given on the ongoing conversations with OSHA, Game Ready and athletic trainers on the ability of athletic trainers being able to use a cold compression device for first aid.

A report was given that the first federal bill on exertional heat (H.R. 4145) had been introduced and that the NATA is working closely with the bill’s sponsor, Rep. Christopher H Smith, from New Jersey.

### *Board Actions*

An NATA Workgroup was created to engage in discussions designed to better define and improve the procedures around the upcoming NATA Presidential Election including application submissions, deadlines, announcements and campaigning.

The NATA BOD accepted an invitation from the Shaquille O’Neal Foundation to participate in the Rise from Pain Initiative as a member of their board of directors. The goal of the program is to teach young athletes how to manage their pain in a responsible manner while refraining from opioid use.

The NATA BOD approved the creation of a Youth Sports Work Group. The work group’s objectives will be to identify how the NATA can further advance health and safety in organized youth sports, specifically advancing the role of the athletic trainer. The workgroup will investigate current best practices for youth sports governing bodies, administer a broad-based health care needs assessment of NGBs and other large youth sports organizations and identify key relationships for the NATA to strengthen its role as a leader in youth sports safety.

The NATA BOD approved the formation of an NATA Sports Science Initiative Steering Committee to investigate potentially hosting a Sports Science, Health, and Data Analytics Summit with representation from various health and performance professionals associated with health care and performance of athletes. The



## 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!

summit could focus on the ever emerging forms of sport science and data collection and their use in data driven decision making affecting the health and performance of the athlete. The group could also recommend additional actions for the association and resources for members.

The NATA BOD approved the ICSM Guidance on the Inter-Association recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletics Document. The document contains suggestions for achieving and maintaining compliance with the Recommendations document to enhance the level of protection for student athletes and reduce the risk of liability.

The NATA BOD approved the NATA Official Statement on Head Impact Indicators. The purpose of this document is to make athletic trainers aware of several critical limitations if using Head Impact Indicators to inform clinical decisions.

THE NATA BOD approved the Secondary School Athletic Trainers' Committee's Wellness Screening Guidelines for the Secondary School. The document will guide athletic trainers in the secondary school to be knowledgeable, prepared and proactive in addressing any mental health concerns that their patients might experience.

The NATA BOD approved a proposal to establish a workgroup that would develop a strategic plan to provide resources for NATA members who find themselves unemployed, and to include resources that would assist individuals in employment stabilization assessment and future employment transition considerations.

The NATA BOD approved the NATA Official Statement in support of sports specialization recommendations for the Youth Adolescent and Young Athlete.

## NWATA2020 - Boise

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Our NWATA Meeting's Team of Aaron Kilfoyle, Dani Moffit, Greg Hill and Jen Krug are working very hard in putting together another exceptional meeting for us this coming March in Boise. Please keep an eye out for Meeting Information regarding registration and housing in the near future. I look forward to seeing you here in Boise!

## A Moment of Personal Reflection...

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By now, I know that all of you are aware that we, the NATA and Athletic Trainers, lost one of our strongest voices, advocates and quite frankly a fierce friend in the passing of NATA Associate Executive Director Rachael Oats. After a battle with cancer that began March 2018, Rachael passed away November 3, 2019.

Rachael and I began our service with the NATA over 25 years ago and we became fast friends; in a sense, we "grew up together" in the NATA. Rachael loved our profession and association. She TRULY believed in our mission and vision and never wavered in her support of us. Rachael and I had the opportunity to go do many different meetings across the country, but honestly, Rachael adored coming to the NWATA for our District Meetings, or for those of us old enough to remember, the NATA BOD Spring Meeting in Portland and Seattle. She loved the interactions with members, the hospitality we always pride ourselves in when hosting guests and perhaps more importantly, the laughs and fun she always had with us here in the Pacific Northwest. Rachael truly felt at home amongst us; the pace and energy of the Pacific Northwest resonated with Rachael.

This past January, after believing she was in remission, her cancer returned. Rachael attacked this second round with the same ferocity as she did the first round. She would NOT be beat! But, her treatments took its toll. Those harsh treatments kept Rachael from traveling to other NATA District Meetings, but she told me early in February of this year, she WAS coming to DIO!

NWATA2019 was the only NATA District Meeting Rachael was able to attend. As our meeting drew closer and even days before, I knew that she was in the midst of another harsh round of treatments and that she was tired and not feeling well. When I spoke with her that Tuesday before our meeting began, I assured her that all





we wanted was for her to rest and get better; her long term health was SO MUCH MORE important than coming to Spokane and that it was OK for her to stay in Dallas. Rachael would have NOTHING of that! In fact, she told me very succinctly and pointedly, but politely, I could keep my opinion to myself...She was coming ..."Come Hell or High Water" Those were her words to me, along with a few others on the phone. That Thursday, she battled canceled, rebooked and delayed flights, but Rachael finally arrived late on Thursday

evening of NWATA2019 in Spokane. Past Director Cari Wood accompanied me to the Airport. When Rachael finally arrived, she was tired, you could tell, but she immediately flashed that big smile of hers, in her bright red lipstick, and exclaimed "By God, she was here!" Rachael NEVER saw the bad, she always found the good and a good laugh in any "bump in the road." On the ride in to the hotel, she apologized to me, but was planning on sleeping in a bit Friday morning. Rachael was always on point when she represented the NATA to its membership and wanted to make sure she got some good rest. Cari and I assured her that rest and sleeping in was quite all right. Rachael joked that the real reason for resting was that she couldn't wait to participate and "kick ass" in our Foundation Corn Hole Fundraiser. When Rachael left that

Sunday, we laughed over the memories she had of this meeting; Corn Hole, our Social, a quick trip over the border to Idaho and an impromptu flight over Lake Coeur d'Alene. We gave each other a long strong hug. She thanked me for everything and for everyone's support and that she loved Dio.

I last saw Rachael in a Dallas hospital, this past July. Like we always did when we got together, we had a good long talk and many hearty laughs. She was the Rachael I always knew; laser like focus on all things NATA, endearing admiration for athletic trainers and a WICKED sense of humor. We would go from talking about programs and proposals coming up with the NATA to hospital bed humor in the blink of an eye. When we spoke of the NATA, it was if Rachael was cured and cancer free. Her sharp administrative mind over ruled any pain or thoughts of cancer or her surroundings. She was Rachael, the NATA Associate Executive Director and she was STILL working on our behalf! When it was finally time to leave, I couldn't say good-bye, it was too hard. Rachael had talked about her return to the NWATA in 2020 for our annual meeting. She wanted to experience our Dio Family once again. We made plans for a trip to





and picture on the BSU Blue Field, a trip to the top of Bogus Basin to look out over the Treasure Valley and a walk along the Boise River. She loved our D10 family; she loved being a part of us. I told her that I would see her again in March. Holding her hand, because she was too frail to hug, I told her I loved her!

I have so many memories of Rachael over these 20+ years and I will always cherish Rachael's love and friendship. But, the one image that will forever be woven in my heart, is the memory of Rachael, playing corn hole in Spokane wearing her team shirt, brought to her corn hole teammate, District 9 Director, Marisa Brunett. On it is everything that exemplified Rachael in my eyes; "Be Strong ... Be Humble ... Be Badass" Rachael, you were all of that and so much more!

You are going to be missed, Rachael!

**Death leaves a heartache no one can heal,  
Love leaves a memory no one can steal**

Respectfully,  
Tony Fitzpatrick  
NWATA President/District Director

## Treasurer's Report



Happy holidays NWATA friends and colleagues! 2019 has been a steady year fiscally for the Northwest Athletic Trainers' Association. Our investment accounts continue to grow at our anticipated rates which allow us to pay for one of our seven scholarships and also supplement our annual budget. Our registration numbers for the annual meeting in Spokane held steady compared to the previous meeting we held there in 2015 with 557 attendees. The local planning committee is hard at work to make our 2020 meeting in Boise another great meeting for us all, so be sure to look for the upcoming hotel and meeting registration announcements!

As you know, the main sources of our budget are our annual meeting and our NATA annual membership. These dues allow the NWATA to provide student and professional scholarships, Safe School grants, leadership opportunities for committee chairs and state leaders and the regular operations that keep our association going for all of our members. NATA membership renewal notices were sent out so be sure to check your email to renew yours today!

Thank you as always for the opportunity to represent our great colleagues here in the Pacific Northwest! I am always motivated to attend NATA meetings on our behalf and meet with leaders from other districts to



improve the services we provide our members and hopefully give value to the membership that brings us all together.

Craig Bennett - NWATA Treasurer

## Secretary Report

### *Introducing your new NWATA Secretary - Chandra Lovejoy*

Hi there, I am Chandra Lovejoy, your new secretary! Like many of you, I have a unique name, so to get this out of the way...it is pronounced CHAN-druh, similar to Chandler! However, if you get sorta close (Chondra, Shandra, Shondra), I'll still happily answer you.

I earned my athletic training degree from Washington State University (GO COUGS!) and have been certified almost 18 years. I have worked in PT offices, high schools, the YMCA: teaching cardiac rehab, stroke and arthritis aquatic therapy and then created a physician's practice position 12 years ago that I am still working in and love. It is a non-surgical sports med position with a heavy load of ultrasound-guided procedures including PRP and prolotherapy.

I was born in Edmonton, Alberta, Canada and moved to O'ahu, Hawai'i when I was 4. After graduating High School, I moved to Washington to attend WSU. I met my wonderful husband, David, soon after college graduation and we are celebrating our 17th wedding anniversary. We have two kids, a daughter Olivia who just turned 13, and a son Caleb who is 10. I enjoy watching British shows, live sports, reading, crafts, trivia & board games and spending time with family and friends. I love all things Disney, giraffe's and am partial to dark chocolate, sour candy, popcorn and Coca Cola.

I am excited to serve our district and love connecting with our members. I look forward to getting to know more of you and helping our profession.

## Quiz Bowl – Justin Freeman

Congratulations to the 2019 Champions – Boise State University!! The 2020 Quiz Bowl Preparations are underway:

- Program Directors and ATP Students - Team Captains Selected by Friday, January 17<sup>th</sup>. Teams need to be finalized by Friday, January 31<sup>st</sup>
- We are looking for Judges - If you are looking to get involved with the NWATA, consider being a judge for the Quiz Bowl! Contact Justin Freeman at [JFreemanATC@gmail.com](mailto:JFreemanATC@gmail.com) for more information.

## History and Archives - Ken Kladnik

The committee will be including State representatives to start the process of collecting and cataloging historical information and documents. A committee of members for each State will be named and timeline set for this to

occur at the March meeting. If you are interested in serving in some capacity or would like additional information, contact me at [kladatc@gmail.com](mailto:kladatc@gmail.com).

NWATA Tales books are still available. For ordering information, send me an email at [kladatc@gmail.com](mailto:kladatc@gmail.com). All proceeds go towards the Whitesel Scholarship fund.

## Research Committee – Cynthia Wright

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### Call for Abstract from the NWATA Research Committee & NWATA Student Symposium

**New in 2019:** The NWATA Research Committee & NWATA Student Symposium have streamlined into a single submission process for all abstract submissions. This process includes a single set of instructions, online submission, and a NEW common deadline for all submissions (January 10<sup>th</sup>).

Our goal is to provide forums where academic faculty, clinicians, and students can disseminate research and clinical case studies. We provide a forum for dissemination of research and clinical case studies in poster and oral presentation formats at the NWATA Annual Meeting. The deadline for submission is January 10<sup>th</sup> annually. Full submission details, instructions and the link to the online submission system are available [HERE](#). Abstracts should be developed according to NATA Research & Foundation abstract guidelines, a copy of those guidelines can be found [HERE](#).

**Research Grant Request for Proposals:** The NWATA Research Committee is calling for research proposals for a new D10 research grant. This award of \$1000 aims to provide financial support for quality research that advances the discipline of athletic training. This award prioritizes graduate student and new investigators within D10. The deadline for application is January 20<sup>th</sup> annually. See full award details and instructions [HERE](#) and on the NWATA Website – Research Committee page. Questions can be directed to Dr. Cynthia Wright at [cwright@whitworth.edu](mailto:cwright@whitworth.edu).

## Council On Practice Advancement - Luke Bahnmaier

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The Council On Practice Advancement has been hard at work moving forward with initiatives and projects within each committee of the Council. These include projects such as value models, developing surveys to evaluate data collection practices of athletic trainers, and developing on-demand and in-person educational opportunities for members that work in a COPA setting.

The Council continues to stay up to date with ongoing changes in healthcare policy and delivery that might affect the practice of athletic training, or provide opportunities for athletic trainers to expand our role within the healthcare industry.

Please keep an eye out for emailed surveys developed by COPA and being dispensed by the NATA to gather critical information about the practice of athletic training in various settings.

If you have any questions about the purpose or mission of COPA, or have interest in being involved in some of these projects, please contact Luke Bahnmaier, the COPA Chair for District 10, at [lucasbatc@gmail.com](mailto:lucasbatc@gmail.com).





# NWATA SOCIAL 2020 FREE BEER!

Purchase our 2020 NATAPAC logo glass and we'll fill you up with beer until the keg's run dry!

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**FRIDAY MARCH 13TH | NWATA SOCIAL**  
**BOISE, IDAHO CONVENTION CENTER**

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DONATION: \$30 per glass

Pre-order at REGISTRATION-There is a limited number of glasses for purchase

Must be 21 years old and a NATA member to purchase

Established in 2005, NATAPAC is a federal political action committee dedicated to the elevation of athletic training and athletic trainers. Through member donations from our 10 Districts and with sound committee research, NATAPAC positively influences public opinion and health policy.

## NATAPAC - Dana Gunter

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THANK YOU to all who have given to NATAPAC throughout 2019! Your generosity and the value you place on the importance of supporting our presence in the political healthcare arena are highly valued.

NATAPAC is the voice of the athletic training profession, seeking better working conditions, fair access and the right to practice for all athletic trainers across America. Established in 2005, NATAPAC is a political action committee (PAC) working on behalf of all athletic trainers to enhance health care for both athletic trainers and those who receive our care. NATAPAC is a separate entity from the NATA and it follows federal rules mandated for all PACs which include receiving donations only from NATA members. NATAPAC will work to effect change by supporting candidates for public office whose views and intentions mesh with our own goals.

Here's how you can help the future of our profession:

- Donate to NATAPAC when you renew your NATA REGISTRATION\*
- RECURRING MONTHLY DONATION – Any amount will benefit our future\*
- Purchase a NATAPAC LOGO GLASS AT REGISTRATION for the DIO Meeting in Boise (LOGO MASON JAR 2020) and enjoy free beer until the kegs run out!
- Attend the NATAPAC EVENT the evening prior to CAPITOL HILL DAY 202
- Donate to NATAPAC when you REGISTER for CLINICAL SYMPOSIUM IN ATLANTA. We ask that if you are paying with a credit card you consider a minimum donation of \$5
- Attend NATAPAC BREAKFAST at NATA CLINICAL SYMPOSIUM IN ATLANTA.

Open position - NATAPAC DIO Committee Chair. Are you passionate about our profession? Do you have some great energy and ideas? NATAPAC DIO Committee Chair position is open and will be effective June 2020 in Atlanta. Follow the link below and download the application form. <https://www.nwata.org/open-positions>

## Scholarship Committee - Dale Blair

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The Scholarship Committee is now welcoming applications for the 2020 NWATA Scholarships. The deadline is February 1, 2020.

There are 5 scholarships in the Professional and Post-Professional categories. Additionally, the St. Luke's Scholarship (Professional or Post-Professional individual interested in an emerging athletic training setting) is also available.

The NWATA Family Scholarship is available for the dependent son or daughter of a NWATA certified member.

Please see the NWATA web site for information and links to the application forms <https://www.nwata.org/scholarships>.

## **LGBTQ+ Advisory Committee - Dani Moffit**

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Are you interested in having SafeSpace Training for your facility? The LGBTQ+ AC will be having facilitator training for the members of the committee in December. Once the training is complete, there will be 5 district individuals who can provide training for your facility. It can be done through distance learning, so don't feel like you can't do it because a committee member is not close to where you are! Additionally, SafeSpace Training will be offered at the NWATA Conference in Boise on Saturday morning. This is a great way to demonstrate inclusiveness in your practice. Consider offering this training in your facility!

A big shout out to the following members of the NWATA LGBTQ+ Advisory Committee who will be able to share SafeSpace Training with you:

Dani Moffit (Chair) - Idaho  
Hilary Worthen - Idaho  
Jessi Cole - Idaho  
Jessica Moore - Oregon  
Seth Beal - Montana  
Katie Berglund - Montana

As you can see, we could use some members to represent our other states, so if you're interested in being part of this committee, please let me know!

Finally, the committee is working on putting together LGBTQ+ resources for each state. We hope to have that available to the membership by our meeting in Boise.

## **Executive Committee for Education (ECE) - Gen Ludwig**

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The EAC is conducting focus groups nationwide in November to poll the membership about educational best practices, connect educational researchers, and create new initiatives. The results of the focus groups will be available in early 2020.

Also the NATA Professional Development In Educational Scholarship Grant will be available again in 2020. Look for details in the next newsletter for application instructions.



## State Updates



### Montana



Throughout October, the MTATA ran a “Safety in Sports Campaign.” The Campaign was used to recognize all of the health care professionals, athletic administrators, and coaches throughout Montana that help keep sports safe. Additionally, the campaign helped to keep the focus on finding ways to continue improving athletic health care for athletes of all ages. To represent the campaign stickers were placed on sidelines throughout the state and many athletic trainers helped to promote the message of the campaign through PA announcements at competitions and social media posts.



### Oregon

On September 18th, Cari Wood, Ricky Rodriguez, and Sam Johnson presented at a Senate Health Care Committee hearing on the role of ATs working in High Schools in Oregon. Sam Johnson started with a brief overview of some Oregon specific data (regarding access, prevention, injury and illness evaluation, treatment and rehabilitation, as well as education and counseling). Cari Wood then presented about monitoring / doing online well-checks, and Ricky Rodriguez talked about concussions and the athletic trainer's role in Return To Learn. (also pictured is our amazing Lobbyist Ozzie Rose)

Contribute to YOUR newsletter!

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

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