

THE AT SKIM

"Everything an ATS needs to know: simplified"

Nov 2015

Taking the next step

For those of us in our final year, things like the BOC exam and what we are going to do next is the big monster looming over our shoulders. For those of us who still have a year or two, it's not that far off. Here are some tips for surviving the BOC/GA/job/everything else stress:

The BOC

- ◆ Take practice exams
- ◆ Study a little bit every day and make a plan
- ◆ Some recommend reading the Arnheim book to study/find weak spots

GAs/Job search

- ◆ Make a spreadsheet to compare locations and check NATA jobs
- ◆ Ask for preceptors to review your resume and cover letter
- ◆ The fastest way to be rejected from a job is to not apply!

Everything else:

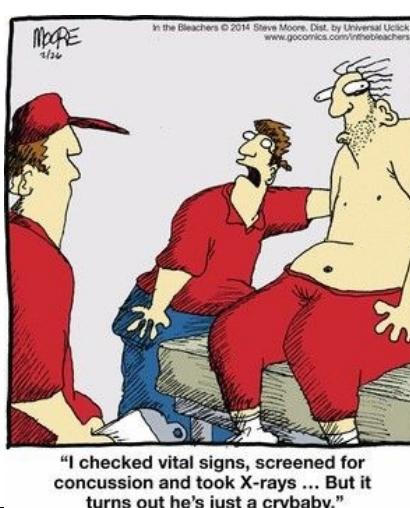
- ◆ Use a planner
- ◆ Stay Positive
- ◆ And....**BREATHE!**

BOC Trivia

1. What structure is most likely damaged when the percussion test is positive for pain at the distal anterior leg, Kleiger's test is positive for pain at the same site and the fibula is tender to palpation just above the malleolus?
 - A. Possible fibular fracture
 - B. None, this is common for an acute injury
 - C. Possible anterior tibiofibular ligament sprain
 - D. Possible interosseous membrane tear

2. Where do sprains most often occur in the foot and ankle?
 - A. Midfoot
 - B. Forefoot
 - C. Hindfoot
 - D. Distal tib-fib

*Answers on back page



AT Cartoons.

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Washington State University 5k Fundraiser.

Making it to the District Symposium

Logistically....

The NWATA District Symposium will be held in Bosie, ID as you have probably heard by now. The official dates for the symposium are April 1 - 3. As students, however, we will be heading in a day early (March 31st) to do student related things. The events will start around 2pm, meaning there will be plenty of time to travel on the 31st. It also means you get to skip TWO days of class for a perfectly acceptable reason! Carpool with a couple of your classmates and pitch in for gas. The timing is set so that everyone can make it!

Financially....

We all know that there is a bit of a financial burden associated with going to the symposium. That being said, we all have ideas of how to lessen that burden! For example, at Washington State University, the athletic training club organized a 5k fun run called the "Aloha Fun Run." All proceeds went to the club and will help all club members go to districts. Other ideas include:

- Raffles
- Splitting hotel/driving costs
- Restaurant deals where proceeds go to your organization
- Asking for donations in your local community

Save Money at NATA 2016

Students can volunteer for reduced registration cost!

Volunteers must be members of NATA and pre-register for the convention to be eligible for reimbursement. Volunteer opportunities open the same day as registration, March 1, 2016.

Students are allowed to volunteer for all opportunities except Special Topics and Evidence-Based Forums. For Sessions and Mini-courses, there must be at least one ATC working each event.

Below is a breakdown of volunteer hours to percent of registration saved.

Volunteer Hours	% Registration Reduced
40+	100
30-39	75
20-29	50
10-19	25

Volunteer savings at NATA 2016.

LEADERSHIP OPENING

The D10 Representative position to the Student Leadership Committee is open! Ideally, they look for a student that can make a two year commitment (that means you first years!), but all sophomores and juniors are welcome to apply. If you are interested, contact us (info listed on the last page) or visit nata.org/natsc. APPLICATIONS GO LIVE 11/1/15 AND ARE DUE 12/1/15.

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NATA-Student
Leadership Committee

NWATA Athletic Training
Students



Kinesiotape.

AT Current Events

What to say when your athletes keep eating in the clinic...

OSHA doesn't like that. In 2014, OSHA ruled that kinesiotape was not a first aid tool. This meant ATs couldn't use it under the scope of practice. Within 6 months, the NATA convinced OSHA to re-include ATs trained in the application of kinesiotape. That is insanely fast, considering the politics involved.

What to say when you explain to an athlete what Graston will feel like...

It's going to hurt, but it will be so worth it later. Kind of like renewing your NATA membership. It's that time of the year again. As students, it's slightly painful to dish out the money for membership renewal, but your future self will thank you. Just remember that membership gives you discounts and access to benefits that non-members don't.

What to say when the AT department has a \$2,500,000 budget...

That could fund a concussion study. The NFL recently gave \$2.5 million to the University of Washington to create the Sports Health and Safety Institute. This institute aims to study youth concussions, and eventually study other issues related to sports injuries.

What to say when your AT friend introduces a technique you've never heard of...

Show me the research. That's exactly what the NBA Player's Association intends to do. The association has created a new position with the title: "Director of Sports Medicine and Research." This position will be filled by Joe Rogowski, MA, ATC. The goal of this new position is to bring attention to injury prevention and make workouts consistent throughout the NBA.

Open GA Positions

Wagner College
Location: New York
Benefits: Full Tuition, Stipend
Sport: N/A

Central Michigan University
Location: Michigan
Benefits: Full tuition, \$11000 Stipend
Sport: N/A

Smith College
Location: Massachusetts
Benefits: N/A
Sport: N/A

Grand Valley State University
Location: Michigan
Benefits: N/A
Sport: N/A

Indiana State University
Location: Indiana
Benefits: Tuition Waiver & Stipend, DAT
Sport: N/A

Arizona State University
Location: Arizona
Benefits: Full tuition, \$8000 Stipend
Sport: Football and Swim/Dive

Holy Innocents' Episcopal School
Location: Georgia
Benefits: N/A
Sport: High School

Valparaiso University
Location: Indiana
Benefits: Full Tuition and stipend
Sport: N/A

Valdosta State University
Location: Georgia
Benefits: Full Tuition and stipend
Sport: N/A

Oglethorpe University
Location: Georgia
Benefits: Full Tuition and stipend
Sport: N/A

Liberty University
Location: Virginia
Benefits: Full Tuition and \$12000/yr
Sport: N/A

Georgia State University
Location: Georgia
Benefits: Full Tuition and stipend
Sport: N/A

Wichita State University
Location: Kansas
Benefits: Full tuition waiver and Stipend
Sport: N/A

North Dakota State University
Location: North Dakota
Benefits: Stipend and tuition waiver vary
Sport: Softball, Track/soccer, others

Blessed Trinity Catholic High School
Location: Georgia
Benefits: Full tuition and Stipend
Sport: High School

University of Tennessee
Location: Tennessee
Benefits: Stipend and tuition waiver
Sport: Football, rowing, tennis

West Chester University
Location: Pennsylvania
Benefits: Tuition waiver and \$5000-6000
Sport : Variety

University of Central Florida
Location: Florida
Benefits: N/A
Sport: N/A

Illinois State University
Location: Illinois
Benefits: Full Tuition, \$1200/mo.
Sport: XC/Track, Golf/Tennis/Cheer

Creighton University
Location: Nebraska
Benefits: Full Tuition and stipend
Sport: Soccer, XC, Tennis, Softball

Western Michigan University
Location: Michigan
Benefits: N/A
Sport: N/A

Alvernia University
Location: Pennsylvania
Benefits: N/A
Sport: N/A

Morehead State University
Location: Georgia
Benefits: \$13000 stipend
Sport: Volleyball and Softball

Have an Idea?

Shoot us an email!

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